

Addison Northwest Supervisory Union Policy

SECTION: STUDENTS

CODE: F28 ^[1]

TITLE: WELLNESS POLICY

Wellness Mission Statement of the Addison Northwest Supervisory Union (ANWSU)

Addison Northwest Supervisory Union and its school districts are committed to creating and promoting healthy and safe school environments. The ANWSU Wellness Committee intends to promote, support and reinforce the physical, nutritional, emotional health and well-being of the community of children and adults within our schools. This policy will help to support students and staff to create and promote a healthy and safe school environment, and to encourage opportunities that foster attitudes of personal responsibility towards one's own health and well-being, the community, and the environment. Today's healthy students are tomorrow's healthy adults; therefore comprehensive school health is important, and a commitment to school health programs on a preK-12 carefully planned approach is essential. Taking health education seriously is a promise today for our children's tomorrows.

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. In accord with those requirements, this Policy has been developed in consultation with parents, students, representatives of the school food services authority, school administrators, teachers of physical education, school health professionals and the public.

Definitions

Ala Carte food includes all foods sold or provided throughout the school grounds at any time that are not part of a reimbursable meal.

Nutritious foods are foods that exceed the nutrient levels of Foods of Minimal Nutritional Value which have been identified by the USDA. Nutritious foods include whole grains; low-fat or non-fat dairy products; fresh, frozen or canned fruits and vegetables; lean meats, poultry, fish, beans and seeds.

Comprehensive health curriculum includes topics such as: alcohol and drug abuse prevention, healthy eating/nutrition, mental and emotional health, personal health, wellness and self-care, physical activity, personal safety and injury prevention, sexual health, tobacco use, violence prevention.

Policy

It is the policy of the ANWSU to establish goals for nutrition education, physical activity 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 available at school during the school day. The ANWSU is committed to promoting school health programs and education that address nutrition, physical activity and psychosocial well-being. Therefore, it is the policy of the ANWSU that the following goals be achieved:

A. Health and Nutrition Education

1. The district will establish, implement and promote a sequential, developmentally appropriate

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preK-12 comprehensive health and nutrition curriculum that is in alignment with the Vermont Health Education Grade Expectations; and the Next Generation Science Standards and as required by state law and regulations of the State Board of Education and USDA. Nutrition education and promotion programs shall be conducted by appropriately licensed staff members.

2. Staff shall integrate, where possible, experiential education activities into existing core curricula.
3. The district will work towards establishing Farm to School based programs, such as local farm connections, cooking programs, taste tests, composting, recycling and school gardens.
4. School foodservice, in partnership with other school departments and community organizations, will work to creatively market and promote foods and beverages that meet the requirements set forth in the USDA's Nutrition Standards for All Foods Sold in School during the school day; as well as locally-produced foods.

B. Physical Education and Activity

Physical Education^[2]

1. The district will establish a physical education program that is sequential, developmentally appropriate and in alignment with the National Association for Sports and Physical Education, with the Vermont Physical Education Grade Expectations and the Vermont School Quality Standards.
2. All schools will offer curriculum that is taught by licensed physical education and health teachers.
3. The district will meet the standard requirements of providing students in grades K-8 with at least two physical education classes per week; and provide students in grades 9-12 with one and one half credits of physical education or the equivalent thereof; and will work toward the NASPE recommendation of 150 minutes of physical education per week for K-6; and 225 minutes per week for 7-12.
4. Encourage district wide health initiatives that include daily movement for all students and staff.
5. Provide curriculum that equips students with the knowledge, skills and attitudes necessary for lifelong physical activity.
6. The district will support integrating physical education topics with other curricular areas.
7. Prohibit student pull-outs on a regular basis during scheduled physical education classes.
8. All schools will provide a safe environment to implement the program, with functional and protective equipment for all students.
9. Recommend, and when appropriate, offer district-wide professional development around the relationship between health and wellness and academic achievement.

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Activity Other Than Physical Education

1. Each school shall offer options for students in grades K-12 to participate in at least 30 minutes of other physical activity opportunities for students throughout the school day, which includes pre and post school day activities. Physical activity may include recess and movement built into the curriculum, but does not replace physical education classes (examples: recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intramural sports).^[2]
2. The district prohibits recess and other physical activity to be taken away as a form of discipline unless a student's objectionable behavior occurs during recess or a physical activity.

C. Health Services

1. Provide a cohesive, integrated approach to the delivery of services to appraise, promote and protect health.
2. School health services are evidenced based as outlined in the School Nurse Standards of Practice Manual, the National Association of School Nurses Scope and Standards of Practice, and the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.
3. The foundation of the school health services will be based on the student needs assessment, plans and implementation of programs that support the wellbeing and academic success of students
4. Provide a safe school facility with sanitary conditions to treat students for illness or injury.

D. Nutrition Services^[1]

Related to the Foodservice Program

1. The district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
2. All schools will provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students. No foods of minimal nutritional value, as listed in 7 CFR 210, Appendix B and 7 CFR 220, Appendix B shall be sold in food service areas during breakfast and lunch periods.^[4]
3. To the extent practicable, the district shall ensure that foods offered at school during the school day other than through the National School Lunch or School Breakfast programs, including foods sold through vending machines, shall comply with the ala carte and Vending machine requirements established by the Vermont Departments of health and Education, and set forth in the USDA's *Nutrition Standards for All Foods Sold in School* (Smart Snacks in School).^[3]
4. Provide the necessary infrastructure, outreach and support to the foodservice office to be sure that all families eligible for Free and Reduced meal benefits are able to access these benefits.
5. 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

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section 9A (a) and (b) of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.^[4] School nutrition programs will reflect the U.S. Dietary Guidelines for Americans, the New Child Reauthorization Act of 2010, and the USDA's Healthier US School Challenge to achieve nutrition integrity.

