

## Beaver County School District Policy & Procedures

Subject: FDE-Wellness/Nutrition/Physical Activities/Classroom  
Index: Student Services, Health & Welfare, Wellness  
Revised: 2007

Note: The Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 (42 USC 1751 Note, added by P.L. 108-265, Section 204) **mandates** each district participating in the National School Lunch program (42 USC 1751-1769) or the Child Nutrition Act of 1966 (42 USC 1771-1791, including the School Breakfast Program) to adopt a district-wide school wellness policy by the beginning of the school year after July 2006. If the School District has already adopted policies promoting healthy eating and physical activity, it should use the process described below to review its existing policies to ensure that they meet the requirements of federal law. The following policy describes the process for developing the district wellness policy but does not yet include the content that will fulfill the mandate. It is expected that districts will, before the first day of the 2006-2007 school year, replace the following policy with a policy developed through the required process.

### **Wellness Policy Adoption Process—**

The Board recognizes its obligations under the Federal Child Nutrition and Women, Infants and Children (WIC) Reauthorization Act of 2004 and desires to provide a program promoting healthy eating and physical activity in district students. Accordingly, the Board directs the Superintendent or the Superintendent's designee to develop a Wellness Policy that, at a minimum, shall:

1. Include goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness in a manner that the Board determines is appropriate.
2. Include nutrition guidelines selected by the Board for all foods available on each campus during the school day, with the objectives of promoting student health and reducing childhood obesity.
3. Provide an assurance that the district's guidelines for reimbursable school meals will not be less restrictive than federal regulations and guidance issued pursuant to 42 USC 1758(f)(1), 1766(a) and 1779(a) and (b), as they apply to schools.
4. Establish a plan for measuring implementation of the policy, including the designation of one or more persons in the district or at each school charged with operational responsibility for ensuring that this policy is

implemented.

The Superintendent or the Superintendent's designee shall involve parents, students, representatives of the school food authority, the school board, school administrators, and the public, as well as any others the Superintendent or the Superintendent's designee deems beneficial in the development of the Wellness Policy. The Superintendent shall present the proposed Wellness Policy to the Board, no later than May 1, 2006, for review and Board action.

### **Wellness Policy Recommendations (SAMPLE) —**

The council or committee shall examine related research, laws, assess student needs, and the current school environment, review current district policies and administrative regulations, and raise awareness about student health issues. The council or committee may survey parents/guardians and/or students conduct community forums or focus groups, collaborate with appropriate community agencies and organizations, or engage in similar activities within the budget established for these purposes.

By March 1, 2006, the council or committee shall present policy recommendations to the Board, which include, but are not necessarily limited to, the following topics:

1. Goals and strategies for increasing student participation in the school breakfast and lunch programs
2. Nutritional standards for the school breakfast and lunch programs that meet or exceed state and federal standards
3. The amount of time allowed for students to eat and the adequacy of lunchroom facilities
4. Guidelines and standards for foods and beverages sold outside of the district's meal programs, such as through vending machines, school stores, school-sponsored events, school fundraisers, and other venues on campus, as well as foods and beverages offered as rewards for academic performance or good behavior
5. Foods and beverages donated for class parties or other school events
6. School-based marketing of foods and beverages, such as through advertisements in school publications, school buildings, athletic fields and/or other areas accessible to students, and activities such as coupon or incentive programs
7. Age-appropriate, skill-building nutrition education at each grade level that is focused on behavior change

8. Opportunities for all students to be physically active, including the amount of time devoted to physical education, the quality of the physical education program, and additional opportunities such as recess and before- and after-school programs
9. Outreach strategies to encourage families to reinforce and support healthy eating and physical activity
10. Cost estimates of implementing the recommended strategies and potential funding sources
11. Priorities for implementing the recommended strategies in the wellness Policy
12. Processes for evaluating the school district's wellness policy, including evaluation methods, indicators that will be used to measure success, and frequency of reports

As it deems appropriate, the council or committee may make policy recommendations related to other health issues that are necessary to promote student and staff health.

## **Beaver County School District Policy & Procedures**

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### **Section: FDE.1**

### **Policy: Wellness Policy**

#### **I. INTRODUCTION**

The Beaver County School District is committed to providing a school environment that enhances learning and development of life-long wellness practices. To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside

of physical education.

- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus during the school day are consistent with current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows adequate time and space for eating meals.
- Food is not used as a reward or punishment.
- Physical activity is not used as punishment.

