

Vermont School Boards Association	VSBA Code:	C9
Windsor Southeast Supervisory Union Policy Statement	Date Adopted: Revision Adopted:	11/07/2012 07/29/2019

## Coordinated School Health & Wellness Policy

**Purpose.** The intent of this Policy is to ensure compliance with the local policy requirements (LWP) of the federal Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger Free Kids Act of 2010. In accord with those requirements, this Policy has been developed in consultation with parents, students, representatives of the school food services authority, teachers of physical education, school health professionals, school administrators and the public. In aiming for a collaborative approach to health and learning, this policy is supported by the Whole School, Whole Community, Whole Child (WSCC) model, as promoted by the Centers for Disease Control and Prevention (CDC) and ASCD.

**Policy Statement.** It is the policy of the Windsor Southeast Supervisory Union (Hartland, Weathersfield, and Mt. Ascutney School Districts) to establish goals for nutrition education and promotion, nutrition guidelines, physical activity and other school based activities that are designed to promote student wellness as defined by the WSCC model. With the objective of promoting student health and reducing childhood obesity, the district will follow the most recent United States Department of Agriculture (USDA) nutrition guidelines for all foods available at school during the school day as well as follow the Vermont Agency of Education (AOE) guidelines for physical activity. School Day is defined as: 12:00 am until 30 minutes after the official end of the school day hours. Health and Wellness is defined as: A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity; and, an active process of becoming aware of and making choices toward a healthy and fulfilling life. The district will review and consider evidence-based strategies in determining these goals.

### A. Health Education & Nutrition Education and Promotion

1. The WSESU shall provide comprehensive health education programs as required by state law and regulations of the State Board of Education (see Health Education guidelines) These programs may be integrated into core curricula, or offered as a stand alone class in accordance with guidelines. In particular, the district shall provide a nutrition component in its comprehensive health education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Education Quality Standards.
2. Education programs shall be conducted by appropriately licensed staff.

3. As is recommended, nutrition education shall be integrated into core curricula areas. Education may be provided to individuals or in small or large groups, or by other means of communication.
4. The school district shall provide nutrition promotion focused on a food of the month utilized by food service with activities such as taste testing, education, and recipes.
5. The food services staff shall produce monthly menus and other materials promoting nutrition. Nutrition information also may be provided by Farm to School staff and volunteers.
6. Staff and volunteers are strongly encouraged to model healthy eating habits.
7. The district will limit food and beverage marketing to the promotion of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus.

#### B. Physical Education and Activity

1. Each school shall provide students in grades K-8 with at least two physical education classes per week. Each school shall provide students in grades 9-12 with one and one half years of physical education or the equivalent to.
2. The WSESU shall work towards physical education classes for all students as recommended by the Society of Health and Physical Education (SHAPE).
3. The WSESU shall offer options for students in grades K-12 to participate in at least 30 minutes of physical activity within or outside of the school day. These options may include recess, movement built into curriculum, sports teams, physical activity clubs, etc. but does not replace physical education classes.
4. Physical activity and/or recess period shall not be restricted as a form of discipline unless doing so directly relates to student's behavior during this time. Case-by-case exceptions can be made to this rule to allow teachers some discretion. With the administration's knowledge and approval, a child may be held in for no more than 10 minutes of recess in order to either allow students to finish work or have conversations about matters that are impacting class. This time will not be used for punishment purposes, but instead, for time to clarify academic concerns, behavioral concerns, or have more private conversations between students struggling. This will be monitored so that no student consistently misses time from recess. (This policy revision should be reviewed periodically to ensure it is effective and not being over used.)

#### C. Health Services

1. The school district shall provide a cohesive, integrated approach to the delivery of services to appraise, protect, and promote health.
2. School health services are evidence based as outlined in the School Nurse Standards of Practice Manual, the National Association of School Nurses Scope and Standards of Practice, and the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.

3. The foundation of the school health services will be based on the student needs assessment, plans and implementation of programs that support the wellbeing and academic success of students.
4. Other health resources may include: dental hygienists, medical consultations, and additional resources as needed.
5. As recommended, Health Education may be integrated into core curricular areas. The school nurse may serve as a resource to the Health Education program.

