



BELLOWS FREE ACADEMY/NWTC  
FAIRFIELD CENTER SCHOOL  
ST. ALBANS CITY SCHOOL  
ST. ALBANS TOWN EDUCATIONAL CENTER

Policy



**DRAFT FOR BOARD REVIEW: 4/17/19**

**POLICY: FEDERAL CHILD NUTRITION ACT WELLNESS POLICY**

**CODE: C9**  
(MANDATORY)<sup>i</sup>

**Purpose**

The intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004, and the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). In accord with those requirements, this Policy has been developed in consultation with parents, students, representatives of the school food services authority, school administrators, teachers of physical education, school health professionals and the public.

**Policy Statement**

It is the policy of the Maple Run Unified School District to establish goals for nutrition promotion and education, nutrition guidelines, physical activity and other school-based activities that are designed to promote student wellness. With the objective of promoting student health and reducing childhood obesity, the district will also establish nutrition guidelines for all foods available at school during the school day. The district will review and consider evidence-based strategies in determining these goals.

**1. Goals for Nutrition Promotion and Education<sup>[2]</sup>:**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

The District protects the privacy of students who qualify for free or reduced priced meals. No procedures identify these students in the enrollment process nor in the provision of meals. Families are routinely provided information about eligibility for free/reduced priced meals and encouraged to apply. Periodic updates are provided, and information is readily available to parents/guardians through verbal, printed, and website

38 communications. Schools must serve students a reimbursable meal, regardless of  
39 whether the student has money to pay or owes money.

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41 The District shall provide nutrition promotion and education programs as required by state  
42 law and regulations of the State Board of Education. In particular, the District shall  
43 provide a nutrition component in its Comprehensive Health Education program and shall  
44 develop curricular programs intended to accomplish applicable goals enumerated in the  
45 Vermont Framework of Standards and Learning Opportunities <sup>3</sup> and the National Health  
46 Education Standards.

- 47  
48 A. Nutrition education and promotion programs shall be conducted by appropriately  
49 licensed staff members. Nutrition education teaches skills that are behavior  
50 focused, interactive and/or participatory. All school Food Service personnel,  
51 including nutrition program directors, managers and staff will meet or exceed  
52 hiring and annual continuing education/training requirements in the [USDA](#)  
53 [professional standards for child nutrition professionals](#). These school nutrition  
54 personnel will refer to [USDA's Professional Standards for School Nutrition](#)  
55 [Standards website](#) to search for training that meets their learning needs.
- 56 B. To the extent practicable, nutrition education and promotion shall be integrated  
57 into core curricula in areas such as science, and family and consumer science  
58 courses. In PK-12 schools, nutrition education is recommended to be offered at  
59 each grade level as part of a sequential, comprehensive, standards-based health  
60 education curriculum that meets state and national standards.
- 61 C. The district will limit food and beverage marketing to the promotion of only those  
62 foods and beverages that meet the [USDA Smart Snacks](#) in School nutrition  
63 standards on school campus.
- 64 D. All schools will implement at least ten or more evidence-based healthy food  
65 promotion techniques through the school meal programs using Smarter  
66 Lunchroom techniques.
- 67 E. Morning schedules allow students time to eat breakfast.
- 68 F. Students are prohibited from leaving campus for lunch, except for senior  
69 privileges.
- 70 G. Educational signage in the food service area indicates the daily menu offerings  
71 and required minimum selections needed to make a complete meal.
- 72 H. The district discourages consumption of competitive foods in place of school  
73 meals by limiting competitive food choices during mealtimes in the cafeteria.
- 74 I. Schools encourage increased consumption of fruits and vegetables and a culture  
75 of trying new foods in the school cafeteria.
- 76 J. Schools shall label/mark healthy food items available, so students know which the  
77 healthy items are.
- 78 K. The healthiest choices, such as salads and fruit, will be prominently displayed in  
79 the cafeterias to encourage students to make healthy choices.
- 80 L. Local food selections shall be marked so students connect the foods they eat with  
81 the farms that produce them.

