



Wellness Policy



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Table of Contents

Preamble.....	2
Introduction and School Wellness Committee	2
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement	4
Nutrition	5
Physical Activity	8
Other Activities that Promote Student Wellness	10

Bartlett City Schools Wellness Policy

Preamble

Bartlett City Schools (hereto referred to as the District) is committed to the optimal development of every student. 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.

Good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines Bartlett City Schools' approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy 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 during and after school.
- 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.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- Will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy.

This policy applies to all students, staff and schools in the District. Specific measureable goals and outcomes are identified within each section below.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets at least twice per year 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 (heretofore referred as “wellness policy”).

The District Wellness Committee 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, teachers, school health services staff, and mental health and social services staff; school administrators, school board members; health professionals; and the general public. To the extent possible the District Wellness Committee will reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the District Wellness Committee 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 shall be the Coordinated School Health Specialist

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

Bartlett City Schools will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. It is recommended that the schools use the Centers for Disease Control and Prevention's School Health Index to create an action plan that fosters implementation

This wellness policy and the progress reports can be found at: <http://www.bartlettschools.org/>

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the Office of Coordinated School Health. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public.
- Documentation of efforts to review and update the Local School Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the District Wellness Committee.
- Documentation to demonstrate compliance with the annual public notification requirements.
- The most recent assessment on the implementation of the local school wellness policy.
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

Bartlett City Schools 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. This will include events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

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

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to *model* wellness policies
- 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 shall be the Coordinated School Health Specialist.
- The District Wellness Committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
- The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The District Wellness Committee will update or modify the wellness policy based on the results of the annual school and triennial assessments and/or as District priorities change; community needs change; wellness goals being met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. ***The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.***

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with community input as well as awareness of the wellness policy. The District will use electronic mechanisms,

such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of ways to participate in policy development as well as, content of, implementation of, and updates to the wellness policy.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

Bartlett City Schools 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. School meal programs aim to improve the diet and health of school children, help lessen 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 participate in USDA child nutrition programs, including the National School Lunch Program and the School Breakfast Program and are committed to offering school meals through these programs and other applicable Federal child nutrition programs that:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations and offers reimbursable school meals that meet USDA nutrition standards.
- Promote healthy food and beverage choices.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch
- Menus will be posted on the school nutrition website.
- Menus will be created/reviewed by a Registered Dietitian Nutritionist or other certified nutrition professional.
- The District child nutrition program will accommodate students with special dietary needs as stated in the Individual Education Plan (IEP).
- Students are served lunch at a reasonable and appropriate time of day.
- Promote healthy food and beverage choices using Smarter Lunchroom techniques.

Special Dietary Needs

Special diets shall be provided for students requiring such services as requested by a physician's referral or as stated on the student's Individual Education Plan.

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.

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.

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. The foods and beverages sold and served outside of the school meal programs, "competitive" foods and beverages, will meet the USDA Smart Snacks in School nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties.
2. Classroom snacks brought by parents.
3. Rewards and incentives.

Foods and beverages shall not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

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. This promotion will occur through at least:

- Implementing at least one or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques
- Ensuring foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

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 includes but is not limited to:

- Designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 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;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure;
- Teaches media literacy with an emphasis on food and beverage marketing;
- Includes nutrition education training for teachers and other staff and;
- Food allergy awareness education for teachers, staff and students.

Essential Nutrition Topics in Health Education

The District will include in the health education curriculum a minimum of 2 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices and eating disorders
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- Resisting peer pressure related to unhealthy dietary behavior

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. Bartlett City Schools 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.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements 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.

IV. Physical Activity

Bartlett City Schools is committed to providing a school environment that enhances learning, the development of life-long wellness practices and safe playground equipment for students. The District shall provide and promote physical activity. Physical activity may be integrated into any area of the school program. School Physical activity will not be *withheld or used* as punishment for any reason. Physical activity being withheld, however, does not include participation on sports teams that have specific academic requirements. *In addition to the District's physical education program*, non-structured physical activity periods shall be offered. Non-structured physical activity will consist of temporary withdrawal or cessation from usual schoolwork or sedentary activities.

The following opportunities for physical activity shall be provided:

1. Grades K-5: a minimum of 150 minutes of physical activity per full school week
2. Grades 6-12: a minimum of 90 minutes of physical activity per full school week.

All District **elementary and secondary schools** will adhere to District weather guidelines during recess and State mandated weather policies for sports participation.

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 also support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. Bartlett City Schools 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 and secondary students** will receive physical education that is consistent with State requirements.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments or other appropriate assessment tools and will use criterion-based reporting.

Essential Physical Activity Topics in Health Education

Health education will be required in all grades elementary and middle and the district will require high school students to take and pass at least one health education course. The health education curriculum *may* include the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity
- Any other health education topic deemed relevant

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 and work towards promoting student well-being, optimal development and strong educational outcomes.

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.

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. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

Staff Wellness and Health Promotion

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost. Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district academic improvement plans/efforts.
