

SUBJECT: DISTRICT WELLNESS POLICY

The District is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating habits and physical activity. The District has established a wellness committee to develop the District's proposed local wellness policy. The District's wellness committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents
- b) Students
- c) Teachers
- d) The District's food service program
- e) The School Board
- f) School administrators, and
- g) Members of the public

The District Wellness Committee has assessed current activities, programs and policies available in the District; identified specific areas of need within the District; developed the policy; and provided mechanisms for implementation, evaluation, revision and updating of the policy. The Wellness Committee has been established to represent the local community's perspective in developing the wellness policy for the District. The Wellness Policy will be publicized through the District website.

Goals to Promote Student Wellness

Taking into account the parameters of the School District (academic programs; annual budget; staffing issues; and available facilities) as well as the community in which the District is located (the general economy; socioeconomic status; local tax bases; social cultural and religious influences; geography; and legal, political and social institutions) the Wellness Committee recommends the following District goals relating to nutrition education, physical activity and other school-based activities:

Nutrition Education

The District will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards:

- a) Classroom teaching will:
 - Offer programs designed to provide students with the knowledge and skills necessary to promote and protect their health. This teaching will not only be part of the health education class curriculum, but also, whenever possible, part of the classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
 - Emphasize healthy eating habits, including caloric balance between food intake and energy expenditure.

POLICY

2005

5661
2 of 7

Non-Instructional/Business
Operations

- Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testings, farm visits, and school gardens.
- b) Education, marketing and promotion links outside the classroom will:
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices. School-based marketing will be consistent with nutrition education and health promotion.
 - Link classroom nutrition education with school meal programs, school activities at which food is served, and nutrition-related community outreach activities (i.e., speakers, lecture series).
 - Teach media literacy (e.g. understanding food promotion on TV, radio and in print media) using examples from food marketing.
- c) The District staff development program will include programs to raise teachers' awareness concerning the importance of integrating nutrition education into their classroom lessons, the availability of nutrition education curriculum, how to access these materials and opportunities for nutrition education training.
- d) The Athletic Director will:
- Ensure all coaches provide adequate nutritional guidelines consistent with district policy.
 - Ensure weight loss and gain will not be promoted to enhance athletic performance at the expense of student's health.
 - Ensure coaches explain the dangers, and prohibit the use, of performance enhancement supplements.

Physical Activity

The District will provide opportunities for every student to develop the knowledge and skills for specific physical activities to maintain physical fitness, regularly participate in physical activity, and understand the short-term and long-term benefits of a physically active and healthy lifestyle.

- a) Physical education graduation requirements:
- The high school will have an average of 120 minutes of Physical Education per week for four years (2 credits @ .5 per year).
- b) Physical education class requirements:
- K-8 will have an average of 120 minutes of Physical Education per week.

- Because of the safety issues involved in large group physical activities, every effort will be made to keep the ratio of teachers to students to 1:35 in physical education classes.
 - In the High School every effort shall be made to adhere to the following limits:
 - 35 students per teaching station with one certified Physical Education teacher; and
 - 2 teaching stations per gym.
 - Appropriate physical education and activities will be provided to students with special needs.
- c) Staff development:
- The District will offer staff development specifically designed to ensure that instruction consistently promotes healthy eating habits, healthy life style, and life-time exercise and/or sports.
 - Wellness activities, such as yoga or pilates, may be made available to staff during, before, or after school hours, subject to interest.
- d) Physical activity outside of physical education classes:
- Participation in physical fitness activities will be encouraged to promote healthy living choices and will be promoted through posters, Groupwise email, bulletin boards, etc.
 - Students will have access to the track before and after school hours; the weight room will be available to students when supervision is available.
 - Wellness activities for students will be promoted through special events.
 - Classroom teachers are encouraged to incorporate physical activities into curriculum whenever possible.

Other School-based Activities

- a) Access to school nutrition programs:
- At the Farragut Complex cafeteria foods are regularly available that are sensitive to cultural observances, special dietary needs and dietary observances.
- b) Meal Environment:
- All students will have a scheduled lunch period. This will allow the students time to eat with their peers as well as time to engage in physical activities.
 - Assistant principals, teachers and lunchtime aides will provide supervision.
 - Behavioral expectations will be developed and reviewed by both students and supervising adults.

- c) Community access to District facilities for physical activities:
- After school classes may be offered for staff as well as the community.
 - Facilities will be available for use to the staff, free of charge, when district schedule permits.
 - Classes may be offered through our on-site colloquium that address wellness issues. Staff will receive one in-service credit for attending these series of classes.
 - Staff and the community members will have access to the track when it is not used for school events and keeping with posted hours; the weight room will be available for staff during the school day.
 - Adult education classes will continue to be offered through the Inter-village continuing education programs.
- d) Community involvement:
- Safety and Nutrition Committees and building level school wellness policy teams will disseminate information regarding wellness. Parents and community members will be members of these committees.
 - Information regarding wellness activities will be disseminated through the use of broadcast e-mail and the principal's newsletters.
- e) Sustainable food practices and the environment:
- Sustainable food practices may be studied, encouraged and developed.
 - All local rules regarding recycling will be followed.
 - Products used for service and cleaning will be in accordance with environmental standards for Hastings and public school buildings.
- f) Social and emotional health:
- Staff development will be provided during faculty meetings/Superintendent's conference days in such subjects as bullying and stress.
 - Social-Emotional Learning Curriculum will be implemented throughout K-12.
 - The District's Code of Conduct will be disseminated at the beginning of each school year. The Summary of the Code will be mailed home to each family in the district.
 - Programs will be developed that introduce students to a variety of activities and techniques that will promote and sustain stress reduction and healthy life choices.