82  
83 Farm to School Program:

84 The district recognizes that school gardens and farm visits can offer physical activity and  
85 nutritional education opportunities, as well as agricultural education, by engaging  
86 students in activities such as planting, harvesting and weeding.  
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88 **2. Goals for Physical Education and Physical Activity.**<sup>[4]</sup>

89 The District shall offer opportunities for students in grades PreK-12 to participate in at least  
90 30 minutes of physical activity within or outside of the school day. Schools will ensure  
91 that these varied physical activity opportunities are in addition to, and not as a substitute  
92 for, physical education.

93 **Physical Education**

- 94 A. The District shall provide physical education classes for all students as required by  
95 Vermont Education Quality Standards. The District shall provide all students with  
96 physical education, by developing or adopting a written age-appropriate,  
97 sequential physical education curriculum consistent with national and state  
98 standards for physical education.
- 99 B. Exemptions from physical education class time or credit is allowed but  
100 discouraged.
- 101 C. Schools may not allow students to substitute other school or community activities  
102 for required physical education time or credit, unless an individual plan is  
103 developed that meets state standards.
- 104 D. Adapted physical education shall be designed, delivered and assessed by a  
105 licensed physical education teacher in consultation with other colleagues (e.g.  
106 special educator, occupational therapist), student, and parents as necessary.
- 107 E. Each school shall provide students in grades K-8 with at least two physical  
108 education classes per week, comprised of a minimum of 60 minutes per week.  
109 Students in grades 9-12 are required to enroll in one and one-half years of  
110 physical education, comprised of 91-221 minutes per week each of three  
111 semesters.
- 112 F. Physical Education classes will have a student/teacher ratio similar to those used  
113 in other classes.
- 114 G. The District PreK-12 physical education program will promote student physical  
115 fitness through individualized fitness and activity assessments via FitnessGram or  
116 other appropriate assessment tools and will use criterion-based reporting for  
117 each student.
- 118 H. During physical education, students should be moderately to vigorously active for  
119 an average of at least 50% of class time during most or all physical education class  
120 sessions.
- 121 I. Physical education teacher professional development shall be based on identified  
122 needs and aligned with other school or district continuous improvement  
123 priorities. All PE teachers will be given the opportunity to participate in at least  
124 one content-related professional development activity/course each year.
- 125 J. All physical education classes in the district are taught by licensed teachers who  
126 are certified or endorsed to teach physical education.
- 127 K. Lifetime sport instruction shall be included.
- 128 L. School staff members shall be encouraged to model healthy eating and physical  
129 activity behaviors.  
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### **Physical Activity**

The District shall offer opportunities for students in grades PreK-12 to participate in at least 30 minutes of physical activity within or outside of the school day. PreK programs will follow Vermont childcare licensing requirements for daily physical movement. Physical activity may include recess and movement built into the curriculum but does not replace physical education classes.

- A. All elementary schools will offer at least 20 minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days.
  - a. Schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.
  - b. In the event that the school or district must conduct indoor recess, teachers and staff will promote physical activity for students, to the extent practicable.
  - c. The district recognizes that students are more attentive and ready-to-learn if provided with periodic breaks during which they can be physically active or stretch.
  - d. Teachers should provide students with a physical activity break for every 60 minutes of academic instruction daily. These physical activity breaks will complement, not substitute for physical education class, recess, and class transition periods.
  - e. School personnel shall not use physical activity or withhold physical education class, movement opportunities or recess as a punishment. This does not apply to eligibility for interscholastic athletics, nor to physical activities in interscholastic athletic practices or games. Guidelines will be developed about using or withholding physical activity as a consequence during practices and games, and these guidelines will be incorporated in all coach training. The district will review and adopt current best practices in all aspects of coaching and team responsibilities.
- B. Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and limit sedentary behavior during the school day.
- C. Physical activity opportunities should be provided at the schools for families and community members.
- D. District policies require schools to enter into joint-use agreements for community use of school facilities and school use of community facilities for physical activity programming.
- E. Schools promote walking and biking to school.
- F. To the extent practicable, the district will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The district will conduct necessary inspections and repairs.

