

VALLEY CITY PUBLIC SCHOOL DISTRICT #2 VALLEY CITY, NORTH DAKOTA 58072 WELLNESS POLICY	Descriptor Code ABCC	1st Reading 2/21/18
	Adopted 2/21/18	Revised/Rescinded

WELLNESS POLICY

Nutrition Education

The District will promote the following nutrition goals (consistent with the *Dietary Guidelines for Americans*) in grades K-12.

1. Provide a health and nutrition education curriculum that is:
 - a. Aligned with state standards and requirements
 - b. taught by well-prepared and well-supported staff
 - c. Age appropriate
 - d. Aimed at influencing students' knowledge, attitudes, and eating habits.
2. All Prekindergarten – 12 instructional staff members shall be encouraged to integrate nutrition themes into lessons, when appropriate, to reinforce and support health messages.
3. The district will identify and implement methods to educate family members about nutrition standards and goals and involve them in program development and implementation.

Nutrition Environment in the Schools

The district will provide an overall school environment that encourages students to make healthy food choices.

1. Nutrition messages include specifically:
 - a. Balancing calories with physical activity to manage weight
 - b. Consumption of more healthy foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products
 - c. Consumption of fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains

Nutrition promotion will be implemented through use of evidence-based healthy food promotion techniques (e.g., Smarter Lunchroom techniques¹) and promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

2. School staff members shall be encouraged to model healthy eating and physical activity behaviors.
3. Celebrations
 - a. Nonfood celebrations and rewards shall be promoted. The school district shall make available to students, parent, teachers and school groups a list of ideas for healthy food and beverage choices and alternative activities for classroom parties.(Appendix D-2,D-3)
 - b. A fruit or vegetable must be offered as a choice at all non-birthday classroom celebrations where food is served. (This does not include juice which is a beverage)

¹ See <http://smarterlunchrooms.org/ideas>

4. Classroom Snacks

- a. Any classroom snack brought into school from home or served by school personnel will meet the requirements of USDA Smart Snacks in School Nutrition Standards. (Appendix D-1)

Physical Education

The District will promote the following physical education goals in grades K-12 through the curriculum and other methods:

1. Provide a sequential written curriculum for K-10 physical education that is:
 - a. Aligned with state or national standards and requirements
 - b. Taught by well-prepared and well-supported staff
 - c. Age appropriate
 - d. Develops students' knowledge and skills necessary to perform a variety of physical activities
 - e. Aimed at assessing, maintaining and improving personal fitness, and understanding the benefits of physical activity as a part of a healthy lifestyle.
2. The district will maintain graduation requirements of 1 credit of Physical Education and 0.5 credit of Health in high school.
3. Students shall spend at least 75 percent of physical education class time participating in moderate to vigorous physical activity.
4. Physical education classes will have the same student-teacher ratio used in other classes.
5. The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.

Physical Activity

The Centers for Disease Control and Prevention recommends that young people ages 6-17 years participate in at least 60 minutes of physical activity daily. To achieve this standard the district has taken the following steps.

1. Opportunities for physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior, and completion of assignments.
2. Classroom teachers are encouraged to provide short (5-10 minute) physical activity breaks between lessons or classes, as appropriate.
3. During the school day, teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) as punishment. Withholding recess or other opportunities for physical activity shall not be encouraged and should only be done at the discretion of the building principal.
4. Administration will ensure that policies and practices are in place that enable students with disabilities and other special health care needs to participate as fully as possible and safely in physical education and other school physical activity programs.

Recess & Cafeteria Environment

1. Elementary schools will provide recess for students that:
 - a. Is at least 20 minutes per day

- b. Is preferably before lunch and outdoors
 - c. Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.
2. The cafeteria environment is a place where students shall have adequate space to eat, time to eat (at least 10 minutes for breakfast, 20 minutes for lunch), clean and pleasant surroundings and convenient access to hand washing or hand sanitizing facilities before meals.
3. Schools will ensure that all children have access to breakfast at school by arranging bus schedules and using alternative methods to serve breakfast to the extent possible.
4. Food purchased from local restaurants/delis is not permitted in the school cafeterias. No soda pop or energy drinks are allowed in school cafeterias.

Goals for Other School-Based Activities

The district shall participate in programs that promote student health. The goals of these other activities shall be to reinforce the nutrition promotion, nutrition education, and/or physical activity goals stipulated above.

