

Cheney USD 268 District Wellness Policy



Cheney Public Schools is committed to providing an environment that enhances the development of lifelong wellness practices and ensures that all students are fit, healthy and ready to learn. Cheney Public Schools recognizes its responsibility to promote healthy eating habits and fitness in students through curriculum and provision of healthy and nutritious meals and snacks to students during the school day. The purpose of the child nutrition program is to give students adequate nutrition during the school day and to teach them, by example, good nutrition practices and how those contribute to their health and indirectly to their learning. Cheney Public Schools also is concerned about the prevalence of childhood obesity and consequent health implications during the remainder of the students' lives. In the short-term, overweight children may exhibit compromised health, with effects on school attendance and academic performance. At the same time that we nourish our children's bodies with nutritious food, we need to ensure their physical fitness with an outstanding program of physical education and activity. An essential purpose of the physical education curriculum is to teach the importance of lifelong personal fitness goals and help enable our students to reach those goals.

Each school shall provide an **average** of thirty minutes of moderate to vigorous physical activity for all K-9 students daily. Opportunities to participate in physical activity shall not be taken away as a means of punishment, nor shall severe and inappropriate exercise be used as a form of punishment.

Students will receive nutrition education consistent with federal/ state guidelines, and nutrition education shall be integrated into health education or other subjects in order to teach students the skills necessary to adopt healthy eating behaviors. The school Wellness Committee shall recommend other school-based activities designed to promote student wellness.

Foods and beverages on each school site shall meet all applicable federal and state nutritional guidelines. The guidelines for reimbursable school meals shall not be less restrictive than that established by federal law. Separate nutritional standards may be established by the Superintendent or designee for those foods and beverages for which there are no mandatory state or federal guidelines.

The child nutrition program will provide menus for students and staff offering healthy choices and minimizing the availability of high fat, high calorie and high sugar choices and will offer age-appropriate serving sizes. Food sold, or otherwise offered, at school will be nutritious, appealing, and include fresh fruits and vegetables, low-fat foods and whole grain products. Food choices made available to students throughout the school environment will be consistent with Cheney Public Schools nutrition education.

The Superintendent or designee will ensure district-wide compliance with this policy. In each school, the principal or designee will ensure compliance with this policy and will report on the school's compliance to the

Superintendent of designee. The Superintendent or designee, in collaboration with the Wellness Committee, shall annually prepare all required reports.

The School Wellness Committee shall be appointed by the Superintendent and shall contain, at the minimum, a school board member, a school administrator, a school food authority representative, a parent, a student, a local health department representative, and a member of the public.

Strategies for implementation of the Wellness Policy

Nutrition Education

Building nutrition knowledge and skills help children make healthy eating and physical activity choices. To make a difference, nutrition education for children should be appropriate for the students' ages, reflect their cultures, and provide opportunities for them to practice nutrition skills and have fun.

- A. Nutrition education will be interdisciplinary. In developing nutrition education lessons, relevant personnel will endeavor to consult with a qualified, credentialed nutrition professional.
- B. Students will be encouraged to start each day with a healthy breakfast.
- C. The school cafeteria serves as a learning laboratory to provide students to basic nutrition concepts and healthy choices.

Physical Activity

Physical activity is critical to a child's healthy weight and healthy lifestyle, as well as to his/her ability to focus in the classroom. To ensure that all children are staying active, physical activity needs to be incorporated into the daily school curriculum and prioritized as essential to each child's social and academic achievement.

- A. Physical education courses will provide an environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge of personal fitness goals and practices.
- B. Cheney Public Schools will seek to obtain state-certified physical education instructors to teach all physical education classes.
- C. Schools must provide an **average** of 30 minutes of moderate to vigorous physical activity for all K-9 students daily. This requirement can be achieved through a regular physical education class and/or through activities such as recess, dance, classroom energizers, or other curriculum based physical education activity programs.
- D. Structured/unstructured recess and other physical activity (such as, but not limited to, physical activity time, physical education) shall not be taken away from students as a form of punishment or for any unapproved reason. In addition, severe and/or inappropriate exercise may not be used as a form of punishment for students.
- E. Adequate equipment will be made available for all students to participate in physical education.
- F. Cheney Public Schools will support student participation in recreational athletics after school hours by allowing registration forms for non-profit athletic associations to be sent home with students to the

extent such distributions are consistent with Board Policy on Distribution of Publications by Non-School groups.

