

SCHOOL WELLNESS

POLICY 458

Healthy nutrition and regular physical activity are essential for students to perform at their fullest potential. The District strives to provide a physical, emotional and social environment, which serves as a supportive context for intellectual challenge and growth. The District will contribute to the health of children through the promotion of good nutrition and physical activity as a part of the total learning environment. Section 204 of Public Law 111-296 requires that local school wellness policies include the following five components:

1. Goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;

- ✓ Provide a school environment that includes educational opportunities for students in nutrition education, health education, and physical education. District curriculum will enable students to acquire the knowledge and skills necessary to make healthy food choices and physical activity habits for a lifetime.
- ✓ Nutrition education will be integrated into curricular areas where appropriate and provide students with a consistent message of building habits that support a healthy lifestyle. Nutrition education will be linked with the school food environment by modeling of nutrition education messages in the classroom and cafeteria.
- ✓ Provide students access, through the food service program, to adequate and healthy food choices on scheduled school days. Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables. Minimize student access to foods of low nutritional value. When practical to do so, the district will offer locally grown foods as part of the school meal program as well as other food sales that occur during the school day. No food items will be sold during breakfast or school lunch meal times.
- ✓ Anyone who brings a group snack will be encouraged to use whole grains, fruits, vegetables, or other foods that make a positive contribution to children's diet and health. Parents will be encouraged to provide nutritional treats that are prepackaged such as raisin, dried fruit, or low-fat string cheese.
- ✓ Offer, promote and competitively price healthy food choices to be more attractive to students than unhealthy ones. The district will utilize various initiatives, strategies and marketing materials to promote healthier food options and better eating habits on the part of students and staff. Promotion of unhealthy food choices will be restricted. The District will minimize the use of foods or beverages of high-fat or high-sugar content for group sales or parties for students during the school day and encourage increased consumption of water throughout the day.
- ✓ The physical education curriculum will emphasize knowledge and skills for a lifetime of regular physical activity, be consistent with state and national standards, include a wide variety of physical activities, and encourage participation in physical activity both during and outside of the school day. Students will be given the opportunity for physical activity during the school day through grade appropriate recess time and other physical activity that is integrated into the school day.
- ✓ The physical education curriculum will include the five components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition). The district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

2. Nutrition guidelines for all foods available during the school day that are (A) consistent with sections 9 and 17 of this Act, and sections 4 and 10 of the Child Nutrition Act of 1966 (42 USC 1773, 1779); and (B) promote student health and reduce childhood obesity (42 USC 1758b);

- ✓ All students have access to the school lunch program. The district strictly adheres to the income eligibility guidelines for free and reduced meals as established by the Secretary of Agriculture and disseminated to the district through the DPI and will assure that guidelines for reimbursable meals shall not be less restrictive than regulation and guidance established by the Secretary of Agriculture. Income eligibility information is published annually. All requests for free and reduced meals are processed using state/federal-approved forms. The district utilizes a pass code system that maintains confidentiality for students purchasing free and reduced meals.
- ✓ The district will follow the USDA National School Lunch Program Guidelines in planning meals offered. Meals served through the school lunch program and breakfast program shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated and trans fats combined. Food service will follow the U.S. Government's Nutrition Standards and federal guidelines regarding sodium content in all food served.
- ✓ Low-fat milk and water will be available to all students at every meal. The school lunch program will serve milk with every reimbursable meal. Water may be sold throughout the school day. No candy, soda pop or other sweetened drinks (iced teas, sport or fruit-based drinks) will be sold.
- ✓ Minimize the use of foods of low nutritional value used as learning or behavior incentives. When using food as part of a class or student incentive program, staff and students are encouraged to utilize healthy, nutritious food choices. When curricular-based food experiences are planned, staff and students are encouraged to seek out healthy nutrition choices whenever appropriate
- ✓ Foods and beverages sold or distributed during the school day will adhere to nutrition standards based on the current USDA food nutrition guidelines. Classroom teachers will consult with the head cook to ascertain whether a food item meets nutritional guidelines. The classroom teacher will need authorization from the building principal to deviate from these guidelines.

3. The 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, and periodic review and update of the local school wellness policy;

- ✓ The District Administrator will meet annually with the Building Principals, Food Service Director, Health Care Coordinator, Physical Education teachers, a Board member, parents, students and the general public to review the wellness policy and make recommendations for improvements to the Board Policy Committee.

4. The District will inform and update the public (including parents, students, and others in the community) about the content and implementation of the local school wellness policy; and

5. The District will (A) Periodically measure and make available to the public an assessment on the implementation of the wellness policy, including – (1) the extent to which schools in the District are in compliance with the wellness policy, (2) the extent to which the District's wellness policy compares to model local school wellness policies and (3) a description of the progress made in attaining the goals of the wellness policy; and (B) Designate Building Principal to ensure that each school complies with the wellness policy.

- ✓ The Building Principal will be responsible for ensuring that each school is in compliance with this policy and will implement practices and procedures for meeting the requirements herein.
- ✓ The District Administrator or his/her designee will, on an annual basis, measure and make available to the public an assessment on the implementation of the wellness policy.

Legal Reference: Section 204 of Public Law 111-296 (December 2010)
PI 18.03 High School Graduation Standards
State Statutes 115.34; 115.341; 115.343

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