

COLCHESTER SCHOOL DISTRICT

POLICY: WELLNESS POLICY

DATE ADOPTED: April 1, 2014

PURPOSE

The intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2010. This Policy is also to ensure alignment with the Colchester School District's Vision and Strategic Plan 2012-2017, "Pathway F: Wellness-Oriented, Balanced, and Healthy Learners."

POLICY STATEMENT

It is the policy of the Colchester School District to establish goals for nutrition education and nutritious promotion, nutrition and food service, physical activity, social and emotional wellness, and other school based activities that are designed to promote student wellness. With the objective of promoting student health and reducing childhood obesity, the District will also establish nutrition guidelines for all foods offered at school during the school day.

I. Goals for Nutrition Education and Nutritious Promotion

- A. The School District shall provide nutrition education programs as required by state law and regulations of the State Board of Education. In particular, the District shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Framework of Standards and Learning Opportunities.
- B. Nutrition education programs shall be conducted by appropriately licensed staff members.
- C. To the extent practicable, nutrition education shall be integrated into core curricula in areas, such as science and family and consumer science courses. Schools should engage in nutrition promotion that:
 - includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
 - promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

Legal Reference: 16 V.S.A. § 131 & 906 (b) (3)
 Richard B. Russell Nation School Lunch Act
 Child Nutrition Act of 1966
 Child Nutrition Act and WIC Reauthorization Act of 2010

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- D. The School District shall encourage nutritious foods to be included at any time foods are sold or offered during the school day.
- a. Foods sold in vending machines, school stores, or a la carte lines meet Vermont nutrition standards for all foods sold outside of reimbursable school meals.
 - b. School administration shall inform parents, guardians or other school volunteers to consider nutritional quality when selecting any food for donation, class parties or other celebrations.

II. Goals for Nutrition and Food Services Offerings

- A. The District shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 10 of the Child Nutrition Act and section 9(f) (1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
- B. The District shall strive to provide adequate space for eating and serving school meals.
- C. The District shall provide a clean and safe meal environment for students.
- D. The District shall strive to establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.

III. Goals for Physical Activity

- A. The District shall provide physical education classes for all students as required by Vermont School Quality Standards.
- B. The District shall provide other physical activity opportunities for students through recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intramural sports.
- C. The District discourages restricting recess or other physical activity as a punishment.

IV. Goal for Social and Emotional Wellness

The District shall provide a variety of activities and opportunities that promote students' social and emotional wellness.

V. Goals for Other School Based Activities

- A. School administration shall designate school-based Wellness Leaders or a Wellness Committee to oversee the implementation of the Wellness Policy within the school.
- The Wellness Leader/Committee may also plan and implement activities to promote safety, health and wellness within the school.

- The Wellness Committee/Leader should meet at least once a year with school administration.
- B. District staff is discouraged from using food as a reward or punishment.
- C. The District encourages nutritious foods to be included at any time foods are sold at school to raise funds.
- D. School administration shall encourage school volunteers (such as boosters, PTO, etc.) to
- consider non-food options for school fundraising efforts;
 - include foods of high nutritional quality when using foods in school fundraising efforts.
- E. The District shall strive to provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
- **Staff Wellness:** The Colchester School District highly values the health and well-being of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
 - **Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. As part of the School District's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.
- VI. The Superintendent of Schools will develop guidelines and procedures that support the wellness of students and staff.**