#### D. Nutrition Services

##### Related to the Foodservice Program

1. No foods of minimal nutritional value, as listed in 7 CFR 210, Appendix B and 7 CFR 220, Appendix B shall be sold in food service areas during breakfast and lunch periods.
2. The school food service program will be in good standing with all USDA meal program regulations such as nutrition specifications, civil rights, and food safety.
3. The sale of foods other than as provided by food service, are prohibited in all school buildings during meal periods. Permission from administration is required for student group or other organization sales, outside of meal times.
4. Any food sales during school hours, must comply with USDA Smart Snacks Rules and Healthy Hunger Free Kids Act 2010.
5. Vermont public schools in which 50% or more of enrolled students are eligible for free/reduced price meals, that offer summer programs for 15 hours per week or more, must offer a meal and/or snack as part of the summer program.
6. The district shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 10 of the Child Nutrition Act and section 9(f)(1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
7. The WSESU shall provide training opportunities for food service and other staff members in areas of nutrition and wellness, to meet or exceed minimum professional standards.
8. The school district will provide free potable water in all food service areas.
9. It is recommended that the district food service providers purchase a percentage of foods to be served during meal periods from local producers throughout the school year. This shall be done collaboratively whenever practical and most financially effective.
10. The supervisory union will report on the school nutrition environment to the public including information on food safety inspections, school meal participation rates, nutritional compliance results, etc. Methods of sharing information may include: district website, school newsletters, school bulletin boards, etc.

##### Not Specifically Related to the Foodservice Program

1. Food shall not be used in district schools as a reward or punishment.
2. Only foods listed by Smart Snack guidelines may be sold during school day hours.

3. The district will promote the sale of healthy snacks at school events after school hours.
4. The district shall establish meal periods that are scheduled at appropriate hours and provide at least 20 minutes to eat excluding the time to walk to the cafeteria and stand in line, as recommended by the American Academy of Pediatrics. Recess should occur prior to the lunch service, as recommended by American Academy of Pediatrics.
5. The district shall comply with Vermont Act 148: Universal Recycling and Composting Law.
6. It is the policy of the district that, when feasible, food provided but not sold (this may included food that is part of a classroom celebration or provided by parents or community organizations free of charge) comply with the Smart Snacks Standards.

#### E. Counseling, Psychological and Social Services

1. As is recommended, social and emotional education shall be integrated into core curricula areas. Education may be provided to individuals or in small or large groups, or by other means of communication.
2. The school district shall continue to recognize the need for counseling, psychological services, social services, and behavioral services to any student and shall make available the information necessary for families of students to seek the proper assistance.
3. The school district utilizes a Multi-Tiered System of Supports (MTSS).
4. Identified need of urgent mental health interventions will take priority over any schoolwork.

#### F. Healthy and Safe School Environment

1. The school district shall provide adequate space for eating and serving school meals.
2. The school district shall provide a clean and safe meal environment for students.
3. The school district shall maintain and implement an anti-bullying curriculum and promote and model appropriate behavior.
4. The school district shall maintain and implement emergency response procedures and conduct regular drills based on the guidelines set forth by the Agency of Education.
5. The school district shall maintain bus idling stipulations to promote a clean school environment.
6. The school district shall maintain a School Crisis and Safety Team and conduct regular trainings.

#### G. Health Promotion for Staff

1. To promote positive role modeling, the school district recognizes that fostering a personal commitment to positive health behaviors in staff contributes to improved

health status, higher morale and greater personal commitment to the school's coordinated school health program.

2. The school district shall support opportunities for faculty and staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.
3. The school district shall encourage participation in an employee wellness program that defines planning, implementing, and evaluation (e.g. VEHI).

#### H. Family/Community Involvement

1. Curriculum will afford opportunities for connections with agencies and businesses aligned with the wellness policy.
2. The school district shall promote community-based learning experiences that promote health and wellness.
3. The school district shall partner with local business learning experiences when appropriate and possible.
4. The school district shall include students, families, and community members in wellness activities whenever possible.

#### I. Assessment:

1. The District will conduct an assessment of the wellness policy every three (3) years. This assessment will determine: compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

#### J. Implementation

1. The District will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public to participate in the development, implementation, monitoring, and periodic review and update of this policy.
2. The Superintendent or his or her designee shall promote and monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy, and WSCC model.
3. The Superintendent shall take action to ensure formation and continuation of a supervisory union-wide WSCC committee with representation from each district. This committee will develop a meeting schedule and will announce regular but occasional meetings within the school district community.

4. The Superintendent or his or her designee shall report at least annually to the board and public on the district's compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.
5. The health teams (utilizing WSCC framework) shall continue to meet regularly to monitor the implementation of the Wellness Policy and report progress to the School Board and public.
6. Data such as the Youth Risk Behavior Survey, the School Nurse Report and the School Health Index will be used to identify areas of strength and need and prioritize specific implementation steps.
7. The local education agency (LEA) is required to: a) periodically measure and make available to the public an assessment on: the implementation of the LWP b) compliance with the LWP goals c) extent to which the LWP compares to model LWPs.
8. LEAs must periodically update the LWP. The frequency is not specified but should reflect information gathered through the annual progress reports or triennial assessments.

