

**Wellness**

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**I. PURPOSE**

The purpose of this policy is to assure a school environment that enhances student attendance and academic performance by supporting healthy eating and physical activity. The policy promotes and encourages students to adopt lifelong healthy behaviors that can promote and protect students' health and wellbeing as well as reduce the risk of chronic disease.

**II. NUTRITION EDUCATION AND WELLNESS PROMOTION IS:**

A. Recognized as an essential component of the education process and formation of lifelong healthy behaviors.

B. Provided as part of a standards-based, comprehensive program designed to provide students and families with knowledge and skills that facilitate healthy behaviors, and encouragement to promote and protect their health and ability to learn.

C. The school district will implement a comprehensive curriculum approach to nutrition and wellness K-12. Instructional staff will be encouraged to address nutritional and wellness themes when appropriate.

D. Supported by teachers, staff, and food service personnel through classroom instruction and participation in worksite wellness opportunities, and encourage role modeling of healthy behaviors.

E. Linked with school food environment, afterschool programs, and nutrition-related community services.

F. Communicated and promoted, working towards consistent messaging throughout the district, as well as to parents and the community via posters, website, newsletters, and other means. Schools will restrict food and beverage marketing to only those foods that meet the USDA Smart Snacks Standards.

G. Consistent with and reinforces the objectives of the educational and nutritional health goals of the school, thus promoting physical activity (PA) and healthy food/ beverages. Food/beverages outside of the goals shall not be advertised.

**III. USDA SCHOOL MEAL PROGRAM****School Meals are:**

A. The main source of nutrition during the school day.

B. Affordable, nutritious, appealing, and served in a safe, clean, and enjoyable setting.

C. Served in an environment that encourages healthy eating and food habits.

D. In compliance with or exceeding the most updated safety standards, current USDA standards for school breakfast, lunch, and smart snacks.

**Hawley School District:**

E. Provides continuing professional development for food service director and employees.

F. Is working towards providing calorie, saturated fat, and sodium content of meals, as well as nutrition education for students, parents, and staff, through website and in school cafeterias.

G. Is encouraged to offer nutrient-rich fresh fruit and/or vegetables, whole grains, and other minimally processed foods daily.

H. Provides access to clean, free drinking water for students during the school day.

I. Provides students access to hand washing or hand sanitizing prior to meals and snacks.

J. Operates the USDA Breakfast Program in all schools, informing families of the program availability and the link between a healthy breakfast and ability to learn.

K. Encourages breakfast participation via methods such as bus arrival time or “grab and go.”

L. Provides students with adequate time to eat meals (after sitting to eat: 20 minutes for lunch and 10 minutes for breakfast).

M. Schedules lunch between 10:55am-1 pm.

N. Discourages tutoring, club meetings, or activities during mealtimes unless lunch may be eaten during such activities.

O. Minimizes food/beverages as a reward unless healthy choices are allowed by student’s Individualized Education Plan (IEP); does not withhold food/beverages as a punishment.

P. Discourages sharing of food/beverages due to concerns about allergies and diet restrictions.

Q. May seek student feedback about menu items through taste testing, surveys, or other means.

R. Encourages lunches from home meet guidelines for Nutritious Lunches from Home.

S. Applies USDA Nutrition Standards to food brought into the cafeteria from outside food vendors.

**IV. COMPETITIVE FOODS AND OTHER FOODS**

Competitive Foods are those food and beverages sold/served during the school day outside of reimbursable school meals. The district uses the current USDA Smart Snack Guidelines to establish Competitive Foods Nutrition Standards based on the intent that school meals be the main source of nutrition for students during the school day. Competitive Foods shall help rather than hinder health and learning, and be within age appropriate serving sizes.

