

**GARFIELD COUNTY SCHOOL DISTRICT**  
**WELLNESS POLICY**

**The Garfield School District is committed to promoting wellness and academic performance in schools through curriculum, activities and life skills. Wellness is a result of both health promotion and disease prevention which includes intellectual health (knowledge), physical health, and social-emotional health. Modeling by adults, coupled with peer reinforcement can help shape healthy habits in school children. A cooperative integrated effort between administrators, food service professionals, school nurses, physical and health educators, teachers, parents and students is necessary.**

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**To Accomplish These Goals:**

- A. The Garfield School Food Service Program will comply with federal, state and local determined requirements. Service will be accessible to all children.
- B. Nutrition education will be part of an integrated curriculum in Pre K through twelfth grade.
- C. Nutrition standards will be based on the current -USDA” My Plate” and “Smart Snacks” rules and guidelines. Foods made available to students will contain nutrients for optimal growth and development based on these guidelines.
- D. All foods made available will adhere to food safety and security guidelines.
- E. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- F. Encourage the school staff to not deny a student participation in an **entire** recess or meal/snack time as a form of discipline or punishment.
- G. School-based activities are to be consistent with local wellness policy goals. (\*)
- H. Implementation/monitoring of this policy will be reported to the School Board annually by the Superintendent’s designee/s with recommendations for guidelines changes if necessary or appropriate.

## GUIDELINES FOR SCHOOL WELLNESS IMPLEMENTATION

### **1. Foods available at school (outside the school nutrition program to include the following)**

- Vending Machines Contents meet the Smart Snack guidelines (see Appendix A)
- Beverage Contracts Contents meet the Smart Snack guidelines
- Fundraisers No non-nutritional food during school hours. (Three exemptions will be allowed per site, per year, five day duration)
- School Parties/Celebrations No homemade items.
- Concession Stands

Monitoring responsibility - School building principal/designee

- Healthy living should be encouraged and modeled by all staff members during school hours.
- A copy of the GCSD Wellness Policy will be included in the District handbook. It is to be distributed to parents and students at the beginning of each school year. Parents and students will be encouraged to support healthy food choices for parties at school. No homemade food items will be allowed, per Utah Department of Health Community Health Services, State Health Code: R392-100-2. Food Care. "Food shall be obtained from sources that comply with all laws relating to food and food labeling. Food in hermetically sealed containers which are free from major defects must be prepared in an approved food processing establishment. Home canned and home prepared foods are prohibited."

Measurement method - Observation and documentation

### **2. Food Safety/Food Security**

Monitoring responsibility - Food Service Director/Building Principal/Classroom Teacher and Inspection from the Health Inspector

- All foods made available will comply with 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 school.

- For safety and security of the food and facility, access to the foodservice operation is limited to foodservice staff and authorized personnel.
- Food allergy procedures will be followed. Medical Plans and trainings will be made available to school staff through correspondence with the school district Nurse and Food Service Director.
- -Nutrition information for products offered is available on the District website under the District Office tab, Food Service.
- Beginning July 1, 2005, each school must obtain at least two food safety inspections each year conducted by a state or local agency responsible for food safety inspections. Inspections will be posted for public viewing.

Measurement method - documentation

### **3. School Foodservice Operation**

Monitoring responsibility - School Foodservice Director

- The School Foodservice will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the program is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- Consistent with Utah state minimum standards as follows:
  - Require that each school makes a meal available during school hours to every student under its jurisdiction, in accordance with RSA 189:11-a, I-II;
  - Provide a qualified individual, such as, but not limited to, a school nutrition/food service director, to oversee the operation of school meals, to maintain proper resources that meet state and federal regulations, and maintain state health requirements for each school site within the district; and
  - Require that each newly-constructed school or renovated kitchen or cafeteria provide space for the preparation and consumption of meals in compliance with Ed 321.12(d).
    - Food service managers shall, within their first year of employment, obtain a certificate of completion for an approved sanitation course.
    - Each food service director shall, whenever feasible, obtain certification or credentials from an approved program, including but not limited to School Nutrition Association (SNA).
    - Students shall be provided with adequate and reasonable time to consume meals at school.

