

WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day may meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or "classroom breakfast".

The district consults with community and school district staff on wellness issues as needed in Appendix A through D.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.
 (2005)
 Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.,

Cross Reference: 504.6 Student Activity Program
 710 School Food Services

ADOPTED: July 13, 2006

Appendix A

Nutrition Education and Promotion

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste testing, farm visits and school gardens
- promotes fruits, vegetables, whole-grain products, low fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices
- emphasizes caloric balance between food intake and physical activity
- links with meal programs, other foods and nutrition-related community services
- includes training for teachers and other staff.

Appendix B

Physical Activity

Daily Physical Education

The school district will provide physical education that:

- is for all students in grades K-12
- is taught by a certified physical education teacher
- includes students with disabilities
- engages students in moderate to vigorous activity during at least 50 percent of all physical education class time.

Appendix C

Other School-Based Activities that Promote Student Wellness

Integrating Physical Activity into Classroom Settings

The school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities
- discourage sedentary activities, such as watching television, playing computer games, etc.

Optional Issues

Communication with Parents:

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.

The school district will:

- send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day
- include sharing information about physical activity and physical education through a web site.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

The school district will:

- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products
- market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers.

Staff Wellness

- The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

Nutrition Guidelines for All Foods Available on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children
- be served in clean and pleasant settings
- meet, at a minimum, nutrition requirements established by local, state, and federal law:
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ensure that half of the served grains are whole grain.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation,
- notify parents and students of the availability of the School Breakfast Program, where available; and,
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:

- utilize electronic identification and payment systems; and,
- promote the availability of meals to all students.

Nutrition Guidelines for All Foods Available on Campus

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all nutrition professionals.

Foods Sold Outside the Meal (e.g. vending, a la carte sales)

Elementary schools: The food wellness committee, in conjunction with district administration, will approve beverage sales to students in elementary schools. To this end:

- food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills; and,
- foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Beverages

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA)

Middle School: Same as High School

High School:

- Bottled water
- No- or low-calorie beverages with up to 10 calories/8 ounces
- Up to 12 ounce servings of milk, 100% juice, light juice, and sports drinks
- Low fat and non fat regular and flavored milk with up to 150 calories/8 ounces
- 100% juice with no added sweeteners and up to 120 calories/8 ounces
- Light juices and sports drinks with no more than 66 calories/8 ounces
- At least 50% of beverages must be water and no- or low-calorie options

Nutrition Guidelines for All Foods Available on Campus

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children’s nutritional needs, children’s ages, and other considerations.

Rewards

Candy will not be used at the elementary level as a reward for completing daily work.

Nutrition Guidelines for All Foods Available on Campus

Food Safety

- All foods made available on campus adhere to food safety and security guidelines
- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools http://www.fns.usda.gov/tnResources/servingsafe_chapter6.pdf
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel

Appendix E

Plan for Measuring Implementation

Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.