Child Health as A Community Responsibility

While schools need to promote health and physical activity through education and focused programs, children need encouragement and reinforcement from family, the community and all other areas of their lives. To ensure life lasting healthy behavior habits, schools need to equip students with skills and tools that extend beyond the classroom.

- A. After-school and extracurricular programs will encourage physical activity and lifelong healthy habit formation.
- B. Wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies, and school celebrations).
- C. The Wellness Committee will integrate the interests of families, teachers, administrators, and students and will plan, implement and improve nutrition and physical activity in the school environment.
- D. Fundraisers will not interfere with the National School Breakfast and Lunch Program.
- E. Support for the health of all students will continue to be demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- F. Local school-based programs and schools will encourage parents to provide a variety of nutritious foods for children who bring bag lunches from home.

Nutrition Guidelines For All Foods on School Grounds

The quality of the school nutrition environment depends on the quality of all foods and beverages sold or served at school. Foods that provide little nutrition compete with healthy school meals and send mixed messages to students. This undermines nutrition education efforts and discourages healthy eating. School nutrition guidelines shall address all food and beverages sold or served during the school day to students including food and beverages sold in vending machines. Decisions about the sale of competitive foods should focus on nutrition goals for students, and shall comply with applicable federal and state law.

- A. Cheney Public Schools will include healthy vending choices consistent with federal/state guidelines and the Dietary Guidelines for American People. Schools will offer a variety of healthy snack choices to staff and students.
- B. Any soft drinks sold in vending machines must comply with federal/state guidelines.
- C. Bottled water products are available in every school that has beverage vending.
- D. The Wellness Committee will endeavor to work with relevant organizations and committees and begin considering guidelines for school promotional activities to ensure alignment with other school nutrition and physical activity requirements.

E. Classroom parties and celebrations, such as incentive parties shall be coordinated with the Wellness Committee to ensure compliance with applicable federal and state law if the events occur before the last child in the school is served lunch.

F. Low-sugar beverages and water will be offered as a beverage choice during classroom parties.

G. Any advertising messages by The Wellness Committee or other food and beverage vendors will be consistent with and reinforce the objectives of the education and nutrition goals of the school.

H. Food shall not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP). However, food can be incorporated into celebrations for student performance.

I. Staff vending machine items will include among their offerings healthy choices consistent with federal/state guidelines. Schools are encouraged to offer wider variety of healthy snacks to staff.

J. Snack items offered in vending machines will contain no more than 200 calories per serving size.

K. Student vending machine items will include only healthy choices consistent with federal/state guidelines.

L. A la carte items will be restricted to those which meet the federal/state guidelines.

Child Nutrition Operations

The Child Nutrition Services Program's main goal is to provide nutritious meals at a reasonable cost. Menus will endeavor to reflect the preferences of the school community to encourage students to eat nutritious meals. If healthy children are the aim of society, then we also need parents' to help in encouraging children to eat properly and to get adequate exercise. The schools, parents, and the community need to all be a part of the team that takes an active interest in the well-being of our children.

A. All foods provided by Child Nutrition Services through the National School Breakfast and Lunch program will comply with applicable federal, state and local laws and guidelines. A variety of age appropriate and affordable healthy food and beverage selections will be offered at elementary, middle and high schools.

B. Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with nutrition environment standards established by Child nutrition Services.

C. Child Nutrition Services will ensure that while in school all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

D. All food service personnel shall receive pre-service training in food service operations.

Food Safety/ Food Security

The food offered to students in the schools must not only be nutritious, but also must comply with state and local food safety and sanitation regulations. The quality of the food is determined both by the foods' nutrient value and by the standards by which it was prepared.

A. All foods made available will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented in order to avoid food illness in schools.

B. For the safety and security of the food and facility, access to the food service operations is limited to Child Nutrition staff and personnel authorized by the Superintendent or designee.

Eating Environment

A well-designed and pleasant eating environment is important to the promotion of students' healthy eating habits. Schools need to assess traffic flows, time allotted for school meals, and cafeteria layout to ensure that students are actually encouraged to eat the nutritious foods being provided to them during the school day.

A. Students will be provided adequate time to eat breakfast and lunch.

B. In collaboration with school administrators, Child Nutrition Services will continue to explore and implement ways to minimize the time students spend waiting in line.

C. Cheney Public Schools will endeavor to provide attractive dining areas with adequate space to seat all students through normal lunch period rotations.

D. Drinking water shall be available to students at meals.

Cheney Public Schools...
Educating Minds-Connecting Hearts-Touching Lives...
Welcome to Our Family