Measurement tool - State review, observation and documentation.

#### **4. Nutrition Education**

Monitoring responsibility - Classroom teacher/curriculum coordinator/principal

- Nutrition education will be integrated into other areas of the curriculum.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. Nutrition related newsletters are put on the GCSO website, under Food Service, monthly.

Measurement tool - documentation

#### **5. Other School Based Activities**

Monitoring responsibility - School Building Administrator/Designee

- After school programs will encourage physical activity and practice healthy lifestyle habits.
- School Wellness policy goals are considered in planning school-based activities.
- The district nurse will be available to parents for consultation on health and wellness issues.

Measurement tool - Tracking data

#### **6. Physical Activity**

Monitoring responsibility - School Building Principal/Designee

- Support and participate in Walk to School programs. (Elementary Schools)
- Time allotted for physical activity
- Provide at least one daily supervised and unstructured recess period.
- Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake, reduce food waste and provide a better social environment.

- Schools encourage families and community members to institute programs that support physical activity.
- Physical activity facilities on school grounds will provide a safe environment.
- School/Community collaboration. Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.

Measurement tool - documentation

## **7. Physical Education**

Monitoring responsibility - Physical Education Teacher/Athletic Director

- The program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.
- Devote at least 50 percent of class time to actual physical activity in each week, with as much time as possible spent in moderate to vigorous physical activity.
- Consistent with Utah Physical Education and Healthy Lifestyles core curriculum.

Measurement tool - Observation and tracking data

## **Wellness Policy - Vending Machines**

### **Mandatory Vending Machine Requirements -**

Each school that allows vending machines to be utilized by students shall:

1. Require that all agreements for vending machines be in writing in a contract form approved by the Board of Education.
2. Ensure that the vending machine income is used for the benefit of students.

3. Follow generally accepted accounting procedures utilized by the District for vending machine income and expenses, including periodic reports to the District of vending machine receipts and expenditures.

*Utah Admin. Reg. R277-719-4 (2008)*

### **Optional Vending Machine Requirements -**

District Food Services assumes no responsibility for keeping vending machines in compliance with federal and state law.

The District recommends the removal of vending machines from all elementary schools.

The District will comply with the “Smarts Snacks” rule in what products are allowed in vending machines. (see Appendix A)

The District prohibits vending machine use in cafeteria areas during lunch serving time.

### **Wellness Policy - Food Sales/Fundraisers**

#### **Mandatory Food Sales Requirements -**

No food sales are permitted during the reimbursable breakfast or lunch serving time.

The District prohibits the sale of foods of minimal nutritional value that do not meet the “Smart Snacks” rule, however a special exemption is allowed for the sale of food or beverages that do not meet the competitive food standards for the purpose of conducting infrequent school-sponsored fundraisers.

LEAs may hold specifically exempted fundraisers no more than three times per year per site, with each fundraiser lasting no longer than five consecutive school days.

The principal of the school shall designate an individual to maintain records of fundraisers at which foods and beverages that do not meet competitive food standards are sold.

## **Appendix A**

As required by the Healthy, Hunger-Free Kids Act of 2010, the United States Department of Agriculture has issued new “Smart Snacks in School” nutrition standards for competitive foods and beverages sold outside of the federal reimbursable school meals program during the school day. (<http://www.fns.usda.gov/school-meals/smart-snacks-school>)” These standards set limits on calories, salt, sugar, and fat in foods and beverages and promotes snack foods that have whole grains, low-fat dairy, fruits, vegetables or protein foods as their main ingredients. These standards are the minimum requirements for schools. States and local education agencies can continue to implement stronger nutrition standards (</healthyouth/nutrition/standards.htm#4>)

The standards per serving are:  $\leq$  200 calories;  $\leq$  35% of weight from total sugars;  $\leq$ 35% of calories total fat;  $\leq$ 230mg. of Sodium;  $\leq$ 10% of calories from Saturated Fat; Zero grams of trans fat; Zero caffeine as an ingredient.