

## **WELLNESS**

### **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<sup>i</sup> as well as the Association for Supervision and Curriculum Development's (ASCD) and CDC's Whole School, Whole Community, Whole Child (WSCC) framework.<sup>ii</sup> In Accordance with those requirements and recommendations, this policy has been modified in consultation with parents, students, representatives of the school nutrition program, school administrators and the public.

### **Policy Statement**

It is the policy of the Slate Valley Unified Union School District (SVUUSD) school district to establish and periodically update goals for nutrition environment and services, physical education and physical activity, health services, counseling, psychological and social services, social and emotional climate, physical environment, employee wellness, family engagement, community involvement and health education to promote student wellness, with the objective of integrating student health and education to improve academic achievement.

### **Goals**

#### **1. Nutrition Services**

- a. The SVUUSD 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.
- b. The SVUUSD district shall provide adequate space for eating and serving school meals.
- c. The SVUUSD district shall provide a clean and safe meal environment for students.
- d. The SVUUSD district shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- e. Food shall not be used in district schools as an individual reward or punishment.
- f. The SVUUSD district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
- g. Schools participating in the National School Lunch and School Breakfast programs shall make free potable water available to children in the meal service areas.
- h. 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.)
- i. 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.
- j. School district fundraisers that occur during the school day will meet the USDA Smart Snack nutrition standards.
- k. The SVUUSD 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.

## **2. Physical Education and Physical Activity**

- a. The SVUUSD district shall provide physical education classes for all students as required by the Vermont Agency of Education standards<sup>iii</sup> and may provide opportunities beyond those standards as scheduling permits and may include Personal Fitness Plans/Personal Learning Plan.
- b. The SVUUSD district shall provide other physical activity opportunities for students as appropriate and within state guidelines, before or after school such as interscholastic athletics, clubs or intramural sports.
- c. Further time for physical activity will be provided in grades preK-8 (recess) and encouraged in the high school as scheduling permits and incorporated into class as appropriate.
- d. To the extent practicable, physical activity shall be integrated into classes to promote individual physical movement throughout the school day.
- e. The SVUUSD 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.

## **3. Health Education**

- a. The SVUUSD district shall provide a comprehensive Health Education Program according to health education standards addressing self-care to improve health outcomes ensuring there is adequate nutrition curriculum. The district shall also offer other classes at the high school level that will enhance and support health and nutrition knowledge, such as Lifetime Fitness, Foods, Ethnic Foods, Child Development and Child Psychology (these will be adjusted as needed to meet the standards).<sup>iv</sup>
- b. Health and Nutrition education shall be conducted by appropriately licensed staff.
- c. To the extent practicable, nutrition education shall be integrated into core curricula in areas such as science, and family and consumer science courses.

## **4. Health Services**

- a. The SVUUSD school district will provide health services utilizing the Standards of Practice School Health Services Manual.<sup>v</sup>
- b. Services will include treatment, informal or formal health education, referrals and maintenance of care working with the school community and the community as a whole to provide improved outcomes for students' health and learning.
- c. Health services will be provided by appropriately licensed staff through the Board of Nursing and the Agency of Education.
- d. Will support the involvement in a Wellness Committee.

## **5. Counseling, Psychological and Social Services**

- a. Counseling, psychological and social services will be provided by appropriately licensed staff through the appropriate professional licensing agencies and the Agency of Education.
- b. Services will include academic and mental health counseling per federal and state mandates and the Agency of Education regulations.

## **6. Social and Emotional Climate**

- a. The SVUUSD school district will provide annual anti-bullying training for faculty and staff and periodic student presentations on positive school climate.
- b. The SVUUSD school district will provide positive recognition of students in the many areas of academics, art, music, drama, athletics, and other personal achievements.
- c. The SVUUSD school district will provide social skills instruction in many areas including the classroom and as a part of education plans.

- d. Students will be allowed to organize and participate in groups promoting a positive school climate such as the SHINE committee, student lead conflict resolution programs and the community service club and counselor lead groups.

## **7. Physical Environment**

- a. The SVUUSD school district will ensure a safe and healthy environment and seek support from other agencies in assessing and maintaining the environment such as Envision, VSBIT, PATH to Wellness, and other appropriate programs.<sup>viii</sup>
- b. Participation by maintenance staff in the Wellness Committee is encouraged and supported.
- c. Safety mandates and inspections will take place as recommended by state and federal regulations.

## **8. Employee Wellness**

- a. Voluntary participation as a Wellness Leader, Champion or participant in the PATH to wellness program will be supported by the district in each school.
- b. The SVUUSD school district highly values the health and wellbeing of every staff member and will support and encourage activities and that support personal efforts by staff to maintain a healthy lifestyle.

## **9. Family Engagement**

- a. The SVUUSD school district will provide an open atmosphere for family involvement and welcomes family representation on the many school committees in the schools.
- b. Schools will hold annual family events such as Open Houses, Parent Teacher Conferences, and presentations from art, music, poetry, scholars, drama, and athletics.
- c. The district supports parent presentations on various topics from internet safety to college planning and financial aid.
- d. Parent organizations (PTA, Booster Club, etc.) will be encouraged by the district and be supported by means of communication, schedule coordination and building use per procedure and availability.

## **10. Community Involvement**

- a. Community involvement will be promoted in such ways as drama, music, art and athletic events for community enjoyment, media promotion of student achievements, community participation within the school for future employment and career opportunities, Early Periodic Screening Diagnostic Tool, first responder presentations, and other school appropriate presentations encompassing all areas of health and wellbeing.<sup>viii</sup>
- b. The SVUUSD school district will provide statistical data on immunization status and health status of students annually to the Vermont Department of Health that will be available to all community members.
- c. The SVUUSD school district will administer the National Youth Risk Behavioral Survey every 2 years to adolescents for assessment of adolescent concerns and resource allocation.<sup>ix</sup>

## **11. Policy Implementation**

- a. The superintendent or his or her designee shall monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
- b. The superintendent or his or her designee shall report at least annually to the board on the district compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.
- c. Annual or multiyear goals will be included as part of each school's Action Plan.

- d. The SVUUSD 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.

---

<sup>i</sup> Section 204 of public law 108-265, June 30, 2004

<sup>ii</sup> CDC and ASCD partnership of 2014

<sup>iii</sup> Agency of Education physical education standards <http://education.vermont.gov/student-learning/content-areas/physical-education>

<sup>iv</sup> Health Education Standards <http://education.vermont.gov/student-learning/content-areas/health-education>

<sup>v</sup> Linking Health and Learning <http://healthvermont.gov/family/school/standards-practice-school-health-services-manual>

<sup>vi</sup> Vermont School Boards Insurance Trust-serving Vermont schools <http://www.vsbit.org/>

<sup>vii</sup> VEHI Path to wellness program <http://www.vehi.org/wellness-program/>

<sup>viii</sup> Early and periodic screening, diagnosis and treatment <https://www.medicaid.gov/medicaid/benefits/epsdt/index.html>

<sup>ix</sup> CDC's Youth Risk Behavior Survey <https://www.cdc.gov/healthyYouth/data/yrbs/index.htm>

*Date Warned: May 31, 2018*

*Date Adopted: June 11, 2018*

*Legal Reference(s):*

Slate Valley Unified Union School District