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District Policy

8505 - WELLNESS POLICY/NUTRIENT STANDARDS FOR MEALS AND OTHER FOODS

Section: Operations
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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. Age-appropriate posters will be posted on the walls where food and beverages are served to students highlighting and encouraging the value of good nutrition.

   b. The school lunch program will have promotional days during the school year where at least one new nutritional alternative menu item will be featured as part of the menu pattern meal component. The food service staff members will promote this nutritional alternative during meal service with posters, flyers, and/or hand-outs regarding the nutritional menu item alternative.

   c. Food service staff, in consultation with the Principal or designee, will coordinate obtaining student input on menu planning that will include taste testing of new nutritional food, satisfaction surveys, and other activities that will promote nutrition awareness.

   d. Food service staff will place the healthier food items in the service line where students are more likely to choose them.

   e. The principal will provide~~d~~ the parents with the nutritional standards of the HHFKA and encourage parents to pack lunches and snacks that meet the HHFKA nutritional standards.

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 school lunch menu will include nutritional information, activities, recipes, and/or any other information that encourages the selection of healthy food items.

3. Goals for Physical Activity

   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 teacher physical education for students to participate in physical activities.

      (3) Students will be encouraged by school staff members supervising teacher physical education 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, baseball, basketball, etc.; rope jumping; and/or using playground equipment.

      (4) The Principal will encourage classroom teachers to incorporate brief, physical activity breaks into the school day to establish an environment that promotes regular physical activity throughout the school day.

(5) 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.

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, at least one health/physical education teacher, a school nurse, at least two parents, at least two students where age appropriate, at least one food service staff member, and at least one Home & School executive committee member.

b. The Principal or designee will coordinate information being disseminated to students and parents promoting the school lunch program, nutrition, and nutrition education.

c. The school district will celebrate a School Wellness Week, as determined by the Superintendent of Schools, where schools will have special activities throughout the week to promote nutrition and physical activity. These special activities will be planned and coordinated by each school's Wellness Committee.

d. The Principal will encourage fund-raising activities that promote physical activity such as walk-a-thons, teacher-student activity competitions, family activity nights, and school dances.

e. The School Wellness Committee will work to integrate nutrition education throughout the school day and after school programs to provide a consistent message to parents and students.

f. Food shall not be used as a reward for academic performance or behavior unless noted as part of the student's Individualized Education Plan (IEP).

5. Annual School Progress Report

a. The goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness shall be evaluated annually by the Principal or designee of each school and the school's Wellness Committee in an Annual School Progress Report provided to the Superintendent of Schools before June 30.

b. The 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.

6. Annual District Summary Progress Report

a. Upon receiving the Annual School Progress Report from each school, the Superintendent or designee will compile an Annual District Summary Progress Report to be presented to the Board of Education at a public meeting before the beginning of the school year. The public will be provided an opportunity to review and comment on the Annual District Summary Progress Report at the Board meeting.

b. Revisions to this Policy will be recommended by the Superintendent or designee to be approved by the Board of Education before September 30 of each school year.

7. 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

The United States Department of Agriculture defines school day as starting from midnight to thirty minutes after the end of the school day.

1. Meal Service

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. Students shall be given thirty (30) minutes to eat lunch between the hours of 10:00 a.m. and 2:00 p.m.

2. Beverages

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. Ala Carte Sales

a. The following items may not be served, sold, or given out as free promotion anywhere on school property at any time before the end of the school day:

(1) Foods of minimal nutritional value (FMNV) as defined by the U.S. Department of Agriculture regulations;

(2) All food and beverage items listing sugar, in any form, as the first ingredient; and

(3) All forms of candy.

4. Fundraising

a. All fundraising involving the sale of food/beverage items takes place outside the regular school day. An exception is made for half days when there is no food service. This must be consistent across all schools.

b. A copy of this policy must be disseminated to the Home & School Council. They must refrain from using restricted items as fundraisers.

c. Fundraising activities that take place outside of school, such as cookie dough or frozen pizza, are exempt from the nutrition standards. Distribution of order forms and foods not intended for consumption at school may continue. Nutrition standards do not apply during non- school hours, such as during school dances and plays.

5. Celebrations

Strong effort shall be made to include health choices when planning these activities. The teacher will create the menu and it shall be sent to the School Wellness Committee one week prior to the event. The Wellness Committee will submit a list of celebrations with menus at the end of each month for inclusion in the board agenda. This does not apply to students with an Individualized Health Care Plan requiring special dietary needs.

a. Classroom celebrations may include one item from the following categories:

(1) Sugar: Candy, Cake, Cupcakes, etc.
(2) Salt: Chips, Popcorn, Pretzel, etc.
(3) Fruit
(4) Juice

b. Celebrations are to be limited to four (4) per year. The principal may approve one (1) additional celebration per year for unanticipated events. These events include Halloween, Winter Break, Spring Recess and End of Year Party.

c. All food must be store bought with a list of ingredients and nutritional label.

d. As part of the WTSD Positive Behavior Supports in School programs, staff may include a variety of items as rewards that students may choose or may utilize tickets to purchase. These items are to be consumed after school hours. Reward carts must include healthy choices.

6. Birthday Celebrations shall occur in the school cafeteria during lunch. The district will purchase cupcakes once per month for the students having a birthday during that month. This will occur on the last Wednesday of each month that school is in session. July and August birthdays will be celebrated in June. Preschool birthday celebrations will be held in the classroom. This does not apply to students with an Individualized Health Care Plan requiring special dietary needs. Parents may not bring in food items for their child's birthday.

7. Curricular Events

a. Strong effort shall be made to include healthy choices when planning these activities. A copy of the menu shall be sent to the School Wellness Committee members and the parents one week prior to the event. The Wellness Committee will submit a list of curricular events including food with menus at the end of each month for inclusion in the board agenda. The teacher shall be responsible for the coordination of alternate foods for students with allergies. This does not apply to students with an Individualized Health Care Plan requiring special dietary needs. The following will not be allowed:

(1) Foods of minimal nutritional value (FMNV) as defined by the U.S. Department of Agriculture regulations;

(2) All food and beverage items listing sugar, in any form, as the first ingredient; and

(3) All forms of candy.

b. The food must be tied to a curriculum goal, be included in the teachers' lesson plans and identify the Core Curriculum Content Standards.

c. All food must be store bought with a list of ingredients and nutritional label.

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 Healthy, Hunger-Free Kids Act of 2010

	Adopted: 17 December 2014 Revised: 16 September 2015 Revised: 18 August 2021 Revised: 11 October 2022 Revised: 20 August 2025