

AAD- School Wellness Policy

Purpose and Goal:

The link between nutrition and learning is well documented. Good nutrition and improved health optimizes student performance and ensures that no child is left behind. Healthy eating patterns are essential for students to achieve their full physical and mental growth and lifelong health and well-being. Healthy eating is demonstrably linked to reducing the risk of developing many chronic diseases in both children and adults.

Schools have a responsibility to help students and staffs establish and maintain lifelong, healthy eating patterns. A healthy school nutrition environment has been shown to positively influence students' eating habits. The staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

The **New Town Public School District** promotes a healthy school environment. The District supports and promotes:

Component 1. Nutrition Education

North Dakota State Requirements:

The New Town Public School District will:

Grades K-5: Students in Kindergarten through grade 5 will receive nutrition education that is sequential, interactive and integrated with the core curriculum. The curriculum shall teach skills that students need to adopt healthy eating behaviors.

Grade 6-12: Students in middle school and high school will receive nutrition/health education that is interactive and teaches the skills that students need to adopt healthy behaviors. Students will receive instruction consistent with or above North Dakota state requirements.

Nutrition Education: A sequential program of nutrition instruction will be offered that is integrated with the comprehensive school health education curriculum and coordinated with the food service program.

Positive Message: Students will receive positive, motivating messages about healthy eating and physical activity. All school personnel will reinforce these positive messages.

Student Input in Planning: Student needs will be considered in planning for healthy school environment. Students will be asked for input and feedback through in the use of students surveys and attention will be given to their comments.

Teacher Qualifications: Nutrition/health classes will be taught by highly qualified teachers. Continuing education in nutrition/health education will be promoted/ supported by the school's staff.

Component 2. Physical Activity Goals

All students in grades K-12 will receive the required amount of time detailed in the ND Accreditation Standards for Physical Education. Students with disabilities, special health needs, and those in alternative educational settings will be included.

Curriculum: The physical education curriculum will demonstrate progression and sequence and be consistent with North Dakota and/or national Physical Education standards for Pre-K through grade 12.

Teacher Qualifications: Highly qualified physical education teachers will teach all physical education.

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Lunch Sequences: When feasible, recess and/or PE will occur prior to lunch to ensure appropriate healthful food intake.

Daily Physical Activity: Students will be given opportunities for physical activity during the school day through daily recess periods, required or elective physical education classes, walking programs, and the integration of physical activity into the academic program.

School-Wide Testing: Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

Before and After-School Programs: Students will be given opportunities for physical activity through a range of before and after-school programs, which may include intramural, interscholastic athletics, and physical activity clubs.

Safety: A physical and social environments that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted, will be provided.

Physical Activity and Punishment: School personnel will be encouraged not to use physical activity (e.g. running laps, push-ups) or withholding opportunities for physical education as punishment.

Denial of Physical Activity: Students will not be denied physical education for purposes of make-up work, testing, etc.

Environment: NTPSD will work with the community to create an environment that is safe and supportive of students' physically active commute to and from school.

Parental Support: NTPSD will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Staff Training: NTPSD will provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.

Component 3. Nutritional Quality of Foods/Beverages Sold and Served on Campus

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

- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat free milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA)
- Ensure that half of the served grains are whole grain

NTPSD will encourage new, healthful, and appealing food choices. In addition, information may be shared about the nutritional content of meals with parents and students. Such information could be made available upon request.

Breakfast: NTPSD will encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

- NTPSD will, to the extent possible, operate the School Breakfast Program.
- NTPSD will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation.
- Parents and students will be notified of the availability of the School Breakfast Program.

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Free and Reduced-Price Meals: NTPSD 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.

Summer Food Service Program: NTPSD will sponsor the Summer Food Service Program for at least four weeks between the last day of the academic school year and the first day of the following school year.

Meal Times and Scheduling:

NTPSD will:

- To the best of the schools' ability, provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Schedule meal periods at appropriate times, e.g., lunch should be between 11:00am and 1:00pm
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks

Qualifications of School Food Service Staff: Qualified food service personnel will administer the school meal programs. As part of the school district's responsibility to operate a food service program, professional development will be provided as appropriate for all Food Service Personnel.

Sharing of Foods and Beverages: NTPSD will discourage students from sharing their foods or beverages with one another during the meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, fundraisers, school stores, etc.)

Elementary, Middle & High School: The administration will approve all food and beverage sales to students in the schools. If available, foods and beverages sold individually should be limited to low-fat and nonfat milk, fruits, and non-fried vegetables. Fruits and/or vegetables will be offered for sale at any location on the school site where foods are sold.

Fundraising Activities: Selling food for fundraisers should support children's health and school nutrition education efforts. NTPSD will approve all fundraisers.

Snacks: Snacks served during the school day or in after-school 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 or milk as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

Celebrations: NTPSD will work to limit celebrations that involve food during the school day to no more than one party per class per month. Parents and teachers are encouraged to include foods and/or beverages that meet the nutrition standards.

School-Sponsored Events: Fresh fruits and/or vegetables will be sold at any place where food and beverages are sold. All groups will be encouraged to only offer or sell food and beverages, at school-sponsored events outside the school day, that meet nutrition standards.

Component 4. Monitoring and Evaluation

- The Superintendent will be the district designee to ensure compliance with the

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established district-wide nutrition and physical activity wellness policy.

- The Superintendent will establish a wellness committee comprised of members from the schools, the parents, and the community.
- The Wellness Committee will develop a Wellness Policy Summary Report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies. The report will be provided to the school board, the parents, and the staff and students. Information from this report will be used to help review policy compliance, assess progress, and determine areas in need of improvement.

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New Town Public School District A la Carte and Fundraising Standards

<u>School Day:</u> Defined from the beginning To the end of the Instructional day.	<u>Food Standard</u> <ul style="list-style-type: none">· Less than or equal to 35% of calories from fat per serving· Sugar not listed as first ingredient· Nuts and seeds are allowable; candy is not allowable· Fruits and/or vegetables shall be offered for sale at any location where food is sold <u>Beverage Standard</u> <ul style="list-style-type: none">· Greater than or equal to 30% fruit juice· No added sweetener as the first ingredient· Less than or equal to 35% of calories from fat per serving· Pop machines will be removed from the school buildings where students have access· Vending machines with 100% of the products fitting within the beverage standards can be on all day. <u>Additional Items</u> <p>It is recognized that there may be RARE Special Occasions when the school principal may allow a school group to deviate from these standards.</p>
<u>Fundraising</u>	<u>Food and Beverage Standard</u> <ul style="list-style-type: none">· All food fundraising on campus, for sale or consumption within the instructional day, will be expected to follow the district nutrition standards.· NTPSD encourages fundraising projects without selling food items. If food items are to be sold, fundraising projects are encouraged to follow district nutrition standards.
<u>Concessions</u>	<u>Food Standard</u> <ul style="list-style-type: none">· Fresh fruits and/or raw vegetables shall be offered for sale at any location where food is sold. <u>Beverage Standard</u> <ul style="list-style-type: none">· Fruit based drinks (greater than or equal to 30% fruit juice) shall be offered at any location where beverages are sold. NTPSD encourages the sale of 100% juice.

*Each group that plans to sell food items must become "certified" to do so on a yearly basis. Each group can become "certified" by having a representative read the district fundraising policy and sign at the bottom guaranteeing the compliance of group represented. A list of "certified" groups will be kept in the Central Office.

New Town Public
School District #1

POLICY ADOPTED: 06/27/2006
POLICY REAFFIRMED: 09/12/2006
POLICY AMENDED: