

Wellness Policy Procedures

Preamble:

The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

This procedure outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this procedure establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the district in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the district.

I. School Wellness Committee

A. *Committee Role and Membership*

1. The District will convene a representative district wellness committee to work within an existing school that meets periodically to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.
2. The membership will represent all school levels and may 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 teachers, school health and mental health and social services staff, school administrators school board members; health professionals and the general public. To the extent possible, the policy will include representatives from each school building and reflect the diversity of the community. Names, title, and contact information for all committee members attached.

B. Leadership

The Superintendent or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The name, title, and contact information for the designated official for oversight is attached.

II. Implementation, Monitoring, Accountability and Community Engagement

A. Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. 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, will be addressed. This wellness policy can be found on the district website.

B. Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy.

C. Progress Reports

1. **Annual Notification of Policy** - The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment.
2. **Triennial Progress Assessment**- Periodically, the District will evaluate compliance with the wellness policy to assess the implementation of the policy. The district's wellness policy will be compared to the Alliance for a Healthier Generation's model wellness policy, to ensure compliance. The position/person responsible for managing the triennial assessment and contact information is attached.

D. Revisions and Updating the Policy

The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment, if needed.

1. **Community Involvement, Outreach and Communications** - The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually.

III. Nutrition

- A. **School Meals** - Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. 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. All schools within the district are committed to offering school meals through the NSLP, SBP programs and other applicable Federal child nutrition program that meet USDA and State standards.

- B. **Staff Qualifications and Professional Development** - All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements.
- C. **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.
- D. **Competitive Foods and Beverages**- The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating.
- E. **Fundraising** – Fundraisers outside the school are exempt from the nutrition guidelines, but cannot be done at a time that would interfere with the SBP or NSLP programs.
- F. **Nutrition Promotion** - Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.
- G. **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.
- H. **Food and Beverage Marketing in Schools** - The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. 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.

IV. Physical Activity

All students will be provided the opportunity to participate regularly in supervised physical activities that are intended to maintain physical fitness and to impart the benefits of maintaining a physically active and healthy lifestyle. The district offers opportunities for students to participate in physical activity, either before and/or after the school day through a variety of methods. 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.

- A. **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.

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards promoting student well-being, optimal development and strong educational outcomes.

- A. **Community Partnerships** - The District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

- B. **Community Health Promotion and Family Engagement** - The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year.

Attachments:

- **Wellness Committee Member Names, Title, and Contact Information**
- **Designated Official for Oversight, Title, and Contact Information**
- **The Position/Person Responsible for Managing the Triennial Assessment, Title, and Contact Information**
- **Sign in Sheet and Meeting Agenda**
- **Triennial Assessment**
- **Documentation of Nutrition Education and Community Outreach**