

*Student Wellness and Nutrition*

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school or with ideas for how to improve student wellness initiatives consistent with this Administrative Regulation (AR) and the accompanying Board Policy (“The Board Student Wellness Policy”).

Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the District’s compliance with law and the Board Student Wellness Policy, and this AR related to student wellness. The report may include:

- Assessment of school environment regarding student wellness issues.
- Evaluation of food services program.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for Policy and/or program revisions.
- Suggestions for improvement in specific areas.
- Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

An assurance shall be provided annually by the Food and Nutrition Services Supervisor and/or the Business Manager that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

*Wellness Committee*

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be involved in reviewing and suggesting revisions for the Board Student Wellness Policy that comply with law.

- The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review all existing Board Policies and Administrative Regulations pertaining to student wellness, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

- The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.
- The Wellness Committee shall provide periodic reports to the Superintendent or designee regarding the status of its work, as required.

Wellness Policy Assessment & Communication to the Public

The Superintendent or designee and the established Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of the Board Student Wellness Policy and this AR as part of a continuous improvement process to strengthen the Board Student Wellness Policy and this AR and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each District school is in compliance with law and all Board policies related to school wellness;
2. The extent to which the Board Student Wellness Policy and this AR compares to model wellness policies; and
3. A description of the progress made by the District in attaining the goals of the Board Student Wellness Policy and this AR.

At least once every three (3) years, the District shall update or modify the Board Student Wellness Policy and this AR as needed, based on the results of the most recent triennial assessment and/or as District and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The District shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of the Board Student Wellness Policy and this AR via efficient communication methods. This annual notification shall include information on how to access the Board Student Wellness Policy and this AR; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the Board Student Wellness Policy and this AR; and a means of contacting Wellness Committee leadership.

Recordkeeping

The District shall retain records documenting compliance with the requirements of the Board Student Wellness Policy and this AR, which shall include:

1. The written Board Student Wellness Policy and this AR.

2. Documentation demonstrating that the District has informed the public, on an annual basis, about the contents of the Board Student Wellness Policy and this AR and any updates to either.
3. Documentation of efforts to review and update the Board Student Wellness Policy and this AR, including who is involved in the review and methods used by the District to inform the public of their ability to participate in the review.
4. Documentation demonstrating the most recent assessment on the implementation of the Board Student Wellness Policy and this AR and notification of the assessment results to the public.

### Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by providing all students with the knowledge and skills needed to lead healthy lives. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

The staff responsible for providing nutrition education shall be properly certified and shall participate in appropriate professional development.

Nutrition Education shall extend beyond the school environment by engaging and involving families and communities.

Nutrition education will be integrated into other subjects where appropriate to complement, but not replace, standards-based nutrition education.

Consistent nutrition messages will be provided throughout the school, classroom and cafeteria.

### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

District food service personnel shall review and implement research-based, behavioral economics techniques in the cafeteria to encourage consumption of more whole grains, fruits, vegetables and legumes, and to decrease plate waste.

Consistent nutrition messages should be disseminated and displayed throughout the District, schools, classrooms, cafeterias, homes, community and media.

Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans.

District schools shall offer resources about health and nutrition to encourage parents/guardians to provide healthy meals for their children.

### Physical Activity

District schools shall contribute to the effort to provide students opportunities to participate in age-appropriate physical activity on all or most days. That time could include activities within school, such as recess, clubs, intramural or interscholastic sports, as well as physical activity outside the school environment, such as outdoor play at home, sports, etc.

District schools may partner with parents/guardians and community members to institute programs that support physical activity.

School physical activity facilities shall be made available outside school hours according to District Policy.

### Physical Education

Physical education classes shall be the primary means through which students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A varied and comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards.

### Fundraisers Involving Food

A “fundraiser” is considered an event that includes an activity during which currency/token/tickets, etc. are exchanged for the sale/purchase of a product in support of the school or school-related activities. Examples include: candy bar sales, vending machines where profits are used to support a school-sponsored club or activity, such as the school band or sports team.

An “exempt fundraiser” is a fundraiser in which foods are sold during school at a location other than the school cafeteria and where the foods being sold do not meet the requirements for foods sold in school according to the Smart Snack Standards established by the United States Department of Agriculture. Exempt fundraisers may not be sold in the food service area during the meal period.

All fundraisers must be approved in advance in writing by the building Principal.

A maximum of five exempt fundraisers will be permitted in each middle school building per year, and a maximum of ten fundraisers will be permitted in each high school building per year. Each exempt fundraiser may not exceed one school week.

All requests for exempt fundraisers must be submitted to the building Principal. If less than the allotted number of exempt fundraisers are approved from applications, then any requests will be considered on a first-come first-served basis.

#### Other School Based Activities

District students shall have access to school meals provided in a clean, safe environment.

Nutrition content of school meals shall be available to students and parents/guardians.

Goals of the Student Wellness Policy shall be considered in planning all school-based activities.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

The District shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

#### Nutrition Guidelines for All Foods/Beverages Available, Not Sold

##### Food/Beverages as Classroom Rewards

Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.) or unless the food or beverages offered meet or exceed the Smart Snacks in School nutrition standards.

##### Prohibition Against Homemade Food Kindergarten to 12<sup>th</sup> Grade

Homemade food is not permitted to be brought to school for the purpose of being shared during the school day with students either by other students, teachers or other staff, or other persons. Nothing in the preceding sentence is intended to (1) restrict the provision of meals to students by authorized District food service personnel, (2) require the alteration of the Family and Consumer Sciences curriculum, or (3) alter the ability of students to bring in their individual breakfast, lunch or snacks in compliance with the District's allergy policy.

Special Rules for Grades Kindergarten to 4<sup>th</sup> Grade (“Grades K-4”)

No food of any kind is permitted to be brought to school to be shared with students in connection with recognition of birthdays, celebrations such as Halloween, holidays, Valentine’s Day, cultural events, and end-of-the-year festivities at the grades K-4 level.

Responsibility

While all reasonable efforts will be made to ensure the safety of students with allergies, it should be recognized that there are practical limitations as to the level of oversight by teachers and other school personnel with regard to students bringing and sharing food to classrooms and other locations. Parents and guardians should regularly reinforce the above prohibitions with their children in order to ensure the safety of all children.

Nutrition Guidelines

All foods offered for sale by the District during the school day shall be identified with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with applicable federal nutrition standards.

All competitive foods available for sale to students in District schools shall comply with the established federal nutrition guidelines (including the USDA Smart Snacks in School), as listed in the student wellness plan and these Administrative Regulations. These standards shall apply in all locations and through all services where foods and beverages are sold to students on the school campus during the school day, as those terms are defined immediately below.

Competitive foods are defined as foods sold or offered for sale at school during the school day other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, school store food, and fundraisers that do not qualify as exempt under this regulation. School campus means all areas of the property under the jurisdiction of the school that are accessible to students during the school day. School day means the period from the midnight before to 30 minutes after the end of the official school day. Competitive foods do not include food brought from home or food that is not sold or offered for sale.

Advertising / Marketing

Any foods and beverages marketed or promoted to students on the school campus during the school day shall meet or exceed the established federal nutrition standards (USDA Smart Snacks in School) and comply with established Board Policy and administrative regulations.

Exclusive competitive food and/or beverage contracts shall be approved by the Board, in accordance with provisions of law. Existing contracts shall be reviewed and modified to the extent feasible to ensure compliance with established federal nutrition standards, including applicable marketing restrictions.

References:

Child Nutrition and IC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204

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