## II. **NUTRITION EDUCATION**

A. Implement the Nutrition Core Curriculum (Utah State Office of Education) at each school.

B. Achieve or exceed the federal regulations for the school breakfast and lunch programs.

C. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.

D. Educate teachers, parents and students on benefits of limiting celebrations and of using healthy foods and non-food prizes for celebrations (i.e. class parties, birthday parties). Encourage birthday parties to be combined and celebrated once each month so that treats are brought less frequently.

E. Encourage non-food rewards for classroom use (i.e. stickers, erasers, bookmarks, business coupons, verbal praise). Using food as a reward creates a negative lifetime pattern.

F. Parents may request in writing that their children not receive food in the classroom. Food shall not be used as a reward or punishment for students.

G. Allow adequate time for breakfast and lunch. (Target: 15 minutes for lunch once seated). Assure adequate facilities for each student to eat sitting down in the cafeteria.

H. Incorporate pricing that encourages the consumption of healthy foods in a la carte lines, vending and school stores.

I. Encourage schools to link nutrition education activities with the coordinated school health programs (i.e. Gold Medal, Team Nutrition, Healthier US School Challenge).

J. The Food Service Department shall limit the use of processed foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains and dairy foods which are low in fat, added sugars and sodium (Dietary Guidelines for Americans).

## **PHYSICAL EDUCATION**

A. Physical activity will be integrated across curriculum and throughout the school day. Movement can be made a part of science, math, social studies and language arts.

B. Physical education courses will provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

C. Policies ensure that state-certified educators teach all physical education classes.

D. Time allotted for physical activity will be consistent with national and state standards. This includes recommendations for children 5 to 12 years of age at least 60 minutes and up to several hours of activity per day at school and at home. Children should have several opportunities for physical activity lasting 15 minutes or more, especially during the daytime hours.

E. Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

F. Adequate and appropriate equipment is available for all students to participate in physical education.

G. The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

H. Information will be provided to families to help them incorporate physical activity into their students' lives.

I. Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside the normal school day.

J. Schools encourage families and community members to institute programs that support physical activity.

## **NUTRITION GUIDELINES FOR ALL FOODS ON CAMPUS**

All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans.

**Elementary School:** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals.

**Junior High and High Schools:** The school food service program will approve and provide all foods and beverages sold individually as a la carte (as applicable).

### **A. Student Stores, Vending Machines, Concession Stands**

1. Food providers will offer a variety of age appropriate healthy food and beverage selections (i.e. fresh fruit and vegetables, 100% fruit or vegetable juice, fruit based drinks that are at least 50% fruit juice, bottled water, soft drinks with caloric sweeteners should not exceed 50% of available beverages).

2. Encourage schools to limit portion sizes in foods and in beverages sold individually. This includes recommendations to limit the following:

- a. One and one-quarter ounces of chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- b. Two and one-half ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- c. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- d. Eight ounces for non-frozen yogurt.

## B. Fundraisers

Promotional activities will be limited to programs that are requested by school officials to support teaching and learning and extra-curricular activities. On campus fundraisers will be connected to activities that encourage physical activity, academic achievement or positive youth development. This includes recommendations to have activities that do not involve food or will use only foods that meet the nutrition and portion size standards (i.e. greeting cards, stationary, gift wrap, lotions, picture frames, calendars, balloons, cookbooks, key chains, Frisbees, apparel, stadium blankets).

## **OTHER SCHOOL BASED ACTIVITIES**

A. Schools encourage families and community members to institute programs that support physical activity, such as a walk-to-school program.

B. Community school/recreation program will encourage physical activity and healthy habit formation.

C. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

D. Support for the health of all students is demonstrated by hosting health fairs, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

E. Encourage schools to develop and/or participate in local, state, and federal sponsored programs that encourage life skills related to nutrition and healthy lifestyles, (i.e. jump for heart, gold medal school, walk-a-thon, etc.).

## **IMPLEMENTATION OF WELLNESS POLICY**

### **. Duties of Committee:**

- Meet yearly to implement and evaluate physical activity and nutrition Guidelines
- Establish recommendations for wellness promotion to staff, teachers, administrators and parent.

### **Measurement:**

- The committee will survey schools to find out how many fundraisers are held and to find out what products are sold.

- The committee will educate administrators to decrease the number of fundraisers where food is used.
- The committee will survey schools to find out how many programs are being used that promote healthier students.
- The committee will educate administrators to increase Gold Medal, Healthier US or other programs.

Monitor:

- The committee will compare survey results from year to year and educate administrators and teachers on the new policy.
- One administrator in each school will be responsible to facilitate this policy.