### **3.Goals for Nutrition and Other School Based Activities.** [\[5\]](#)

- A. The District shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture

- 177                   pursuant to sections (a) and (b) of section 9A(a) and (b)of the Richard B. Russell  
178                   National School Lunch Act as those regulations and guidance apply to schools.<sup>[6]</sup>
- 179           B. The District shall provide adequate space for eating and serving school meals.
  - 180           C. The District shall provide a clean and safe meal environment for students.
  - 181           D. The District shall establish meal periods that provide adequate time to eat and are  
182           scheduled at appropriate hours. Students will be scheduled at least 10 minutes to  
183           eat breakfast and at least 25 minutes to eat lunch.
  - 184           E. The use of food is never to be used as a reward or punishment.
  - 185           F. The District shall provide training opportunities as appropriate for food service and  
186           other staff members in areas of nutrition and wellness.
  - 187           G. Schools participating in the National School Lunch and School Breakfast programs  
188           shall make free potable water available to children in the meal service areas.
  - 189           H. Students will be allowed to bring and carry approved water bottles filled with only  
190           water with them throughout the school day. Free, potable water will be available to  
191           children throughout the school day.
  - 192           I. The district will implement other wellness-based school activities from time to time  
193           at the discretion of the superintendent or his or her designee. These activities will  
194           be in accordance with evidence-based strategies such as those provided in the  
195           Vermont School Wellness Policy Guidelines.
  - 196           J. The district will seek community partnerships to provide resources, environmental  
197           approaches, and/or social and behavioral programs for parents/caregivers, families,  
198           and the general community to engage in healthy eating and physical activity.
  - 199           K. At the building level, the staff focuses on student wellness issues, identifies and  
200           disseminates wellness resources, and performs other functions that support student  
201           wellness.
  - 202           L. The district staff wellness committee, with a staff representative from each school,  
203           meets once per month throughout the school year. This district-wide staff wellness  
204           committee provides a variety of resources, activities, and promotional wellness  
205           events.
  - 206           M. There is a district wellness policy committee including all stakeholders that meets at  
207           least quarterly.

#### 209 **4. Goals for Nutrition Services**

210           Our school district is committed to serving healthy meals to children, with plenty of fruits,  
211           vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low  
212           in saturated fat, and have zero grams trans-fat per serving (nutrition label or  
213           manufacturer’s specification); and to meeting the nutrition needs of school children  
214           within their calorie requirements. The school meal programs aim to improve the diet and  
215           health of school children, help mitigate childhood obesity, model healthy eating to  
216           support the development of lifelong healthy eating patterns and support healthy choices  
217           while accommodating cultural food preferences and special dietary needs. To support  
218           these goals:

- 219           A. All schools will provide breakfast and lunch in compliance with the USDA School  
220           Lunch and Breakfast Program requirements. No foods of minimal nutritional value,  
221           as listed in 7 CFR 210, Appendix B and 7 CFR 220, Appendix B shall be sold in food  
222           service areas during breakfast and lunch periods.<sup>[8]</sup> All foods sold during the school  
223           day (12:00 am to 30 minutes after the official end of school day) on any school

