

8505 WELLNESS POLICY/NUTRIENT STANDARDS FOR
MEAL AND OTHER FOODS

State and federal mandates require school districts to adhere to standards regarding the content of foods offered by the schools.

The Board of Education of the South Orange-Maplewood School District recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. The Board of Education is committed to the education and promotion of good nutrition, physical activity and other school-based activities that promote student wellness by:

- Providing students with healthy and nutritious food
- Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains
- Supporting healthy eating through nutrition education
- Encouraging students to select and consume all components of the school meal
- Providing students with the opportunity to engage in daily physical activity

The Board of Education recognizes child and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the HHFKA each school in the district shall implement this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.

A. Wellness Policy Goals

The goals as outlined below shall apply to each school in the district.

1. Goals for Nutrition Promotion — The following activities will be coordinated in each school in the district:
 - a. Posters will be posted on the walls where food and beverages are served to students highlighting and encouraging the value of good nutrition.
 - b. Food service staff, in consultation with the Principal or designee, will coordinate obtaining student input on menu planning With the goal of seeking popular and healthy dining choices.
 - c. Food service staff will, whenever possible, place the healthier food items in the service line where students are more likely to choose them.

- d. Parents will be provided the nutritional standards of the HHFKA.
2. Goals for Nutrition Education — The following activities will be coordinated in each school in the district:
 - a. The Principal will ensure each student receives at least one presentation per school year that promotes good nutrition and nutrition education. These presentations may be provided through classroom visits from school staff members trained in nutrition, school-wide or group assembly programs, during health/physical education classes during the school year, or any other presentation manner. This requirement may be provided as part of nutrition education provided to students as part of the district's curriculum.
 - b. The Principal or designee will post the nutritional guidelines of the HHFKA in the area of the school building where food and beverages are served.
 - c. The nutritional information, recipes, ingredient labels, and information that encourages the selection of healthy food items will be available.

3. Goals for Physical Activity

This school district's curriculum shall be consistent with the New Jersey Department of Education Core Curriculum Content Standards in Comprehensive Health and Physical Education. The district shall also promote nutrition education throughout the school day and after school programs to provide a consistent message to parents and students.

- a. The following activities will be coordinated in each elementary school in the district:
 - (1) All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
 - (2) The Principal or designee will ensure there is age-appropriate equipment and supplies available during recess time for students to participate in physical activities.
 - (3) Students will be encouraged by school staff members supervising student recess time to participate in some type of physical activity, which may include, but not be limited to: walking; playing games that require physical activity, such as kick ball, volleyball, basketball, etc.; rope jumping; and/or using playground equipment.

Recognizing that recess helps children achieve the necessary daily physical activity, the Board encourages the following best practices during recess at the elementary schools:

- i. Schools should not withhold recess from students as a form of punishment
 - ii. Recess should take place before lunch whenever possible
 - iii. Teachers are discouraged from keeping children from recess to complete academic work
 - iv. Physical activity should be promoted during recess when feasible
 - (1) The Principal will encourage classroom teachers to incorporate brief, physical activity brain boosters into the school day to establish an environment that promotes regular physical activity throughout the school day.
 - (2) The Principal or designee will coordinate special events that highlight physical activity, which may include field days, walk-a-thons, and activity tournaments or competitions. The Principal or designee may involve parents, community members, and students in the planning of these events.
- b. The following activities will be coordinated in each middle school in the district:
 - (1) All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
 - (2) The Board of Education may offer middle school students opportunities to participate in after-school intramural and/or interscholastic team activities coordinated and under the supervision of school staff members.
 - (3) The Board of Education will support after-school activities and clubs where physical activity for students is included as a key component to the activity's or club's purpose. These clubs may include, but not be limited to, gardening clubs, walking clubs and exercise classes.
- c. The following activities will be coordinated in each high school in the district:
 - (1) All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
 - (2) The Board of Education will offer high school students opportunities to participate in after-school intramural and/or interscholastic team activities coordinated and under the supervision of school staff members.
 - (3) The Board of Education will support after-school activities and clubs where physical activity for students is included as a key component to the activity's or club's purpose. These clubs may include, but not be limited to, gardening clubs, walking clubs and exercise classes.
4. Goals for Other School-Based Activities - The following activities will be coordinated in each school in the district:

- a. Each school in the district will establish a Wellness Committee comprised of the Principal or designee, a health/physical education teacher, a school nurse, parents, students, and food service staff.
- b. The Principal or designee will coordinate information being disseminated to students and parents promoting the school lunch program, nutrition, and nutrition education.

5. Annual Progress Reports

- a. The goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness shall be evaluated annually at each school and by the school's Wellness Committee.
- b. An Annual School Progress Report shall present the extent to which each school is in compliance with this Policy, the progress made in attaining the goals of this Policy, any recommended changes to this Policy, and an action plan for the following school year to achieve the school's annual goals and objectives.
- c. Revisions to this Policy will be recommended by the Superintendent or designee to be approved periodically by the Board of Education.

6. Additional Wellness Policy Goals

- a. Nothing in this Policy shall prevent an individual school in the district from developing and implementing additional activities, approved by the Superintendent or designee, to those required in this Policy.

B. Nutrition Guidelines for All Foods and Beverages

1. The Board of Education requires each school in the district to comply with the Federal school meal nutrition standards and the smart snacks in accordance with the requirements HHFKA. The nutritional standards shall apply to all foods and beverages sold in each school in the district as part of the menu pattern meal, a la carte, in school stores, snack bars, or vending machines. The food requirements for any food sold in schools must meet a range of calorie and nutrient requirements as outlined in the HHFKA.
2. The school district will comply with the HHFKA beverage requirements and beverage portion requirements for elementary, middle, and secondary schools. Each school will make potable water available to children at no charge in the place where breakfast, lunch, and afterschool snacks are served during meal service.

3. On-campus fundraisers involving food or beverage items must meet the Smart Snack standards of the HHFKA. The nutrition standards of the HHFKA do not apply to non-school hours, weekends, and off-campus fundraising events. The United States Department of Agriculture defines school day as starting from midnight to thirty minutes after the end of the school day. Fundraisers involving the sale of food or beverages must be submitted to the Principal or designee for approval.
4. This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNVs during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification

C. District Coordinator

The Superintendent or designee shall be the school district official responsible to ensure each school in the district complies with the requirements as outlined in this Policy.

D. Publication/Dissemination

This Policy will be made available to staff members, students, and parents by being posted on the school district and/or school websites.

The Board of Education is committed to promoting the Wellness Policy with all food service personnel, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating and physical activity practices. The Board will work toward expanding awareness about this policy among students, parents, teachers and the community at large.

The Board of Education encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.

The Board of Education continues to encourage the participation of all stakeholders by supporting the continuing mission of the District Wellness Policy and is committed to periodic measurement of the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

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