

Students
Series 500

Policy Title: **WELLNESS POLICY**

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The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should strive to meet the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems; promote the availability of meals to all students; and/or use nontraditional methods for serving meals.

The school district has developed a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local wellness policy committee developed a plan to implement and monitor the effectiveness of the policy. The committee has designated an individual to monitor implementation and evaluation the implementation of the policy. The designee will report annually to the district wellness committee regarding the effectiveness of this policy.

Nutrition Education and Promotion

The school district will provide nutrition education and engage in nutrition promotion that addresses the following:

- **Research and develop adequate plan to evaluate lunch and recess time for students.**
- **Offer a wide variety of fresh fruits, vegetables and whole grains for all age groups in accordance with the new my plate guidelines.**
- **Provide nutritional guidelines for all school based activities via the Benton Community website and other school publications.**

Physical Activity Goals

Provide age appropriate and culturally sensitive instruction in physical education that helps students develop the knowledge, attitudes, skills, and behaviors to adopt, maintain, and enjoy a physically active lifestyle and healthy eating habits.

Physical Education\Physical Activity

The school district will provide physical education\ physical activity that:

- **Ensure every student in grades K-6 has 30 minutes per day of physical activity and every student in grades 7-12 has 120 minutes per week of physical activity.**
- **meets the state requirements for high school;**
- **physical education is taught by a certified physical education teacher;**
- **includes students with disabilities, students with special health-care needs may be provided in alternative educational settings;**
- **the teacher engages students in moderate to vigorous activities during at least 50 percent of physical education class time;**
- **Requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) in grades 7-12.**
- **daily recess is preferably outdoors;**

Nutrition Guidelines for other school based activities

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity in the school district are as follows:

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- **provide continuing professional development for all nutrition professionals; and,**
- **provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.**
- **will abide by a comprehensive HACCP food safety program.**

Sharing of Foods

The school district strongly discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and milk as the primary beverage. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

Celebrations

Schools should encourage their celebrations to include healthy food choices. The school district will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the school district nutrition standards.

Proper Hand Washing Techniques

Elementary schools staff and administrators will adhere to proper hand-washing techniques for all students prior to meal and snack times.

Proper hand-washing is defined as:

- Wet your hands with clean running water(warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between fingers and under your nails
- Continue rubbing your hands for at least 20 seconds(hum Happy Birthday song twice as a timer.)
- Rinse hands well under clean running water.
- Dry your hand using a clean towel or air dryer.

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ensure that half of the served grains are whole grain.

Schools should:

- engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices; and
- share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of-purchase materials.)

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible;
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students.

Meal Times and Scheduling

The school district:

- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will work to implement previous goal stated

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

Elementary schools: The food service program will approve and provide all food and beverage sales to students in elementary schools. To this end:

- food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills

Secondary schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or flavored water, 100% fruit and vegetable juices, unflavored or flavored milk, diet iced tea, sports beverages, and nutritionally equivalent nondairy beverages.
- **All other beverages are not allowed.**

Foods

A food item sold individually during the school day (which is defined from first-bell to last-bell):

- Must meet the nutrition standard as required by the Healthy Kids Act*
- All foods must be put through the HKA calculator and documentation kept on file in the Food Service Director's office.
- No food fundraisers of any kind will be allowed (at all school levels) during the school day(which is defined from first-bell to last-bell).

Wellness Goals

Benton Community will increase communication on wellness, utilizing various media outlets: I.E. social media, traditional media, and school communications.

Benton Community will encourage groups to limit food related fundraisers to one per year.

Benton Community will encourage active alternatives for student celebrations.

Benton Community will continue to make fresh fruits and vegetables available at our lunches.

Benton Community will integrate technology by promoting Apps that have Fitness Applications.

Plan for Measuring Implementation

The school district administration and Food Service Director will monitor and evaluate this policy by following the plan for measuring implementation.

Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the school district:

- the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible;
- the superintendent or designee will develop a summary report every year on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and,
- the report will be provided to the school board and also distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

Policy Review

A comprehensive review will be repeated every **three** years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district will revise the wellness policies and develop work plans to facilitate their implementation.

CURRENT POLICY

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