Nutrition Guidelines

The District Wellness Committee recommends the following nutrition standards for all foods available on campus during the school day based upon the unique needs of the student body and the community. The goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size.

Nutritional Value of Foods and Beverag

- a) It is recommended that food served in the school cafeteria:
- Have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fats.
 - Not contain trans fat.
 - Have no more than 35% of its weight from added sugars (candy will not be sold).
 - Include whole grain in half of the served grains.
 - Follow the FDA portion size guidelines.
 - Include a choice of several fruits and non-fried vegetables at lunch time.
- b) Beverages sold in the cafeteria:
- soft drinks will not be sold to students.
 - juice beverages must contain at least 25% real fruit juice,
 - all bottled water or flavored waters will be without artificial sweeteners or caffeine and
 - sports drinks are not allowed.
 - milk – low-fat (1%) and fat-free milk will be served.
- c) Nutrition information for products sold on campus will be readily available near the point of purchase.

Celebrations and Food-Related Fundraising

Building administrators are responsible for monitoring the frequency of and the food served at celebrations, fundraising activities and school-sponsored events.

Celebrations:

- Parents, guardians and teachers will be encouraged to provide food and beverage that meet the above-mentioned nutritional guidelines.

Fundraising activities and School-sponsored events:

- The use of wholesome foods for and during fundraising activities will be encouraged.

Rewards

Teachers will not use foods or beverages, especially those that do not meet the above-mentioned nutritional guidelines for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Implementation and Evaluation of the Wellness Policy

The District's wellness policy will become effective July 1, 2006; and the District will ensure school and community awareness of this policy through various means such as publication in District newsletters. Further, professional development activities for staff and student awareness training will be provided, as appropriate, on the goals of the District's wellness program, including activities/programs for the development of healthy eating habits and the incorporation of physical activity as part of a comprehensive healthy lifestyle.

The Superintendent shall designate the building principals to have operational responsibility for ensuring that the District meets the goals and mandates of its local wellness policy. Each building principal shall establish a school wellness policy team whose membership may include, but not be limited to: administrators, school health personnel (including the school nurse and the health and/or physical education teacher), school food service director, parents and students, to establish and implement an evaluation plan for the wellness policy in order to monitor the effectiveness of the policy and the possible need for further modification over time.

The building principals shall report semi-annually to the Superintendent on the District's compliance with the wellness policy, and the Superintendent shall inform the Board of such findings. The Superintendent shall prepare a summary report on District-wide compliance with the District's wellness policy based on input from schools within the District. That report will be provided to the School Board and also distributed to the parent-teacher organizations, building principals, and school health services personnel within the District. The report shall also be available to community residents upon request.

The building principals will also serve as a liaison with community agencies in providing outside resources to help in the development of nutrition education programs and physical activities.

Evaluation and feedback from interested parties, including an assessment of student, parent, teacher, and administration satisfaction with the wellness policy, is essential to the District's evaluation program. Further, the District shall document the financial impact, if any, to the school food service program, school stores, or vending machine revenues based on the implementation of the wellness policy.

District schools will provide nutrition education and physical education, with an emphasis on establishing lifelong habits of healthy eating and physical activity, and will establish links between health education and school meal programs, and with related community services. Communication with, and training for, teachers, parents, students and food service personnel will be an integral part of the District's implementation plan.

To the extent practicable, students and parents shall be involved in the development of strategies designed to promote healthy food choices in the school environment; and the school cafeteria will provide a variety of nutritionally sound meal and beverage choices. The school will encourage students active, age appropriate participation in decisions regarding healthy lifestyles and choices. Positive reinforcement will be utilized as a means to encourage healthy eating patterns among the student population. In addition, the school will share information about the nutritional content of meals with parents and students; such information may be made available on menus, web sites, or "point-of-purchase" materials.

POLICY

2005

5661
7 of 7

Non-Instructional/Business
Operations

Assessments of the District's wellness policy and implementation efforts may be repeated on an annual basis, but shall occur no later than every three (3) years, to help review policy compliance, assess progress, and determine areas in need of improvement. The District, and individual schools within the District, will, as necessary, revise the wellness policy and develop work plans to facilitate its implementation.

SUBJECT: *DISTRICT WELLNESS POLICY (Cont'd.)

Child Nutrition and WIC Reauthorization Act of 2004
[Public Law Section 108-265 Section 204](#)
Richard B. Russell National School Lunch Act
[42 United States Code \(USC\) Section 1751 et seq.](#)
Child Nutrition Act of 1966
[42 United States Code \(USC\) Section 1771 et seq.](#)
7 Code of Federal Regulations (CFR) Section 210.10
http://www.access.gpo.gov/nara/cfr/waisidx_05/7cfr210_05.html