

**BARRE UNIFIED UNION SCHOOL DISTRICT #097
POLICY****CODE: C 9****1st Reading: 05/04/2026****2nd Reading: 06/01/2026****ADOPTED: 06/01/2026**

LOCAL WELLNESS POLICY**Purpose**

It is the intent of the Barre Unified Union School District (BUUSD) to comply with the local policy requirements of all Vermont State and Federal regulations pertaining to school health and wellness, including those of the [Federal Child Nutrition and WIC Reauthorization Act of 2004](#) and the [Healthy, Hunger-Free Kids Act of 2010 \(HHFKA\)](#), as well as the applicable [Vermont Education Quality Standards](#). In accord with those requirements, this policy has been developed in consultation with parents, representatives of the school food authority, teachers of physical education, teachers of health education, school health professionals, school administrators and community partners.

Policy Statement

We recognize the strong link between wellness and academic achievement. Barre Unified Union School District's wellness policy is designed to promote student health, wellness and ensure that school meal nutrition guidelines meet the minimum federal school meal standards. The district's wellness policy contains goals related to nutrition education, nutrition promotion, guidelines for all foods available on school grounds, physical education, physical activity, and other school-based activities to promote student wellness. The District will review and consider evidence-based strategies and the [Whole School, Whole Community and Whole Child \(WSCC\) model](#) in determining these goals.

Goals for Nutrition Education

At Barre Unified Union School District, we recognize the importance of nutrition education to help our students develop healthy eating habits for a lifetime. A healthy diet plays a critical role in preventing chronic disease and supporting good health, and nutrition education empowers students to make informed choices regarding the foods they eat.

- A. The school district shall provide nutrition education as required by state law and regulations of the State Board of Education. In particular, the district shall provide a nutrition component in its comprehensive health education curriculum and shall develop programs intended to accomplish applicable goals enumerated in the [Vermont Education Quality Standards](#) and [Vermont Education Statute 16 V.S.A. §131](#).
- B. Nutrition education shall be conducted by appropriately licensed staff members.
- C. Schools will provide nutrition education and engage in nutrition promotion that:
 - It is designed to provide students with the knowledge and skills necessary to promote and protect their health.

- It is 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 electives as appropriate.
- Includes enjoyable, developmentally appropriate, culturally relevant and participatory activities that may include but are not limited to cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens.

Goals for Nutrition Promotion

At Barre Unified Union School District, we recognize the relationship between good nutrition and readiness to learn, and encourage participation in our school's food service program to meet students' nutritional needs. We also strive to create a culture that fosters healthy eating in our cafeterias and throughout our buildings.

- A. The district shall provide adequate space for eating and serving school meals.
- B. The district shall provide a clean and safe meal environment for students.
- C. The district shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- D. No child shall be denied a meal due to a lack of funds. See [District Policy on Food Service Operation](#).
- E. The school district will provide BUUSD families information about eligibility for free and reduced price meals on the district website, (our website here), in a communication that goes home to families at the start of every school year, and upon request at any time. The application can also be found here: [Application for Free or Reduced Meals](#).
- F. Schools participating in the National School Lunch and School Breakfast programs shall make free potable water available to children in the meal service areas.
- G. The district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
- H. Food shall not be used in district schools as a reward or punishment.
- I. Schools will provide food service flexibility when feasible to increase meals access.

Guidelines for Foods Available on School Campuses

At Barre Unified Union School District, we strive to make the healthy choice the easy choice by offering a variety of healthy meal options that meet the [USDA Dietary Guidelines for Americans](#).

- A. The National School Lunch and School Breakfast Programs will meet the requirements provided in 7 CFR 210 and 7 CFR 220 (National School Lunch Program and School Breakfast Guidelines.)
- B. The district shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 9A(a) and (b) of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
- C. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the [USDA Smart Snacks nutrition standards](#).
- D. The district will limit food and beverage marketing to the promotion of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campuses
- E. School district fundraisers that occur during the school day will meet the USDA Smart Snack nutrition standards.
- F. The district is required to establish nutrition guidelines for all other foods provided, but not sold to students during the school day. Foods provided but not sold may include food that is part of a

classroom celebration or provided by parents or community organizations free of charge. It is the policy of the district that, when feasible, food provided but not sold should be limited to those foods that improve the health of students, promote nutrition, and model healthy choices.

Goals for Physical Education

At Barre Unified Union School District, we recognize the importance of physical education to help students understand the importance of a physically active lifestyle, develop the skills to engage in that lifestyle, and explore activities they can pursue throughout their lives. We create programming and opportunities to engage in physical education that will provide life-long health benefits. We utilize the CDC's [Comprehensive School Physical Activity Program Framework](#) and the Vermont Agency of Education's adopted [SHAPE America standards](#) to inform our physical education policy and programming.

