



## **533 WELLNESS**

### **I. PURPOSE**

The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies. The school district will provide access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. Qualified Nutrition Services personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

### **II. PROCEDURES FOR WELLNESS**

#### **A. Foods and Beverages**

1. All foods and beverages made available on campus (including concessions, vending, food in classrooms, fundraisers and a la carte cafeteria items) will be consistent with the current USDA Dietary Guidelines for Americans 2005.
2. Nutrition Services personnel will take measures to ensure student access to foods and beverages will meet or exceed all federal, state, and local laws and guidelines.
3. Nutrition Services personnel shall adhere to all federal, state and local food safety and security guidelines.
4. The school district will eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
5. The school district will provide students access to hand washing before they eat meals or snacks.
6. If rewarding for academic performance or good behavior, schools are encouraged to use non-food items as rewards.

## **B. Vending**

### 1. Elementary Sites:

There will be no food or beverage vending offered to elementary students.

### 2. Middle School and High School Sites:

All food and beverage vending machines, available to students, should be turned off from 12:01 AM through ½ hour after the end of the school day, with the exception of machines with 100% healthy snacks, water, flavored water, 100% juice, and milk\* machines. Vending machines may not be located in the school cafeterias. Nutrition Services could operate vending machines located in the cafeterias that would sell only federally subsidized school lunches or breakfasts.

\* Milk must be skim, 1% or 2%

### 3. General Guidelines for Vending machines located at Middle School and High School Sites:

- a. Food & beverage machines should set a standard ratio of no less than 60% healthy options to no more than 40% less healthy options (i.e. water, flavored water, 100% juice and milk is considered healthy; diet soda is not considered a healthy beverage for the purposes of determining the above ratio).
- b. Vending machines may have exclusively milk, water and/or 100% juice and healthy snacks. No machine can have exclusively soda or snacks of minimal nutritional value.
- c. Advertisements on machines cannot be from food or beverages with limited nutritional value.
- d. In order for the consumer to distinguish between healthy and less healthy options, vendors are required to identify healthy options.
- e. Placement of products in vending machines is important. The healthier items should be placed in rows at eye level. Vendors will be responsible for placing product in accordance with these guidelines.
- f. The school district, not vendors, will decide vending machine placement in the schools.
- g. Secondary schools may have a total of four (4) machines. Additional machines may be added for each 20,000 of square feet beyond 100,000 square feet.

## **C. Physical Activity**

1. Students should participate in physical education activities during school hours and fully embrace regular physical activity as a personal behavior. Toward that

end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate;
3. Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes.

#### **D. Nutrition Education and Promotion**

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes as well as classroom instruction in subjects such as FACS, math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contest, promotions, taste testing, and field trips.
2. The school district will encourage all students to make appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte (snack) lines, vending machines, fundraising events, concession stands, and student stores.

#### **E. Communications with Parents**

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well being.
2. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. The school district encourages parents to pack healthy lunches, snacks, and classroom treats.
4. The school district will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

**F. Implementation and Monitoring**

1. Upon approval by the School Board, the wellness policy will be implemented throughout the school district.
2. School food service staff, at the school and district level, will ensure compliance within the school's food service areas and will report to the Director of Nutrition Services and the building principal, as appropriate.
3. The Director of Nutrition Service will ensure compliance with the Wellness Policy, and provide an annual report of the school district's compliance with the policy to the Superintendent/designee.

**POLICY ADOPTED:** 17, February 2009