

## WELLNESS/NUTRITION POLICY

### Rationale

Healthy eating and activity patterns are essential if students are to achieve their full academic potential and their full physical and mental growth. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating habits and physical activity patterns. Therefore, well-planned and effectively implemented school nutrition and physical fitness programs have been shown to enhance students' overall health as well as their behavior and academic achievement in school. Relatedly, since school staff can serve as daily role models for healthy behaviors, staff wellness is an integral part of a healthy school environment.

Public Law 111-296, Section 204 requires school districts to include the following areas of focus in the local wellness policy (LWP):

1. Goals for nutrition education, physical activity, and other school-based activities.
2. Nutrition guidelines for all foods sold on campus.
3. Assurance that school meals meet USDA regulations.
4. A plan for monitoring the implementation of the wellness policy.
5. Involve parents, students, representatives of the school food authority, the school board, school administrators, and the public.

### Policy:

The Indian River School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Indian River School District that:

### Accountability:

- The Office of the Superintendent or designee is responsible and accountable for implementation, evaluation, and reporting progress on the wellness policy.

### Wellness Committee:

- The school district will convene a representative district wellness committee that meets annually 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. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

### Implementation, Monitoring, and Community Engagement:

- The district will develop and maintain a plan for implementation and coordinate the execution of this wellness policy.
- The district will retain records to document compliance with the requirements of the wellness policy at the Indian River Educational Complex. Documentation maintained in this location will include but will not be limited to:
  - The written wellness policy;
  - Documentation demonstrating the policy has been made available to the public;
  - Documentation of efforts to review and update the local school wellness policy;
  - 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 compliance with community involvement requirements;
  - Documentation of the triennial assessment of the local school wellness policy.
- The district must assess the local wellness policy at least every three years and report results to the public. The district will annually inform the public regarding the content of the wellness policy and the individual schools progress in implementing the policy.

### Nutrition Promotion:

- The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in the school meal programs. This promotion will occur by:
  - Implementing evidence-based healthy food promotion techniques through the school meals programs using Smarter Lunchroom techniques; and,
  - Ensuring 100% of the foods and beverages sold to students during the school day meet USDA Smart Snacks in School nutrition standards.
- All schools within the district participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit and Vegetable Program (if eligible). All schools within the district are committed to offering school meals through the NSLP and SBP programs and other applicable Federal child nutrition programs, that:
  - Are accessible to all students;
  - Are appealing and attractive to all children;
  - Are served in clean and pleasant settings;
  - Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

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:
  - Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - 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 (promotes physical activity).

Physical Activity:

- The district recognizes physical activity plays an integral role in the health and well-being of children. Therefore, schools will offer various physical activity opportunities in addition to, and not as a substitute for, physical education.

Other School Based Activities:

- The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complimentary, not duplicative, and work toward the same set of goals and objectives promoting student well-being, optimal development, and strong education outcomes.
- Nutrition Services Staff and school administration collaborate to provide sufficient space and time for meals.
- Drinking water is available at mealtime for all students.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Dining areas are attractive and have enough space for seating all students.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

Celebrations and Rewards:

- The district encourages foods provided for celebrations and rewards to follow USDA Smart Snacks in School guidelines.
- All foods provided for celebrations and rewards are required to be commercially packaged and have food nutrition labels which include nutrient analysis and allergy information.

Food and Beverage Marketing:

- 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.
- 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.
- The school day is defined as 12:00 midnight through thirty minutes after the final bell.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

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