Date Warned: 04/06/2016

Date Adopted:

Date Revised:

Legal Reference(s).

- 16 V.S.A. §§131 & 906(b)(3).
- Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.
- Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.
- Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265.
  
- Healthy, Hunger Free Kids Act of 2010, Section 204 of Public Law 111-296.
  
- Code of Federal Regulations, 7 CFR Part 210 and Part 220.
  
- Vermont Education Quality Standards 2120.5
- Vermont School Wellness Policy Guidelines, Joint Guidance from Vermont Agency of Agriculture, Food and Markets, the Vermont Agency of Education and Vermont Department of Health. 2016.

## Wellness Policy Resources

### General Resources

National School Boards Association. [www.nsba.org](http://www.nsba.org).

Action for Healthy Kids. [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

CDC School Health Index. [www.cdc.gov/healthyyouth/](http://www.cdc.gov/healthyyouth/)

National Association of State Boards of Education. [www.nasbe.org](http://www.nasbe.org).

Vermont Department of Education Nutrition Policy Guidelines. [http://www.state.vt.us/educ/new/pdfdoc/pgm\\_nutrition/nutrition\\_policy\\_guidelines\\_05.pdf](http://www.state.vt.us/educ/new/pdfdoc/pgm_nutrition/nutrition_policy_guidelines_05.pdf)

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### Health and Nutrition Education Section

USDA Team Nutrition. [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn). Includes ample policy language, examples of state and local school district policies for nutrition education, and resources and implementation tools. Go to *Local Wellness Policy*; then go to *Local Wellness Policy Requirements*; then go to *Nutrition Education*.

Kansas State Department of Education. [www.kn-eat.org/SNP/SNPShell/snp\\_wellness\\_policy.htm](http://www.kn-eat.org/SNP/SNPShell/snp_wellness_policy.htm). Includes Kansas “Eat Smart Nutrition Education Guidelines for grades pre-K through 12.

USDA Team Nutrition. [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html). See also *The Menu Planner for Healthy School Meals* at this site at <http://teamnutrition.usda.gov/Resources/menuplanner.html>. It explains the nutrition standards for school breakfasts and lunches, as well as processes for planning meals to meet those standards.

North Carolina. [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com). Contains North Carolina’s *Recommended Standards for All Foods Available in School*, a publication that covers foods and beverages found in traditional cafeteria meals as well as a la carte item, vending machine drinks and snacks, and foods and beverages served in after school programs and at school functions.

USDA. <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>. Includes tools for how schools can focus on smart snacks. Go to *Resource Materials*, then *Smart Snacks in School Resources*, the *Smart Snacks in School (pdf)* “USDA’s All Foods Sold in Schools” Standards.

Centers for Disease Control and Prevention. <http://www.cdc.gov/healthyyouth/sher/standards/>. Includes the National Health Education Standards (NHES).

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### Physical Education and Activity Section

National Association of State Boards of Education. [http://nasbe.org/HealthySchools/physical\\_activity.html](http://nasbe.org/HealthySchools/physical_activity.html). Includes *Fit, Healthy, and Ready to Learn: A School Health Policy Guide*.

The National Alliance for Nutrition and Activity, NANA. [www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org).

Vermont State Board of Education. <http://www.shapeamerica.org/standards/pe/>. Includes 2014 SHAPE America National Standards and Grade-Level Outcomes for Physical Education.

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### Nutrition Services

American Academy of Pediatrics. <http://www.nationalguidelines.org/guideline.cfm?guideNum=5-07>. Includes School Meal Scheduling guidelines.

National School Boards Association. [www.nsba.org](http://www.nsba.org). Contains a searchable website for wellness policies and other health related programs such as AIDS-HIV, adolescent health and many other topics and links.

Center for Disease Control. [www.cdc.gov/healthyyouth/index.htm](http://www.cdc.gov/healthyyouth/index.htm). Contains model policies and links to state and local policies.

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Coordinated School Health (E-H)

Center for Disease Control. <http://www.cdc.gov/healthyyouth/wsccl/>. Contains information regarding the Whole School, Whole Community, Whole Child (WSCC) model.

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Policy Implementation Section.

School Nutrition Association. <http://wellness.schoolnutrition.org/content/home.aspx>. Includes various samples of monitoring and policy review procedures.

Action for Healthy Kids.

[www.actionforhealthykids.org/docs/specialreports/report\\_small.pdf](http://www.actionforhealthykids.org/docs/specialreports/report_small.pdf). See *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*.