

## **SCHOOL WELLNESS POLICY**

### **School Wellness Committee**

#### ***Committee Role and Membership***

The District will convene a representative District wellness committee (“DWC”), or work within an existing school wellness committee (“SWC”), that meets at least one time per year to establish goals for and oversees school health and safety policies and programs, including development, implementation, and periodic review and update of this District-level wellness policy (hereinafter referred to as the “wellness policy”).

The DWC/SWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, school administrators, school board members, health professionals, and the general public. DWC/SWC membership will participate in the development, implementation, and periodic review and update of this policy.

#### ***Leadership***

The Director of Operations or designee(s) will convene the DWC/SWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. The designated official for oversight is the Director of Operations.

### **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

#### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school; and includes information about who will be responsible to make what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

#### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the Board Office and/or on the District’s central computer network. Documentation maintained in this location will include, but will not be limited to:

1. The written wellness policy;
2. Documentation demonstrating compliance with community involvement requirements under 7 C.F.R. 210, including making this policy and the triennial assessment available to the public;
3. Documentation of the triennial assessment of the policy for each school in the District.

### ***Annual Notification of Policy***

The District will inform families and the public each year of basic information about this policy.

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

1. The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
2. The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
3. A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is the Director of Operations. The DWC/SWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy. The District's progress in meeting the goals of this policy will be made available to the public on the District's website. The policy will be updated, as needed, based on the triennial assessment.

## **Nutrition**

### ***School Meals***

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:

1. Are accessible to all students;
2. Are appealing and attractive to children;
3. Are served in clean and pleasant settings;

4. Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
5. Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
6. Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
7. Sliced or cut fruit is available daily.
8. Daily fruit options are displayed in a location in the line of sight and reach of students.
9. All available vegetable options have been given creative or descriptive names.
10. Daily vegetable options are bundled into all grab-and-go meals available to students.
11. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
12. White milk is placed in front of other beverages in all coolers.
13. Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
14. A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
15. Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas.
16. Student artwork is displayed in the service and/or dining areas.
17. Daily announcements are used to promote and market menu options.

### ***Staff Qualifications and Professional Development***

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### ***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.

### ***Nutrition Education***

The District will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
4. Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
5. Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
6. Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
7. Teaches media literacy with an emphasis on food and beverage marketing; and
8. Includes nutrition education training for teachers and other staff.

### ***Essential Healthy Eating Topics in Health Education***

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

1. Relationship between healthy eating and personal health and disease prevention;
2. Food guidance from MyPlate;
3. Reading and using FDA's nutrition fact labels;
4. Eating a variety of foods every day;
5. Balancing food intake and physical activity;
6. Eating more fruits, vegetables, and whole grain products;
7. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat;
8. Choosing foods and beverages with little added sugars;
9. Eating more calcium-rich foods;
10. Preparing healthy meals and snacks;
11. Risks of unhealthy weight control practices;
12. Accepting body size differences;
13. Food safety;
14. Importance of water consumption;
15. Importance of eating breakfast;
16. Making healthy choices when eating at restaurants;
17. Eating disorders;
18. The Dietary Guidelines for Americans;

19. Reducing sodium intake;
20. Social influences on healthy eating, including media, family, peers and culture;
21. How to find valid information or services related to nutrition and dietary behavior;
22. How to develop a plan and track progress toward achieving a personal goal to eat healthfully;
23. Resisting peer pressure related to unhealthy dietary behavior; and
24. Influencing, supporting, or advocating for others' healthy dietary behavior.

### ***Food and Beverage Marketing in Schools***

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.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
2. Displays, such as on vending machine exteriors;
3. Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: Immediate replacement of these items are not required; however, the District will replace or update scoreboards or other durable equipment when existing contracts are up for renewal, or to the extent that it is financially possible over time, so that items are in compliance with the marketing policy.);
4. Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment, as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District;
5. Advertisements in school publications or school mailings; and
6. Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

### **Physical Activity**

Physical activity during the school day or physical education will not be withheld as punishment for any reason. This does not include participation on sports teams that have specific academic requirements.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

### ***Physical Education***

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. All District elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District secondary students (middle and high school) are required to take the equivalent of one academic year of physical education. The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

### ***Essential Physical Activity Topics in Health Education***

Health education will be required in all elementary grades, and the District will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 of the following essential topics on physical activity:

1. The physical, psychological, or social benefits of physical activity;
2. How physical activity can contribute to a healthy weight;
3. How physical activity can contribute to the academic learning process;
4. How an inactive lifestyle contributes to chronic disease;
5. Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition;
6. Differences between physical activity, exercise, and fitness;
7. Phases of an exercise session – that is, warm up, workout, and cool down;
8. Overcoming barriers to physical activity;
9. Decreasing sedentary activities, such as TV watching;

10. Opportunities for physical activity in the community;
11. Preventing injury during physical activity;
12. Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active;
13. How much physical activity is enough – that is, determining frequency, intensity, time, and type of physical activity;
14. Developing an individualized physical activity and fitness plan;
15. Monitoring progress toward reaching goals in an individualized physical activity plan;
16. Dangers of using performance-enhancing drugs, such as steroids;
17. Social influences on physical activity, including media, family, peers, and culture;
18. How to find valid information or services related to physical activity and fitness;
19. How to influence, support, or advocate for others to engage in physical activity; and
20. How to resist peer pressure that discourages physical activity.

### ***Recess (Elementary)***

All elementary schools will offer at least 20 minutes of recess on all days during the school year. This requirement may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating, and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play, at the discretion of the building administrator, based on his/her best judgment of safety conditions. In the event that the District must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students to the extent practicable. Each school will maintain and enforce its own indoor recess guidelines. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

***Before and After School Activities***

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by physical activity clubs, intramurals, or interscholastic sports.

LEGAL REFS: 42 U.S.C. §1758b

Adopted: August 10, 2017