- A. Food and beverages sold through *vending, school stores, and a la carte* shall work towards meeting or exceeding standards.
- B. *Fundraisers*: Nonfood fundraising is recommended. *School Stores or Food Carts* shall sell food/beverage items meeting the standards during, and up to 30 minutes following, the school day.
- C. *Elementary Schools* have no vending, a la carte, school store, food fundraising during the school day.
- D. *Individual Student Snacks*: The school district will provide healthy snacks for grades K-6 that will include fruits, vegetables, or food < 200 calories that enhance their students' learning and health. If students bring snacks from home, district will encourage them to bring healthy snacks.
- E. *School Day Classroom Celebrations*, including birthdays, will focus on physical activities rather than food when possible or follow the guidelines in our healthy snack list. The district will encourage snacks brought from home to comply with the USDA Smart Snack Guidelines.
- F. *Concessions*:
- Encouraged to include healthy food/beverage options.
  - Encouraged to offer the following in appropriate portion sizes: low-fat or fat-free milk, fruits, vegetables, and at least one healthy entrée option.
- G. *Afterschool programs* in elementary schools follow food guidance from USDA Smart Snack Guidelines.
- H. Anytime food is served at a school function, our district will encourage having healthy food options available.

## **V. PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

### A. Physical Education (PE) is:

1. Standards-based, using national or state-developed standards, such as the Health and Physical Education Standards provided by SHAPE America and incorporates adequate PE/PA (physical activity) specific space and equipment that conforms to all applicable safety standards.
2. Recognized as an essential component of the educational process and forming lifelong healthy behavior and lifestyle.
3. Offered daily 115 minutes/week for elementary, 238 minutes/week for half a year in grades 7-10, and elective classes are offered to high school students in grades 11-12. It is in compliance with specialized IEP or 504 Plans for students with disabilities, special healthcare needs, and in alternative educational settings. Elementary schools do not substitute recess for PE.
4. Composed of at least 50 percent of the time spent in moderate to vigorous PA.
5. Taught with curriculum written for each grade that is sequential, provides an opportunity to learn, practice, and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, physical fitness, and PA benefits.

6. Taught by certified PE staff trained to educate, and encourage other school staff to integrate movement into the classroom and promote enjoyable, lifelong PA among students.

7. Consistent with student-teacher ratios of other academic subjects through enrollment caps at the elementary level.

8. Not to be withheld or used as punishment. PA or recess when possible shall not be withheld or used as punishment.

9. To be participated in by all students; students may be temporarily excused from PE but will not receive waivers. Adapted PE is identified through an IEP.

#### B. Integration of Physical Activity (PE) Throughout the School Day

1. Elementary school students have at least a 25 minute supervised recess break daily, preferably outdoors; moderate to vigorous PA is facilitated verbally and via adequate equipment and outdoor/indoor space.

2. Integrating Physical Activity into the Classroom Settings in order that students are active the recommended amount of 60 minutes of PA per day at the elementary level:

- a. Classroom health education reinforces knowledge and self-management skills to maintain a physically active lifestyle and reduce sedentary activities, such as watching TV and video games.
- b. Encourage PA to be integrated into classroom lessons and celebrations, and school events.
- c. Short PA breaks are offered between lessons and classes, as appropriate.

#### C. Daily Physical Activity Opportunities Before and After School

1. Daily PA programs such as before-school/after-school supervised active play time, and activity clubs or intramurals, are offered and promoted.

2. Child care programs held in schools shall encourage – verbally and via provision of safe space, activities, and equipment – daily periods of moderate to vigorous PA.

3. Schools shall make outdoor and indoor PA facilities available for community use when not being used for school activities. School safety policies apply at all times.

4. Safe bicycling and walking to and from school is promoted and encouraged.

### VI. IMPLEMENTATION AND MONITORING OF WELLNESS POLICY

A. The district will have a representative group of students, parents, PE and other teachers, food service professionals, school health professionals, school board, school administrators, and the public that will develop, implement, monitor, review, and revise the policy through its wellness committee that will meet at least three times a school year.

- B. The Superintendent or designee shall execute administrative procedures that designate district level and site-based staff responsible for policy implementation and compliance of the wellness policy.
- C. Monitoring will be repeated annually to help review wellness policy compliance, assess progress, and determine areas in need of improvement and/or revision. Measurable outcomes will be determined by the wellness committee.
- D. District Food Service (DFS) staff will ensure compliance in food service areas, and report to the food service director, building principal, or Superintendent's designee.
- E. The DFS director will report annually to the superintendent identifying the nutrition guidelines and procedures for selection of all foods made available on campus, as well as the most recent USDA School Meal Initiative review findings and updates.
- F. A report will be provided to the school board and wellness committee, and communicated to school staff, parents, and the public through school website, newsletter, and/or other means as designated by the superintendent.