- 224 campus outside the federally supported meal programs, must comply with the  
225 Smart Snack nutrition standards of the Healthy Hunger-Free Kids Act; 2010 (HHFKA)  
226 See: 7CFR 210.11. <sup>[9]</sup>
- 227 B. All school menus will be based on the USDA Dietary Guidelines for Americans.
  - 228 C. Schools provide food service flexibilities, such as: Farm to School, school gardens,  
229 Breakfast in the Classroom, Mobile Breakfast carts, Grab 'n' Go Breakfast, or other  
230 applicable food programs that increase food access.
  - 231 D. Schools shall provide periodic food promotions to encourage taste testing of  
232 healthy new foods being introduced on the menu.
  - 233 E. The district shall use the USDA's Smarter Lunchroom tools and other resources  
234 available on the USDA website to increase participation.
  - 235 F. Schools use USDA geographical preference rules to access local food and beverages  
236 whenever possible.
  - 237 G. Nutrition Services will coordinate its menus with seasonal production of local farms  
238 and with production in school gardens so that school meals will reflect seasonally  
239 and local agriculture.
  - 240 H. The school food service program is in good standing with all USDA meal program  
241 regulations, such as nutrition specifications, civil rights and food safety.
  - 242 I. The school food service program administration materials are available upon  
243 request. Examples include meeting minutes, participation rates, health inspection  
244 results and its nutritional compliance results.
  - 245 J. Menus will be posted on the District website or individual school websites, and  
246 nutrient content and ingredients are available.
  - 247 K. School meals are administered by a team of child nutrition professionals.
  - 248 L. Students are served lunch at a reasonable and appropriate time of day.
  - 249 M. When possible, lunch will follow the recess period to better support learning and  
250 healthy eating.
  - 251 N. Participation in Federal child nutrition programs will be promoted among students  
252 and families to help ensure that families know what programs are available in their  
253 children's school.

#### 254 **5. Nutrition Standards for Competitive and Other Foods & Beverages**

255 There is no exemption in Vermont for fundraisers that do not meet the Smart Snack  
256 standards during the school day. These standards also apply for all foods provided, but  
257 not sold, to students during the school day. Foods provided but not sold may include  
258 food that is part of a classroom celebration or provided by parents or community  
259 organizations free of charge. These standards are recommended to also apply to off-  
260 campus events and to campus events that occur outside of the school day.

- 261 A. Schools will encourage options of selling non-food items or participating in other  
262 events to support the school and community such as gift wrap, light bulbs, plants,  
263 books, car washes, walkathons, fun runs, School garden produce, etc. The District  
264 will provide a list of healthy fundraising ideas from such sources as the [Alliance for](#)  
265 [a Healthier Generation](#) and the [USDA](#)].
- 266 B. The district will work to eliminate the advertising of foods and beverages that are  
267 not available for sale in district schools. This includes school property (e.g. signs,  
268 scoreboards, sports equipment, vending machines, food or beverage containers,  
269 racks, coolers, trash or recycling containers), school publications or school media  
270 outlets, and fund raisers or incentive programs that provide children with free or

271 discounted foods or beverages. No advertising of foods and beverages that fail to  
272 meet Smart Snack standards will be present in cafeterias. High school  
273 administration is encouraged to limit food and beverages that contain caffeine. All  
274 advertising must be approved by the principal.  
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276 **6. Celebrations and Rewards**

277 Recognizing food allergies and dietary restrictions, at the start of each school year teachers  
278 and staff will communicate with parents and students about appropriate foods,  
279 preferably smart snacks and healthy choices to be allowed in classroom celebrations.

- 280 A. The district will provide a list of healthy party ideas to parents and teachers, including  
281 non-food celebration ideas.
- 282 B. Celebrations will focus on activities. If food is included in the celebration, healthy  
283 choices should be made available.
- 284 C. The District will provide teachers and other relevant school staff a list of alternative  
285 ways to reward children.
- 286 D. Food and beverages will not be used as a reward, or withheld as punishment for any  
287 reason, such as performance or behavior. Exceptions can be approved.  
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289 **7. Assessment**

290 The District will conduct an assessment of the wellness policy every 3 years. This  
291 assessment will determine compliance with the wellness policy, how the wellness  
292 policy compares to model wellness policies, and progress made in attaining the goals  
293 of the wellness policy. The triennial assessment results will be made available to the  
294 public. The district wellness policy committee will review progress with all relevant  
295 stakeholders and recommend policy updates for School Board consideration.