6. The school district agrees to promote and participate, through foodservice staff, in all federally funded child nutrition programs and operate them to their fullest extent.
7. The school district will consider any renovations that may be necessary to allow for compliance with the New Child Reauthorization Act of 2010.
8. The district believes that the nutrition and foodservice operations should be financially self-supporting, it recognizes; however, that the nutrition program is an essential educational and support activity. In compliance with federal law, the district's National School Lunch Program (NSLP) and School Breakfast Program (SBP) shall be non-profit.
9. The school district will provide potable drinking water in all cafeterias.^[4]
10. Compatible with federal regulations for such purchases, the foodservice program will continue procedures that include locally grown foods and beverages in the development of purchasing bids or procedures.
11. All schools shall provide adequate space for eating and serving meals.^[4]
12. All schools will establish meal periods that provide adequate time to eat and meals and snacks are scheduled at appropriate hours.^[4]

Not Specifically Related to the Foodservice Program

1. Food will not be used as a reward or punishment for students.^[4]
2. The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organizations sponsoring the sale. The school district shall encourage the investigation of healthy and/or non-food fundraisers.^[3]
3. The districts will encourage healthy school celebrations whenever possible.
4. To the extent possible, recess periods shall be followed by lunch periods.
5. All schools shall provide a clean and safe meal environment for students.^[4]

E. Counseling, Psychological and Social Services

1. The districts will continue to recognize the need for counseling, psychological and social services for all students and shall make available the information necessary for families of students to seek the proper assistance; connecting students and families to services needed.

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2. All schools will make available information regarding educational and counseling opportunities and referrals for promoting and maintaining individual, family and community health.

F. Healthy and Safe School Environment

1. The district shall maintain and implement a preK-12 anti-bullying curriculum.
2. Promote practices that encourage a culture of wellness throughout the district, which includes, but is not limited to clean and safe building and a positive psychosocial climate, using such practices as Positive Behavioral Interventions and Supports-PBIS.
3. Health and safety issues in kitchens and bathrooms will be brought up to code.
4. Physical conditions such as temperature, noise and lighting shall be conducive to a positive learning and eating environment.

G. Health Promotion for Staff

1. The district recognizes that fostering a personal commitment to positive health behaviors in staff contributes to improved health status, higher morale and greater personal commitment to the school's coordinated school health program and creates positive role modeling.
2. Encourage participation in an employee wellness program that defines planning, implementing and evaluation.
3. The district shall support opportunities for faculty and staff to improve their health status through activities such as health assessments, health education and health-related fitness activities when possible.

H. Family/Community Involvement

1. Promote community-based learning experiences that promote health and wellness.
2. Partner with local business learning experiences when appropriate and possible.
3. The district shall include families of students in wellness activities whenever possible.

I. Implementation

1. The ANWSU Wellness Committee shall continue to meet regularly to monitor the implementation of the Wellness Policy.^[5]
2. A grant funded district wellness coordinator is necessary to ensure ongoing implementation and evaluation of the policy. When the grant ends, the ANWSU Wellness Committee will investigate other sources of funding.
3. Data such as the Youth Risk Behavior Survey, the School Nurse Report and the School Health Index will be used to identify areas of strength and need and prioritize specific implementation steps.

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4. The superintendent or his or her designee shall periodically monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy. The district shall periodically inform and update the public about the content and implementation of this policy, and a description of the progress of each school made in attaining the goals of this policy.^[6]
5. The district shall permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public to participate in the development, implementation and periodic review and update of the policy.^[7]
6. The superintendent or his or her designee shall report at least annually to the board and to the public on the district's compliance with law and policies related to student wellness. The report shall include information as to the content and implementation of this policy, and an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.^[8]

This policy and its procedures may be modified subsequent to federal and state legislative and regulatory changes.

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Legal References:

16 VSA §216 An Act Relating to Nutrition Policy in Vermont Schools
16 VSA §§131 and 906 (b) (3)
Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq
Public Law 108-265 § 204 Child Nutrition and WIC Reauthorization Act of 2010
Code of Federal Regulations, 7 CFR Part 210 and part 220

Cross References:

Board Policy EF Food Service Management
Board policy IF, Curriculum Coordination
Board Policy ILBA Student Assessment
Board Policy IM Evaluation of Instructional Programs

Original Policy 1st Reading:

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Policy Revised:

1st Reading:

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2nd Reading & Adopted:

VUHS: 05-12-2014 / FCS: 05-08-2014/ VUES: 05-19-2014 / ACS: 05-15-2014 / ANWSU: 05-28-2014

[1] Section 204 of Healthy Hunger Free Kids Act of 2010, Public Law 111-296

[2] 16 V.S.A. §§131 & 906.

[3] The new federal rule proposes to require, at § 210.30(c)(2)(iii), that LEAs include in their local wellness plans policies that allow marketing of only those foods and beverages that may be sold on the school campus during the school day, i.e., those foods and beverages that meet the requirements set forth in the Smart Snacks interim rule (or the more restrictive standards adopted by the LEA, if applicable).

[4] This provision is required of schools participating in National School Lunch and Breakfast programs.

[5] The Healthy, Hunger Free Kids Act requires the establishment of “a plan for measuring implementation of the local wellness policy, including the designation of 1 person within the local education agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.” For examples of implementation plans, consult the references cited in the materials accompanying this model policy.

[6] P.L. 111-296 Sec 9A(b)(5)(A) and (B).

[7] P.L. 111-296 Sec. 9A(b)(3); 42 U.S.C. 1758(b).

[8] P.L. 111-296 Sec. 9A(b)(4) and (5).