

### **Student Welfare and Wellness**

The health and safety of pupils shall be a priority consideration in all Board decisions.

The Board is committed to providing school environments that promote and protect student health, well-being, and ability to learn by supporting healthy eating and physical activity and overall student health. Therefore, it is District policy that the following shall be in place to enhance student health and well-being, and that staff will be encouraged to model health eating and physical activity as a valuable part of daily life. Inclusion of staff wellness in the policy can help schools reach goals in coordinated school health.

#### **NUTRITION EDUCATION**

- Schools will provide and promote nutrition education and physical education to foster lifelong habits of healthy eating and physical activity. Healthy food choices and activity shall be included in instruction addressing practical living, health, consumerism, and physical education. An integrated concern for wellness shall be reflected in other curricular areas with connections to science, math, and other subjects. A process shall be implemented to engage students, parents, physical and/or health education teachers, school food service professionals, school health professionals, school board members, school administrators, and other interested community members in developing, implementing, monitoring, and reviewing this policy.
- The USDA Professional Standards for State and Local Nutrition Programs are followed to ensure that professional development in the area of food and nutrition is provided for Food Service directors, managers and staff.
- Applications for free-and-reduced-priced meals are sent home to families, via mail, webpage and newspaper publication.
- Farm-to-school is offered during growing seasons, cafeteria will offer educational components to students for eating fresh and local.
- The cafeteria will be set up like a classroom, promoting healthy eating through nutritional marketing.
- The District encourages that all elementary schools participate in at least one (1) nutrition education curriculum activity each year.
- Culinary Students have the opportunity to participate at taste testing annually for BID showcase items.
- The District encourages all schools to host at least one family fun night per year with a nutrition or physical activity component.
- The District shall provide breakfast through the USDA Breakfast Program. To the extent possible, morning bus routes and schools shall allow students to arrive at school in time to eat breakfast. Schools are encouraged to allow students to eat in classrooms when extra time is necessary.

## **Student Welfare and Wellness**

### **NUTRITION ENVIRONMENT**

- Schools will provide students pleasant settings and adequate time for students to eat. When possible, schools are encouraged to allow at least twenty (20) minutes for lunch. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- Schools are encouraged to provide occasional food promotions to encourage taste testing of healthy new foods being added to the menu.
- District Food Service staff is encouraged to publicize information about nutritional content of meals on the District website.
- Schools shall encourage healthy choices for students and staff. Foods and beverages sold or served at school will meet the nutritional standards required by USDA, federal and state regulations.
- Schools will ensure all reimbursable meals will include a fruit or vegetable, low fat milk and that all reimbursable meals have a 100% whole grain component.
- When food is provided in the classroom setting, the use of pre-packaged foods with nutrition labels shall be encouraged. Such pre-packaged foods may consist of non-processed fresh fruits and vegetables. Food safety and allergy concerns shall be a consideration. The District will encourage all snacks and beverages to meet USDA smart snack compliance and would encourage parents, teachers to purchase items through Grant County Food Service Department.
- Competitive foods are sold from the same lines as reimbursable meals and the District has taken necessary steps to ensure that students qualifying for free-and-reduced meals are not overtly identified in any way.
  - USDA standards are followed, to review go to <http://www.usda.gov/wps/portal/usda/usdahome?navid=food-nutrition>
  - The District has a closed campus policy. School staff may not provide permission for students to leave campus for the purpose of obtaining lunch.
  - Applications for free-and-reduced-priced meals are sent home to all families at the beginning of the school year, and also with new admissions. The free-and-reduced application is also available at the school, food service office and on the District website.
  - Elementary schools will be encouraged to schedule recess prior to lunch period when feasible.
  - Students will have water available within the cafeteria during meal times and supervisory staff will allow access to water during meal periods.

**Student Welfare and Wellness****NUTRITION ENVIRONMENT (CONTINUED)**

- The District has a tobacco free campus policy.
- The District will discourage unhealthy marketing and advertising through school websites, signs, textbooks, radio stations, school curriculum, and flyers sent home.
- All catered meals provided to students after school will meet nutritional guidelines.
- The District discourages student and staff from bringing in vended food.
- The District discourages the consumption of sodas and energy drinks at school.