- A. The district shall provide physical education classes for all students as required by Education Quality Standards.
- B. Physical education curriculum shall be proficiency-based for development and assessment of knowledge and skills for student physical literacy with an emphasis on the development of a physically active lifestyle. [EQS Rule 2120.5](#), [16 V.S.A. § 136](#)
- C. The District Physical Education Program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.
- D. Physical education shall be considered in the design of an educational support that enables each student to access the general curriculum. Flexible, alternative pathways for proficiency-based learning in physical education shall be made equally accessible for all students. Adapted physical education shall be designed, delivered and assessed by a licensed physical education teacher in consultation with other colleagues (e.g. special educator, occupational therapist), student and parents. [Act 77 §941](#)
- E. Physical education will be taught, assessed and credit awarded by properly licensed educators [16 V.S.A. §1692](#)
- F. Physical education teacher professional development shall be based on identified needs and aligned with other school or district-wide continuous improvement priorities. [EQS rule 2121.3](#)
- G. Physical education shall benefit from thoughtful, periodic, content-specific program and professional performance review that drives continuous improvement. [EQS rule 2121.4](#)

Goals for Physical Activity

At Barre Unified Union School District, we recognize the importance of physical activity to the mental and physical well-being of our student population, both now and throughout their lives. We strive to provide programming and opportunities to engage in physical activity that will help our students better engage in their academic learning.

- A. The district shall offer opportunities for students in grades K-12 to participate in at least 30 minutes of physical activity within or outside of the school day. Physical activity may include recess and movement built into the curriculum, but does not replace physical education classes.
- B. All elementary schools will offer at least 20 minutes of recess on all days during the school year.
- C. The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects.

- D. Physical activity during the school day will not be used or withheld as punishment for any reason.
- E. The District encourages staff, students, and their families to participate in physical activity outside the school day. Allowing staff, students, and their families to use school recreational facilities during non-school hours is one way to increase opportunities to engage in physical activity. The information shall include the hours the facilities are open, any restrictions related to use, any programming offered on-site, and other relevant information. See the BUUSD website for more information.

Goals for Other School Based Activities:

At Barre Unified Union School District, we embrace the philosophy of the [Whole School, Whole Community and Whole Child \(WSCC\) model](#) and use that framework to integrate wellness activities across the school setting and in accordance with evidence-based strategies such as those provided in the [Vermont School Wellness Policy Guidelines and Implementation](#) and at the discretion of the Superintendent or their designee.

- A. The District will utilize school nurses in each school to encourage students and their families to establish and access their dental home to receive age-specific comprehensive oral health care annually, as recommended by the [American Academy of Pediatrics](#), [Bright Futures – Guidelines for Health Supervision of Infants, Children, and Adolescents](#), and the [American Academy of Pediatric Dentistry](#).
- B. The District will utilize school nurses in each school to encourage students and their families to establish and access their medical home to receive age-specific health supervision visits (Well care visits) annually, as recommended by the American Academy of Pediatrics', [Bright Futures – Guidelines for Health Supervision of Infants, Children, and Adolescents](#).
- C. The District will create a workplace environment that provides a space and supports and respects a breastfeeding person's decision to breastfeed and/or pump during the school day at each school and within our central office.
- D. The District is committed to fostering a healthy work environment that promotes staff wellness. The District will develop a process to regularly measure and assess staff wellness. This will include reporting findings and providing recommendations to leadership including the Superintendent and School Board as well as developing a response plan to leverage assets and address opportunities for improvement.
- E. In recognition of research showing that condom availability programs increase condom use, promote delayed sexual initiation or abstinence, provide medical care costs savings, and reduce HIV, STD, and unplanned pregnancy risk and in accordance with the Vermont Statute on Provision of Contraceptives ([16 V.S.A. § 132](#)), the District has adopted this condom availability procedure.
- F. The District, supporting the importance of menstrual dignity and in recognition of the wellness-related importance of equitable access to menstrual products to all students who need them and in accordance with Vermont Statute on Provision of Menstrual Products ([16 V.S.A. § 1432](#)), will create and adopt a menstrual product availability procedure.
- G. The District, in accordance with Act 56, [18 V.S.A. § 8151](#), shall ensure that school employees receive education that meets the Center for Disease Control and Prevention's

[Quality Training Standards](#), pertaining to the prevention of, use of language regarding, and identification of eating disorders in youth.

- H. The District, in accordance with [Act 56](#), 18 VSA § 8151 (Ch. 192), shall use a weight-inclusive lens to evaluate our curriculum and culture. We recognize that healthy bodies come in all sizes, and weight is not a reliable indicator of health and wellness. We encourage health and wellness behaviors in our community, to include “rejecting diet culture, eating a wide variety of food, listening to one’s hunger/satiety cues, respecting one’s body and moving one’s body in a way that feels good.”¹

Guidelines for Policy Implementation, Monitoring and Assessment

- A. The District will convene a representative School Health Advisory Committee (SHAC) to establish goals for and oversee school health, wellness and safety policies and programs.
- B. The designated person for oversight of this committee and its work is the Barre Unified School District Director of Integrated Wellness, or other designee named by the Superintendent.
- C. The district will permit 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, monitoring, and periodic review and update of this policy.
- D. The superintendent or their designee shall periodically monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
- E. The district shall annually inform and update the public about the content and implementation of this policy, including the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model local school wellness policies and a description of the progress made in attaining the goals of this policy.
- F. The superintendent or their designee shall report at least annually to the board and to the public on the district’s compliance with law and policies related to student wellness. The report shall include information as to the content and implementation of this policy, and an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

[Weight-Inclusive Nutrition \(WIN\) Research Group \(uvm.edu\)](#)

- G. The District School Health Advisory Committee (SHAC) will have 6-12 active members, including representation from the community, school board, parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, and school administrators.
- H. The District School Health Advisory Committee will meet at least twice during the school year. I. School Health Advisory Committee oversees an annual assessment of school wellness policy implementation/progress towards wellness goals. A report of progress towards compliance/implementation is made to the school community (Board of Education, superintendent, principals, staff, students and parents). Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.