296 **8. Policy Implementation.**<sup>[10]</sup>

- 297 A. The Superintendent or his/her designee shall periodically monitor district programs  
298 and curriculum to ensure compliance with this policy and any administrative  
299 procedures established to carry out the requirements of this policy. The district shall  
300 periodically inform and update the public about the content and implementation of  
301 this policy, including the extent to which District schools are in compliance with this  
302 policy, the extent to which this policy compares to model local school wellness  
303 policies and a description of the progress made in attaining the goals of this policy.<sup>[11]</sup>
- 304 B. The District shall permit parents, students, representatives of the school food  
305 authority, teachers of physical education, school health professionals, the school  
306 board, school administrators and the general public to participate in the  
307 development, implementation and periodic review and update of this policy.<sup>[12]</sup>
- 308 C. The Superintendent or his/her designee shall report at least annually to the board  
309 and to the public on the District's compliance with law and policies related to student  
310 wellness. The report shall include information as to the content and implementation  
311 of this policy, and an assurance that district guidelines for reimbursable meals are not  
312 less restrictive than regulations and guidelines issued for schools in accordance with  
313 federal law.<sup>[13]</sup>

314 **MRUSD Board**

315 Date Adopted: 11/2/2016

316 Date Revision Adopted: 6/5/2017

317 Date 2<sup>nd</sup> Revision Adopted:

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320 Legal Reference(s).

321 ☐ 16 V.S.A. §§131 & 906(b)(3).

322 ☐ Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.

323 ☐ Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.

324 ☐ Healthy, Hunger Free Kids Act of 2010, Section 204 of Public Law 111-296.

325 ☐ Code of Federal Regulations, 7 CFR Part 210 and Part 220.

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<sup>[1]</sup> Section 204 of Healthy Hunger Free Kids Act of 2010, Public Law 111-296

328 <sup>[2]</sup> These goals are intended to be illustrative. Local policy makers should consider the addition of locally  
329 established goals. For examples of goals used elsewhere, consult the resources listed in the material  
330 accompanying this model policy.

331 <sup>[3]</sup> 16 V.S.A. §§131 & 906.

332 <sup>[4]</sup> These goals are intended to be illustrative. Local policy makers should consider the addition of locally  
333 established goals. For examples of goals used elsewhere, consult the resources listed in the material  
334 accompanying this model policy.

335 <sup>[5]</sup> These goals are illustrative. Local policy makers should consider the addition of locally established  
336 goals. For examples of goals used elsewhere, consult the resources listed in the material accompanying  
337 this policy.

338 <sup>[6]</sup> This provision is required of schools participating in National School Lunch and Breakfast programs.

339 <sup>[7]</sup> The federal law requires that local wellness policies include “nutrition guidelines selected by the local  
340 educational agency for all foods available on each school campus...during the school day with the  
341 objectives of promoting student health and reducing childhood obesity.” Include locally established  
342 guidelines as appropriate.

343 <sup>[8]</sup> Required of schools participating in National School Lunch and Breakfast programs.

344 <sup>[9]</sup> Required by cited federal regulations.

345 <sup>[10]</sup> The Healthy, Hunger Free Kids Act requires the establishment of “a plan for measuring implementation  
346 of the local wellness policy, including the designation of 1 person within the local education agency or  
347 at each school, as appropriate, charged with operational responsibility for ensuring that the school meets  
348 the local wellness policy.” For examples of implementation plans, consult the references cited in the  
349 materials accompanying this model policy.

350 <sup>[11]</sup> P.L. 111-296 Sec 9A(b)(5)(A) and (B).

351 <sup>[12]</sup> P.L. 111-296 Sec. 9A(b)(3); 42 U.S.C. 1758(b).

352 <sup>[13]</sup> P.L. 111-296 Sec. 9A(b)(4) and (5)  

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