1. Teachers are encouraged to collaborate with agencies and groups conducting nutrition education in the community.
2. All Elementary, Middle and High Schools in partnership with community programs shall offer extracurricular physical activity programs.
3. Student organization(s) such as Fuel Up to Play 60 will be active in the Jr/Sr High to promote the Wellness Policy and improve the school district's nutrition and physical activity environment.
4. The district supports workplace breastfeeding.
 - a. Allows creative use of normal breaks and earned time/leave for nursing and pumping.
 - b. A clean, private space will be available (not a restroom), that includes: adequate space, accessible electrical outlets, clean water source, comfortable seating and breast milk storage area.

Concessions, Meeting and Event Food Guidelines

All foods provided or sold by the District should be selected judiciously, taking into consideration the nutritional value of the food being served, the goals of this policy, and the frequency of use.

1. Meetings, Concessions, and Events on School Premises—Sponsored by School Organizations/Groups:
 - a. All meetings, events or concessions sponsored by school groups where food is served on school premises must offer a fruit and/or vegetable option.
 - b. It is recommended that lower fat/lower sodium/whole grain food options will be chose to be served/sold.
 - c. Baked items are encouraged to be approximately the size of a 3" square bar, 2oz (standard tin) muffin, or a 2 ½ -3" cookie.

- d. 100% juice and low fat milk (skim or 1%) will be served at all locations where juice and milk are sold/served.
 - e. Water must be easily accessible in pitchers, fountains or bottles where beverages are sold/served.
 - f. Every effort will be made to purchase the smallest size of beverage possible. Exceptions will be made for 16oz milk products, 12oz 100% juice, and any size water.
2. Meeting and Events on School Premises--Not Sponsored by School Organizations/Groups (e.g. Community or Private Events, Meetings for outside organizations/clubs) will be informed and encouraged to follow the above guidelines.

Fundraising Guidelines

For School and School Sponsored Groups on or off Campus:

1. The school district shall make available a list of ideas for acceptable fundraising activities. (Appendix G)
2. Organizations are encouraged to participate in Fundraisers that promote a healthy lifestyle. No food except fruits and vegetables is to be used for fundraising.
 - a. To provide flexibility, each school year, each school building is allowed one food related fundraiser, that does not comply with the school policy of no food sales (except fruits and vegetables). Each building principal shall develop rules for requesting and receiving approval to hold fundraisers under this exception.
3. Community groups, organizations or clubs must adhere to district wellness policy standards regarding food sales while fundraising on school grounds.

Advertising

School district will promote clear and consistent messages that explain and reinforce healthy eating and physical activity habits.

1. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. This language is not retroactive; it will not apply to permanent food and beverage advertising that was in place prior to board adoption of this policy.
2. The district will engage students, families, the community and the media in promoting a healthy school environment.
3. Key health messages shall be promoted by coordinating classroom and cafeteria and through planned promotions.

Policy Development, Implementation, Review, and Dissemination

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school.

1. The superintendent shall appoint a Coordinated School Health Council (Nutrition Services Director, School Board Member, Principal from each school, PE instructor from each school, teacher from each school, student representative, two community members) to participate in the development, implementation, promotion and

periodic review/update of the local school wellness policy. The council will meet at least 2 times per year.

2. The superintendent shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the principal shall ensure compliance with those policies and shall report annually on the school's compliance to the school district superintendent and Coordinated School Health Council. The school district's Nutrition Services Director shall ensure compliance with nutrition policies within school food service areas and shall report on this matter to the superintendent, school principal and Coordinated School Health Council.
3. An annual report, prepared by the Coordinated School Health Council Chair, will be made to the School Board to ensure district wide compliance with the policy.
4. A comprehensive district-wide assessment completed by the Coordinated School Health Council using the WellSAT or similar tool will be used to assess the strength and implementation of the policy. Assessments will be repeated every three years to help review policy compliance, assess programs, and determine areas for policy revision.
5. The Coordinated School Health Council will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.
6. The District shall disseminate the wellness policy and any wellness policy amendments to students, parents, and the public through publication in student handbooks and posting on the district website.

Complementing NDSBA Templates (may contain items not adopted by the Board)

- ABCC-AR, Building-Level Wellness Policy Coordinators
- ABCC-E, Hiring & Training Requirements for Food Services Staff
- BBBB, School Board Committees
- BDA, Procedure for Adopting Board Policy
- BDBC, Citizens' Advisory Committees
- FGDB, Student Handbooks
- IB, Food Service Program
- IB-E2, DPI Requirements & Guidelines for Adult Meals
- IB-E3, Foods of Minimal Nutritional Value