

# Davis School District Policy and Procedures

**Subject: 5S-302 Nutrition and Physical Activity Wellness Policy**

**Index: Instructional Programs – *Student Health***

**Revised: July 16, 2019**

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## 1. PURPOSE AND PHILOSOPHY

To optimize student performance potential, the Board of Education of Davis School District (Board) promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. The Board supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity.

## 2. OPPORTUNITIES FOR PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

- 2.1. A quality physical education program is an essential component for all students to learn about and participate in physical activity. A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives, consistent with the core Physical Education standards for Utah public schools and [District DESK standards](#).
  - 2.1.1. Physical education credit will be given for athletic conditioning classes in school or for two years of participation in the same school sponsored sport.
  - 2.1.2. Credit may be given for participation in community-based sports as described in District policy *4I-007 Junior High School Education Requirements* Section 3.
- 2.2. Physical activity should include regular instructional physical education as well as extracurricular activities in the secondary schools and recess in the elementary schools.
  - 2.2.1. Teachers will incorporate movement and kinesthetic learning approaches into core subject instruction when possible and do their part to limit sedentary behavior during the school day.
  - 2.2.2. Intramural programs are available before and/or after school in District junior high schools. Offerings are designed to promote physical health, diverse athletic skill sets, mental wellness, and confidence.
  - 2.2.3. Recess is an important part of the day that provides students an opportunity to be physically active. Recess should not be used by classroom teachers as a reward, withheld as a punishment or classroom assignment completion, unless there are extenuating circumstances that the building principal has identified.
  - 2.2.4. Elementary schools shall seek to provide their students 60 minutes of physical activity each day. The 60 minutes should come from a combination of the following activities:
    - [a] integration of physical activity with core subjects;
    - [b] daily walks with classroom teachers;
    - [c] recess activities;
    - [d] weekly physical education activities with part-time physical education prep specialist; and
    - [e] participation in programs such as the President's Council on Sports, Fitness & Nutrition. (<https://www.hhs.gov/fitness/programs-and-awards/index.html>)
  - 2.2.5. The District will support active transport to and from school, such as walking or biking. Elementary schools can encourage this behavior by designating and

promoting a child access routing plan and promoting activities such as participation in National Walk and Bike to School Week.

- 2.2.6. The District will support city recreation youth sports programs that complement physical activity programs through interlocal agreements governing the use of District buildings and fields for such programs.

### 3. OPPORTUNITIES FOR NUTRITION EDUCATION

#### 3.1. Student Nutrition Education

A quality nutrition education program is an essential component for all students to learn about in an effort to positively influence students' eating behaviors. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research and be consistent with the core Health Education standards for Utah Public schools and District DESK standards.

#### 3.2 Parent Nutrition Education

Working with the Parent Teachers Association (PTA) the District and schools will provide parents nutritional education to parents beginning at the elementary level with a goal to continue to educate parents throughout junior and high schools. Nutrition education may be provided in the form of handouts, postings on the District or school website, articles, and information provided in District or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

### 4. NUTRITION GUIDELINES FOR FOODS AVAILABLE IN SCHOOLS

#### 4.1. School Meals

- 4.1.1. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

- 4.1.2. All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program and the School Breakfast Program, and the District participates in the Summer Food Service Program.

- 4.1.3. Food served through the school lunch program shall meet or exceed the federal regulations and guidance for reimbursable school meals.

- 4.1.4. The District has established meal charging and collection procedures districtwide addressing how to handle feeding children with unpaid meal balances without stigmatizing them. ([District Unpaid School Meal Procedures](#))

#### 4.2. Competitive Foods and Beverages

- 4.2.1. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the [USDA Smart Snacks nutrition standards](#).

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- 4.2.2. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, and school stores
- 4.2.3. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
- 4.3. Celebrations and Rewards
  - 4.3.1. Schools offering other food items at no charge to students during the school day are encouraged to include healthy snack options
  - 4.3.2. Schools, including classroom teachers and administrators shall not use food or beverages as rewards for academic performance or good behavior.
  - 4.3.3. Schools are encouraged to limit parties and celebrations that involve food during the school day to only nutrient dense food and beverages that comply with the USDA Smart standards and encourage the use of non-food items.
- 4.4. Fundraising

Fundraising during school hours will sell only foods and beverages to students that meet or exceed the Smart Snacks nutrition standards, with limited exceptions as described in Board policy *10CR-200 Donations, Fund Raising, and Commercialism* Section 3.2. Schools shall encourage fundraisers promoting physical activity such as walk-a-thons, jump rope for heart, fund runs, etc.
- 4.5. Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

### 5. SCHOOL IMPLEMENTATION

In each school, the principal or designee will implement this policy in his/her school and will report on the school's compliance to their school director.

### 6. DISTRICT WELLNESS COMMITTEE

- 6.1. The District will convene a representative District Wellness Committee (Committee) that meets at least four times per year to establish goals for, and oversee school health policies and programs, including development, implementation, and periodic review and update of this wellness policy.
- 6.2. The Committee is responsible to complete a formal triennial assessment to measure:
  - 6.2.1. the extent to which schools are in compliance with implementation of this policy;
  - 6.2.2. the extent to which this policy compares to best practice; and
  - 6.2.3. the progress made in attaining the goals of this policy.

- 6.3. Documents of efforts to review and update the policy and its measurable goals, including who was involved in the process, evaluation documents, agendas and meeting notes shall be retained for three years plus the current year.

**7. COMMUNITY INVOLVEMENT, OUTREACH, AND COMMUNICATIONS**

- 7.1. The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of the Committee and others can participate in the development, implementation, and periodic review and update of the policy through a variety of means.
- 7.2. The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply for free or reduced school meals, and a description of and compliance with Smart Snacks in School nutrition standards.
- 7.3. The District will annually notify parents about the content of or any updates to the wellness policy.

**8. STAFF WELLNESS AND HEALTH PROMOTION**

- 8.1. The District Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness.
- 8.2. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

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### REFERENCES

[U.S. Code Title 42 Chapter 13](#) – School Lunch Programs

[U.S. Code Title 42 Chapter 13A](#) – Child Nutrition Act

[Utah Administrative Rule – R277-719](#) – Standards for Selling Foods Outside of the Reimbursable Meal in Schools.

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### DEFINITIONS

“**School campus**” means areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums, or parking lots.

“**School day**” means the time between midnight the night before to 30 minutes after the end of the instructional day.

“**Triennial**” means recurring every three years.

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### FORMS AND OTHER LINKS

[Smart Snacks in School - Nutrition standards for competitive foods sold during the school day](#)

[Alliance Product Calculator](#) (*link to Alliance for a Healthier Generation website*)

[Unpaid School Meal Procedures](#)

[Nutrislice App](#) – Provides school lunch allergen information, carb counts, nutrition facts

[Nutrition Services](#)

[President's Council on Sports, Fitness & Nutrition](#)

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[6F-102 School and District Collections and Accounting Procedures - Section 2.4 Vending Machines](#)

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### DOCUMENT HISTORY:

**Adopted: June 20, 2006**

**Revised: September 1, 2009** – No content changed, renumbered from 4I-420 to 5S-302 with reorganization of Policy Table of Contents

**Revised: November 18, 2015** – Updated to comply with USDA Smart Snacks regulations. Updated guidelines and goals.

**Revised: July 16, 2019** – Updated to comply with federal regulations Local School Wellness Policy Implementation Under the Health Hunger-Free Kids Act (July 2016)