

Board Policy EEE: Wellness Program

Status: ADOPTED

Original Adopted Date: 07/10/2006 | **Last Revised Date:** 11/07/2016 | **Last Reviewed Date:** 01/11/2021

The Pierce County Board of Education recognizes that student wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement. The Board recognizes that a healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for their students.

In accordance with federal law, the District shall involve parents, students, nurses, PE teachers, representatives of food services, the Board, school administrators and the public in the development, implementation, periodic review and modification of a district-wide wellness policy. Appropriate updates or modifications shall be made as needed. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy measurable goals intended to promote student and staff wellness and to reduce childhood obesity.

A. School Environment – To provide an environment that is safe: that is physically, socially, and psychologically healthful; and that promotes health-enhancing behaviors through various school-based activities.

B. Education - To provide a comprehensive and sequential health education curriculum. It is the intent of the Board that the district shall, teach, encourage, and support healthy eating by students. Schools shall provide behavior focused nutrition education that teaches the skill children need to adopt healthy eating habits. Integration of nutrition education in classroom subjects such as math, science, language arts, social sciences, and elective subjects is encouraged. This curriculum is to be taught by well-prepared and well-supported teachers.

C. Promotion - To engage in nutrition promotions that is designed to motivate and help students maintain and improve their health, prevent disease, and avoid health related, at-risk behavior. Promotion of health and wellness should be achieved through enjoyable, developmentally-appropriate, participatory activities such as contests, taste testing, school gardens, farm to school events, health fairs, and monthly cafeteria promotions. Nutrition and health promotions may be sponsored by the School Nutrition Program and/or the school.

D. Physical Education – All students in grades Pre-K-12 shall be provided with quality daily physical education that is consistent with federal and state requirements (per State Board Rule 160-4-2-.12) that helps develop knowledge, attitudes, skills, behaviors and confidence needed to be physically active for life.

Punishment and Rewards

School personnel will use physical activity as a reward and rarely, if ever, as a punishment. The use of food as a reward unless such is specified in the behavior management plan of a student with a disability is strongly discouraged. School personnel will not deny federally funded meals to any enrolled student as a disciplinary measure while the student is in attendance at school.

E. Nutrition

1. Reimbursable Meal Programs -To the extent practicable, all schools in the district shall participate in available federal school meal programs. All foods and beverages made available on campus during the school day (beginning at 12:01 a.m. until 30 minutes after the dismissal bell) shall be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals and competitive foods and beverages shall not be less restrictive than federal and state guidance.

2. Food and Beverages Sold Outside of Reimbursable School Meals

All snack foods and beverages made available to students on campus to children during the school day, including vending machines and school fundraisers, shall be in compliance with the USDA's "Smart Snacks in School" Nutrition Standards. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, allow schools to offer healthier snack foods and promote healthier eating at school.

A. Fundraisers The sale of food items that **meet** nutrition requirements as fundraisers are not limited in any way under the standards. The standards do NOT apply to items sold during non-school hours, weekends, or off-

campus fundraising events, such as concessions during sporting events and school plays. Appropriate documentation shall be maintained at the school.

- B. **Exempted Fundraisers** Per the State Board Rule 160-5-6-.01, the Pierce County Board of Education for the Pierce County school district will allow 30 fundraisers per school per school year not to exceed 3 days in length. Exempted fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.

3. Nutrition Standards for All Foods Sold- -Any food sold in schools during the school day should:

- Be a “whole Grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).**
- If water is the first ingredient, the second ingredient must be one of the food items above.

Foods should also meet nutrient requirements:

- Calorie Limits: Snack items \leq 200 calories and Entrée items $<$ 350 calories
- Sodium limits: Snack items \leq 200 mg and Entrée items $<$ 480 mg
- Fat limits: Total fat \leq 35 % of calories, Saturated Fat \leq 10% calories, and 0 grams of Trans Fat
- Sugar Limit: \leq 35% of weight from total sugars in foods
- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

***Beginning July 1, 2016, foods may not qualify using the 10% DV criteria.*

4. Nutrition Standards for All Beverages Sold

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water and no added sweeteners

Elementary schools may sell up to 8 ounce portions. Middle and high schools may sell up to 12 ounce portions of milk and juice. There is no portion size limit for water.

High school may also sell “no calorie” and “lower calorie” beverages:

- No more than 20-ounce portions of:
- Calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain $<$ 5 calories per 8 fluid ounces or \leq 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with \leq 40 calories per 8 fluid ounces, or \leq 60 calories per 12 fluid ounces

5. Water availability

Safe, unflavored, drinking water is available throughout the school day at no cost to students.

F. School Health Services – To provide a school health service program that is designed to ensure access and referral to primary health care services; foster appropriate use of health services; prevent and control communicable disease and other health problems; provide emergency care for illness or injury; and is provided by qualified and well-supported health professionals.

G. School Counseling, Psychological, and Social Services – To provide a counseling, psychological and social services program that is designed to ensure access or referral to assessments, interventions and other services for students mental, emotional, and social health and whose services are provided by well-qualified and well-supported professionals.

H. Health Promotion for Staff – To provide opportunities for school staff to improve their health status through activities such as health assessments, health education and health related fitness activities.

I. Family and community Involvement – To provide integrated family and community involvement activities that are designed to engage families as active participants in their children’s education; that supports the ability of families to support children’s school achievement and to encourage collaboration with community resources and services to respond more effectively to the health-related needs of students.

J. Marketing- Only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards should be marketed or advertised on school campuses.**

** Effective June 30, 2017

Implementation and Compliance

The building principal at each school site is responsible for compliance to the Pierce County School Wellness Policy. An annual evaluation by the principal or designee will be performed to measure compliance to the Wellness Policy. Each school shall convene a school health development committee for the purpose of evaluating the school environment (through application of the CDC’s School Health Index, or other comparable assessment tool) and the school’s policy implementation. Appropriate updates or modifications shall be made as needed. Results of the compliance review will be reported to the Superintendent or designee and shall be public information.

Public Awareness

The school system will invite the public to participate on wellness committees and periodically inform and update the public about the content and implementation of the Wellness policies and the progress in attaining the wellness goals on the school system nutrition website.
