

SUBJECT: District Wellness Policy

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The District Steering Committee will serve as the wellness committee to make policy recommendations for review and adoption by the Board of Education. The Steering Committee will establish a wellness subcommittee comprised of Steering Committee members, a school nurse, the Food Service Manager, a health care professional, plus the Director of Health, Physical Education and Athletics or designee, who will review policy implementation and make recommendations for change.

The Committee will assess current activities, programs and policies available in the District; identify specific areas of need within the District; develop the policy; and provide mechanisms for implementation, evaluation, revision and updating of the policy.

Goals to Promote Student Wellness

Nutrition Education

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing standards for:

- a) Classroom instruction in nutrition education
- b) Nutrition education outside the classroom that links the classroom nutrition education program to the larger school community (e.g., cafeteria-based nutrition programs)
- c) Food-related Fundraising activities:
- d) Staff development in nutrition education

Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain physical fitness, to regularly participate in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle by establishing standards for:

- a) Physical education graduation requirements:
- b) Physical education class requirements
- c) Physical activity outside physical education classes: (e.g. recess)

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Other School-based Activities

The District wishes to establish a school environment that presents consistent wellness messages and is conducive to healthy eating and physical activity for all by establishing standards for:

- a) Federal School Meal Programs: The District will participate to the maximum extent practicable in available federal school meal programs (School Breakfast Program, National School Lunch Program)
- b) Access to school nutrition programs: (e.g. ensure that all eligible children have access to free/reduced price meals in a non-stigmatizing manner)
- c) Meal environment: (e.g. the physical environment conducive to proper eating habits)
- d) Community access to District facilities for physical activities:
- e) Sustainable food practices: (e.g. environmentally-friendly practices relating to food service in schools)

Nutrition Guidelines

Nutrition standards will be established for all foods available on school campus during the school day. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Values of Foods and Beverages

- a) Reimbursable school meals served at school will minimally meet the program requirements and nutrition standards of the National School Lunch Program.
- b) Food of minimal nutritional value sold on the school campus will be replaced with more nutritional options by adhering to the following standards for nutritional value of foods and beverages:

Any snack food sold in school from midnight to 30 minutes after bell must:
 - a) Be a whole grain rich product
 - b) Have the first ingredient of fruit, vegetable, dairy, or protein: or
 - c) Be a combination food that contains at least ¼ cup fruit and/or vegetable; or
 - d) Contain 10% of the DV of calcium, potassium, vitamin D or Dietary fiber
 - e) Meet Nutrient requirements for Calories, Fat, Sodium and sugar
- c) Nutrition information for products sold on campus will be readily available near the purchase point.

POLICY

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Vending machines, snack bars, school stores, concession stands and other food outlets

Foods sold in vending machines, snack bars, school stores, concession stands and other food outlets on school property must meet smart snack guidelines on school days from midnight to 30 minutes after the last bell.

Assurance

Guidelines for reimbursable school meals shall not be less restrictive than applicable federal regulations and guidance issued pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.

Implementation and Evaluation of the Wellness Policy

The District Steering Committee shall be responsible to monitor the effectiveness of the policy and the possible need for further modification over time. The administrative staff will have operational responsibility for ensuring that the District meets the goals of the wellness policy.

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but it is recommended that such assessment occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement.

Child Nutrition and WIC Reauthorization Act of 2004
Public Law Section 108-265 Section 204
Richard B. Russell National School Lunch Act
42 United States Code (USC) Section 1751 et seq.
Child Nutrition Act of 1966
42 United States Code (USC) Section 1771 et seq.
7 Code of Federal Regulations (CFR) Section 210.10
http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html

Adopted: 08/28/06
Revised: 02/09/15