

WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students 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 students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety (including food allergies), and packaging to ensure high-quality meals.

The school district 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 meals. Toward this end, the school district may utilize electronic identification and payment systems; promote the availability of meals to all students; and/or use nontraditional methods for serving meals.

School administration and health services personnel will monitor the implementation and effectiveness of this policy and report the results to the board annually.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq. (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.,

Cross Reference: 504.6 Student Activity Program
 710 School Food Services

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May 11, 2006

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August 10, 2017

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August 10, 2017

NUTRITION EDUCATION AND PROMOTION

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health/physical education classes, but also classroom instruction *in all subjects* where appropriate;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- *emphasizes caloric balance between food intake and physical activity and,*
- includes information for teachers and other staff.

PHYSICAL ACTIVITY

Regularly Scheduled Physical Education

The school district will provide physical education that:

- is for all students in grades K-6 for the entire school year;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational setting and,
- engages students in moderate to vigorous physical activity for at least 50% of physical education class time, unless medically authorized.

Daily Recess

Elementary schools should provide recess for all students that:

- is at least 20 minutes a day of supervised recess;
- is preferably outdoors; and,
- verbally encourages moderate to vigorous physical activity and through the provision of space and equipment.

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 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 a punishment.

Physical Activity Opportunities Before and After School

Before and after school childcare and enrichment programs will provide and encourage-verbally and through the provision of space, equipment, and activities-daily periods of moderate to vigorous physical activity for all participants.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will offer classroom health education that complements 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 may include:

- Encourage students K-6 to participate in Mileage Club. It is a walking program for 8 weeks.
- Implement "SWITCH" program for grades 4-5. It is an evidence based obesity prevention program to help students adopt healthy life styles both in school and at home.

Staff Wellness

The school district 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. This can be accomplished by:

- developing and promoting a plan to promote staff health and wellness developed by the school nurse and administration; and,
- base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

The school district will:

- Share monthly menu through a variety of media including the district website, digital backpack; cafeteria menu board; and blue folders;
- provide students access to hand washing or hand sanitizing before they eat meals or snack; and
- provide students about 10 minutes to eat after sitting down for breakfast and about 20 minutes after sitting down for lunch.

School Meals

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

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits, vegetables, legumes and whole grains; and
- serve 1% low-fat and fat-free milk; and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

Breakfast

To recommend that all children have breakfast, either at home or at school, in order to meet their nutrition needs and enhance their ability to learn, the district will:

- notify parents and students of the availability of the School Breakfast Program, where available;
- operate the breakfast program, to the extent possible; and,
- encourage parents to provide a healthy breakfast for their children.

Free and Reduced-Priced Meals

The school district 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 meals. Toward this end, the school district may:

- utilize electronic identification and payment systems; and,
- promote the availability of meals to all students.

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development opportunities for all nutrition professionals according to their levels of responsibility.

Sharing of Foods

The school district prohibits 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.

Snacks

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. An emphasis will be put on serving fruits and vegetables as the primary snacks and water as the primary beverage. Refer to the "Food Outside of Lunch and Breakfast" section for specific details.

Rewards/Celebrations

Schools should evaluate their celebration/rewards practices that involve food during the school day. When food and/or beverages are used as part of the celebration/reward for academic performance or good behavior, the school district encourages the use of foods or beverages that meet or exceed school district nutrition standards and will not withhold food or beverages (including food served through meals) as a punishment.

Food Safety

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school building:

- health services personnel will ensure compliance with those policies in the school and will annually report on the school's compliance to the superintendent; and,
- food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will annually report on this matter to the superintendent or principal.

In the school district:

- the superintendent will develop an annual summary report on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and,
- the report will be provided to the school board and also distributed to the Advisory Board and health services personnel in the school district.

Policy Review

During the initial development of the school district's wellness policies, a baseline assessment of the school's existing nutrition and physical activity environments and practices was conducted. The results of those school-by-school assessments were compiled at the school district level to identify and prioritize needs.

Assessments will be repeated annually to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district will revise, as necessary, the wellness policies and develop work plans to facilitate their implementation.

FOOD OUTSIDE OF LUNCH AND BREAKFAST

In order to promote healthy eating habits, United Community School District has implemented the following guidelines for food provided to students outside of lunch and breakfast. Healthy foods provided outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities.

Providing of Food:

The school will be responsible for the purchase and acquisition of food that will be provided to students. Parents may be requested to provide monetary support to offset the cost of the food.

School Parties/Celebrations:

Classroom parties/celebrations will be limited to 3 per year that include food. This includes Fall, Winter and Valentine parties.

Birthday Celebrations:

Outside food and drink items will not be allowed for birthdays. Your child may bring a non-food item for their birthday to share with the class. Examples of non-food items are (but not limited to): stickers, books, pencils, bookmarks, erasers, markers, pens or small trinkets.

Grade Level/Special Event Activities:

Each grade level and special education room can have one additional classroom event that includes serving of food. If they have an additional special event including food, beyond the one they are allotted, they may request permission from the Wellness Committee to have food at that event.

Snacks:

Preschool and Kindergarten students will be provided snacks daily. Students that are in grades 1st-6th will have the opportunity to have a snack as requested. The school nurse will have snacks that are available to those that request.

Food Usage:

Food may not be used as a reward or incentive. Examples include, but are not limited to: reward for behavior, finishing work on time, correct answer, etc.

Acceptable Food

In order to promote healthy eating and provide food that students are not allergic to, the following food may only be served:

fresh & dried fruits	vegetables	beans and lentils
fully cooked meat	popcorn	USDA Smart Snacks approved list

This list includes foods that do not contain allergens.