

SCHOOL WELLNESS POLICY 458

1. PREAMBLE

As required by law, the Board of Education establishes the following wellness policy for the Frederic School District.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research that there is positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meal and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

School alone, however, cannot develop in students' healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable student to establish good health and nutrition choices to;

- A. Promote nutrition education with the objective of improving students' health and reducing childhood obesity;
- B. Improve the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of health eating habits;
- C. Promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;
- D. Provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understood the short and long-term benefits of physically active lifestyle;
- E. Promote the health and wellness of student and staff through other school-based activities.

2. WELLNESS COMMITTEE

The District Administrator shall obtain the input of District stakeholders, to include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and other school administrators in the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy.

The District Administrator will form a wellness committee to carry out this function.

The wellness committee shall be an administrative committee with members recruited and appointed by the District Administrator.

3. NUTRITION, PHYSICAL EDUCATION, AND PHYSICAL ACTIVITY PROMOTION GOALS

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

A. With regard to nutrition education, the District shall:

1. Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.
2. Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.
3. Nutrition education shall include enjoyable, developmentally appropriate and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.
4. Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.
5. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
6. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
7. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
8. Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.
9. Increase student access to nutritional foods and beverages.
 - In keeping with contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast program.
 - Encourage the practice of good nutrition by reducing the sale or distribution of foods and beverages of minimal value through planning that focuses on:
 - Increasing access to nutritional foods and beverage
 - Education students about healthy food and beverages
 - With regard to other school-based activities the District shall:
 - The schools shall provide at least thirty (30) minutes daily lunch break.
 - The school shall provide attractive, clean environments in which the students eat.
 - Schools in our system utilize electronic identification and payments systems, therefore, eliminating any stigma of identification of student eligible to received free and/or reduced meals.
 - With regard to physical activity, the District shall:

1. Physical Education

- a. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
- b. The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.
- c. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.
- d. The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.
- e. Physical education classes shall provide students with opportunities to learn, practice and be assessed on developmentally appropriate knowledge and attitudes necessary to engage in lifelong, health-enhancing physical activity.
- f. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

2. Physical Activity

- a. Physical activity shall not be employed as a form of discipline or punishment.
- b. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- c. The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.
- d. Increase the amount of time students are engaged in physical activity.

4. NUTRITIONAL GUIDELINES OF FOODS AND BEVERAGES SOLD ON CAMPUS

With the objectives of enhancing student health and well-being, and reducing childhood obesity, the following guidelines are established:

- The food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.

- As set forth in Policy 761, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- All foods available to students in the dining area during school food services hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to students a la carte.
- All foods available to students in District programs, other than the food service program, shall be served with the consideration for promoting student health and well-being.
- Other requirements:
 - Fundraisers
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutritional standards.
 - The building principal may allow each student organization to conduct up to two fundraising events on school campus during the school day each school year that include the sale of food and beverage items that do not meet the nutrition standards outlined above. Each such exempt fundraiser may be for up to 2 weeks in duration. No student organization shall schedule or conduct a fundraising event involving the sale of food or beverages without prior approval of the building principal. Any approved exempt fundraiser involving the sale of food or beverage shall not occur in the food service area during meal periods.
 - Other foods that are offered for sale on a school campus with the advance approval of the building principal and that cannot be consumed on-site (e.g., frozen pizzas for an approved booster club fundraiser) are exempt from the nutrition standards and limitations established in this rule.
 - Vending Machine Sales
 - Vending machines which do not meet the USDA smart Snack standards are to be closed from midnight the night before until 30 minutes after the end of the school day.

5. MONITORING AND REVIEWING OF THE POLICY

The District Administrator shall be responsible for informing the public, including parents, students and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall include information on website and annual notices and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.

The School Board delegates primary administrative oversight of this policy to the District Administrator, who shall (a) monitor District-wide implementation of the District's school wellness policy, nutrition guidelines, and related wellness plans; (b) oversee the review and evaluation of the wellness policy and its implementation at regular intervals as required by law, including the timely preparation of the District's annual progress reports and triennial assessments; (c) periodically review the composition of, and convene as needed, the group of community-based stakeholders identifies above; (d) establish recordkeeping procedures that are consistent with applicable federal regulations; and keep the Board informed of the District's and individual schools' progress toward the school wellness policy goals and of any recommendations for policy changes and improvements, such as any recommended changes that are based on the results of an annual report or triennial assessment.

Building principals are responsible for ensuring school compliance with the District's school wellness policy, nutritional guidelines and related wellness plans for and for submitting required progress reports on school compliance to the District Administrator.