

## SCHOOL WELLNESS POLICY

### I. Policy

The District promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

### II. Goals for Nutrition Education, Physical Activity and other School Based Activities

#### A. Nutrition Education

1. Students in grades pre-K through 12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition education is offered in the cafeteria as well as in the classroom.
3. Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community, and media.
4. District health education curriculum standards and guidelines include both nutrition and physical education.
5. Nutrition is integrated into the health education, physical education, and Family and Consumer Science and/or core curricula.
6. The District links nutrition activities with the coordinated school health program.
7. Staff who provide nutrition education have appropriate training.
8. The Schools conduct nutrition education activities and promotions that involve parents, students, and the community.

#### B. Physical Activity

1. Students are given opportunities for physical activity during the school day through physical education classes and the integration of physical activity into the academic curriculum. Elementary students shall also be provided, on a daily basis if possible, a recess period of at least fifteen (15) minutes.

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2. Students are provided opportunities and encouraged to participate in physical activity through a range of before and/or after school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.
3. The District encourages parents/guardians and other school community members to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
4. The District provides training to enable teachers, and other school staff to promote and encourage enjoyable, lifelong physical activity among students.

#### C. Other School-Based Activities

1. Dining Environment
  - a. Provides clean, safe and enjoyable meal environment for students;
  - b. Provides enough space and serving areas to ensure all students have access to school meals with minimum wait time;
  - c. Drinking fountains are available in schools, so that students may have access to water at meals and throughout the day, thus encouraging proper hydration;
  - d. Encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.
2. Time to Eat
  - a. Adequate time for students to enjoy eating healthy foods with friends in school;
  - b. Schedule lunch time as near the middle of the school day as possible;
3. Food or Physical Activity as a Reward or Punishment
  - a. Discourage the use of food as a reward or punishment in school;
  - b. As a regular practice, not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
4. Consistent School Activities and Environment

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- a. Encourage fundraising efforts that are supportive of healthy eating.
- b. Provide opportunities for on-going professional training and development for School Lunch Program staff and teachers in the areas of nutrition and physical education.
- c. Make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- d. Encourage parents, teachers, school administrators, students, School Lunch Program professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- e. Provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

#### D. Nutritional Guidelines

1. Nutritional guidelines shall be established for all foods and beverages available on school campus during the school day, focusing on maximizing nutritional value by decreasing fat and added sugars, increasing nutrition density and moderation of portion size of each individual food or beverage sold within the school environment including:
  - a. School meals.
  - b. Foods and beverages in a la carte sales in the School Lunch Program on school grounds.
  - c. Foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.
  - d. Foods and beverages sold as part of school-sponsored fundraising activities.
  - e. Refreshments served at parties, celebrations and meetings during the school day.
2. Restriction of Sweets in Schools
  - a. The sale of sweetened foods will be prohibited from the beginning of the school day until the end of the last scheduled meal period.

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- b. Sweetened foods consist of sweetened soda water, chewing gum, candy, including hard candy, jellies, gum, marshmallow candies, fondant, licorice, spun candy, candy coated popcorn, and water ices except those which contain fruit or fruit juices.

#### III. Guidelines for Reimbursable School Meals

- A. The District must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR part 210 and Part 220.

#### IV. Implementation and Evaluation of Policy

- A. Evaluation and feedback are very important in maintaining this policy. At least one (1) person within the district is charged with operational responsibility to:
  - 1. Periodically assess how well the policy is being managed and enforced.
  - 2. Reinforce the policy goals with school staff if necessary.
  - 3. Assess student, parent, teacher, and administration satisfaction with the new policies.

#### V. Community Involvement in Policy Development and Review

- A. Parents, students, representatives of the school food service program, board members, administrators and the public will be involved in the development and review of the District's School Wellness policy.

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Vernon-Verona-Sherrill School District

Legal Ref: Education Law Sections 915, 1709 and (23); National School Lunch Act 1946 as amended (42 USC 1751-1760); Child Nutrition Act 1966; Section 204 of the Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265)

Adopted: 04/10/06

Readopted: 01/14/08