**NUTRITION STANDARDS FOR COMPETITIVE AND OTHER FOODS AND BEVERAGES**

- All snacks sold in vending machines, school stores, concession stands and a la carte will be fruits, vegetables, whole grain products, low-fat dairy or protein that contain <200calories, <35% calories by from total fat, <10%of calories from saturated fat, zero transfat and <35% sugar by weight and <230mg of sodium. There will be no competition with SBP and NSLP until 30 minutes after the last lunch period and all items sold in competition must meet the above guidelines until 30 minutes after the end of school day.
- All beverages sold in vending machines, school stores, concession stands and a la carte will contain only beverages that meet Smart Beverage Standards which include plain or non-carbonated water in any portion size, 100% juice and low-fat flavored milk and fat-free flavored or unflavored milk in portion sizes up to 8 ounces for elementary and middle school and 12 ounces for high schools. High school can also have Calorie free Beverages - Any other flavored beverages (20 ounces or less) that are labeled to contain 5 calories or less per 8 ounce, or 10 calories or less per 20 ounce; and contains no more than ten (10) grams of sugar per serving. Lower Calorie Beverages - Any other flavored beverages (12 ounces or less) that are labeled to contain 40 calories or less per 8 ounces, or 60 calories or less per 12 ounces; and contains no more than ten (10) grams of sugar per serving. Beverages may contain caffeine. There will be no competition with SBP and NSLP until 30 minutes after the last lunch period and all items sold in competition must meet the above guidelines until 30 minutes after the end of school day.
- The District prohibits the sale of food for fundraising during the regular and extended school day. The District also encourages that incentive programs through fundraising do no promote inconsistent message with our goal for healthy school community.
- Students are encouraged to access free drinking water throughout the school day.

**Student Welfare and Wellness****PHYSICAL EDUCATION AND PHYSICAL ACTIVITY**

- The District will provide qualified physical education teachers for grades K-12.
- The District will provide physical education training annually for Physical Education teachers.
- Physical Education exemptions are given for grades K-12.
- The District shall utilize joint or shared use agreement for physical activity at all schools.
- All students shall have opportunities, support, and encouragement to be physically active on a regular basis as provided by school/council policy. Students shall not be deprived of physical activity as a consequence of behavioral or academic performance. In addition, elementary students shall have daily recess, unless weather conditions prohibits.
- Physical activity will not be used as a form of punishment.
- Schools shall access, by means of an assessment tool chosen by the school specialist, the physical fitness of all students that are enrolled in Physical Education classes. Reporting of the assessment shall be provided to the school council and Board on an annual basis.
- When possible, physical activity should be incorporated into learning activities. (Take 10)
- All elementary schools are getting an average of 150 minutes of physical activity per week, the middle schools getting 225 minutes a week for nine week Physical Education rotation, and High School getting 65 minutes per day for 45 minutes when in Physical Education rotation.

**STAFF WELLNESS**

The District values the health and well-being of every faculty and staff member and shall support employees' efforts to improve their personal health and fitness. Opportunities offered to employees include; employee fitness center, weight management, smoking cessation, influenza vaccinations, blood pressure, Hepatitis B vaccine and annual health fair.

- The District discourages staff from consuming unhealthy food and beverages in front of students.
- The District encourages staff to model physical activity.
- The District strongly discourages food being used as a reward in the classroom and encourages utilizing physical activity as a reward when feasible.
- The District will encourage promotion of healthy foods, beverages and physical activity and discourage marketing of unhealthy foods and unhealthy lifestyles.
- A locked room will be provided upon request for nursing mothers.

**Student Welfare and Wellness****PROGRESS REPORT**

The District shall periodically measure and update the public on the content and progress of implementation of its school wellness efforts. The report shall include:

- Extent to which the District is in compliance with this policy;
- A comparison of how the District measures up to model wellness policies provided by recognized state and national authorities; and
- A description of the measurable progress made towards reaching goals of the District wellness policy and addressing any gaps identified in the wellness report for the previous year.
- The Coordinated Health Committee will meet twice per year and will update Wellness Policy when applicable. The wellness committee will have school administrators and staff, and can include community members.
- The Food Service Director will report to the board and community members yearly the Nutrition and Physical Report Card. During this report the wellness policy will also be gone over and will discuss where improvement needed and how wellness policy is being followed. The wellness policy and annual report card is posted on the website for the general public.
- The District encourages all Staff to follow the Wellness Policy for the benefit of the Students.

**REFERENCE:**

P. L. 111-296

Adopted/Amended: 10/1/2015

Order #: 42