



Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
Code	po8510
Status	Active
Adopted	March 20, 2007
Last Revised	April 17, 2019

8510 - **WELLNESS**

School Health Councils

The School District and/or individual schools within the District will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the Board of Education, school administrators, teachers, health professionals, and members of the public.)

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

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

- A. be appealing and attractive to children;
- B. be served in clean and pleasant settings;
- C. meet, at a minimum, nutrition requirements established by local, State, and Federal statutes and regulations;
- D. offer a variety of fruits and vegetables; (To the extent possible, schools will offer at least two (2) non-fried vegetable and two (2) fruit options each day and will offer five (5) different fruits and five (5) different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.)
- E. serve only low-fat and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

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:

- A. Schools will, to the extent possible, operate the School Breakfast Program.

- B. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- C. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- D. Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals

Schools 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 school meals. (It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.) Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Meal Times and Scheduling

Schools:

- A. will provide students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch;
- B. should schedule meal periods at appropriate times (e.g., lunch should be scheduled between 11:00 a.m. and 1:00 p.m.);
- C. should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- D. will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- E. should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the School District's responsibility to operate a food service program, the District will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. (School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.)

Sharing of Foods and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Nutritional Guidelines for Foods Available on Campus All Day

The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as fiscal management of the program. Guidelines for reimbursable school meals shall not be less restrictive than guidelines issued by the U.S. Department of Agriculture (USDA).

- A. The food service program shall provide all students affordable access to varied and nutritious foods.
- B. All foods available on campus during the school day shall comply with current USDA guidelines including competitive foods that are available to students in the al la carte dining area.
- C. The food service program may involve students, parents, school officials, and/or school staff.
- D. Nutritional information for competitive foods shall be readily available near the point of purchase.
- E. All foods available to students in the District program, other than the food service program, shall be served with consideration for promoting student health and well-being.

- F. The school shall prepare and distribute a list of snack items that comply with current USDA guidelines.
- G. The food service program shall be administered by a qualified nutritional professional.
- H. Food service personnel shall receive appropriate pre-service training in food service operations.
- I. Continuing professional development shall be provided for all food service personnel.

Fund-Raising Activities

To support children's health and school nutrition-education efforts, school fund-raising activities will increase the use of non-food or healthy food items. If the fund-raising is taking place during school hours and includes food items, the food items must meet Smart Snack Compliance. If any Advisor or Committee needs guidance with Smart Snack Compliance, the Food Service Director will make herself available for consult.

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 school meals, children's nutritional needs, children's ages, and other considerations. The District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Celebrations

School and classroom celebrations that involve food during the school day will be at the discretion of the Teacher or Administrator involved in the planning of the celebration. Upon request, a list of healthy party ideas will be available.

Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- A. is offered at each grade level 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;
- B. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- C. includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- D. promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- E. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- F. links with school meal programs, other school foods, and nutrition-related community services;
- G. teaches media literacy with an emphasis on food marketing; and
- H. includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least sixty (60) minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- A. classroom health education will complement 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, such as watching television;

- B. opportunities for physical activity will be incorporated into other subject lessons; and
- C. classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The District/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The District/school will provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards, and fund-raising activities. In addition, the District/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The District/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). (Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.) School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. (Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.) The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fund-raising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fund-raisers; and coupons for discount gym memberships.

Staff Wellness

The District highly 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. Each District/school should establish and maintain a staff wellness committee composed of at least one (1) staff member, school health council member, Superintendent, and school food service personnel. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12

- A. All students in grades K-5 shall receive instruction in physical education for a minimum of thirty (30) minutes two (2) to three (3) days per week.
- B. Students in grades 6-12 shall have opportunities to participate in physical education classes throughout the academic year.
- C. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health enhancing physical activity.
- D. Planned instruction in physical education classes shall require students to be engaged in moderate to vigorous physical activity for fifty percent (50%) of the scheduled class time.
- E. Physical education class shall stress the importance of participation in physical activity outside the regular school day.

Daily Recess

All elementary school students will have at least twenty (20) minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two (2) or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All elementary, middle and high schools will offer extra-curricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School

The School District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the District will work together with local public works, public safety, and/or police departments in those efforts. The School District will explore the availability of Federal "safe routes to school" funds, administered by the State Department of Transportation, to finance such improvements. The School District will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring and Policy Review

The Superintendent shall appoint a District-wide Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including health and physical education teachers), mental health and social services staff, school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation and periodic update of this policy. The Wellness Committee shall be an ad hoc committee with members recruited and appointed annually.

The Wellness Committee shall be responsible for:

- A. assessment of the current school environment;
- B. review of the District's Wellness policy;
- C. presentation of the Wellness policy to the Board for approval;
- D. measurement of the implementation of the policy; and
- E. recommendation for the revision of the policy, is necessary.

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary and/or appropriate. In its review, the Wellness Committee shall consider evidence-based strategies in determining its recommendations.

The Superintendent shall report annually to the Board on the Wellness Committee's progress and on its evaluation of the policy's implementation and areas for improvement, including status of compliance by individual schools and progress made in attaining the

policy's goals.

The Superintendent is also responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the Superintendent shall post the policy on the District's website, including the Wellness Committee's assessment of the policy's implementation.

The District shall assess the Wellness Policy at least once every three (3) years on the extent to which schools in the District are in compliance with the District policy, the extent to which the District policy compares to model wellness policies, and the progress made in attaining the goals of the District Wellness Policy. The assessment shall be made available to the public on the School District's web site.

Revised 4/22/15

Revised 5/31/17

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Legal

42 U.S.C. 1751, Sec. 204

42 U.S.C. 1771

7 C.F.R. Parts 210 and 220