

## **WELLNESS POLICY**

### **District Wellness Committee**

The Board shall form a District Wellness Committee to develop the wellness policy and perform additional duties described. The Board encourages 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 local school wellness policy.

The District Wellness Committee shall determine the best methods for the above groups to participate in these processes and shall relay information about the participation processes to the above groups using the method deemed most appropriate, effective, and cost efficient by the Superintendent.

The District Wellness Committee shall meet quarterly, or as needed, to develop a plan for implementing the wellness policy in each school. The implementation plan shall delineate roles, responsibilities, actions, and timelines specific to each school and set goals and objectives in accordance with the requirements of this policy.

The District Wellness Committee shall work with the Superintendent to evaluate each implementation plan. The Superintendent shall designate one individual per school building to monitor and enforce building-level compliance with the wellness policy. The name of each designee will be listed in administrative regulations (ABCC-AR). Each designee shall collect, summarize, and report evaluation data to the committee.

At least once every three years, the District Wellness Committee shall conduct an assessment of the wellness policy and comply with all reporting requirements mandated by federal law. The District Wellness Committee shall provide the assessment to the Board and disseminate it publically on the district's website.

The District Wellness Committee may recommend amendments to the wellness policy for Board consideration, based on the results of the assessment; changes in District priorities; changes in community needs; changes in wellness goals; advances in health, science, information, and technology; new federal or state guidance; or the issuance of new standards or regulations.

The District shall disseminate the wellness policy to staff, students, parents, and the public through publication in the student handbooks and posting on the district website. The District shall also inform parents regarding improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition programs and how to apply; as well as the USDA Smart Snacks in Schools nutrition standards.

The District shall retain all wellness policy records mandated by federal law.

## **Physical Education and Activity**

In addition to sequential K-12 state standards, corresponding curriculum that is aligned to state/national standards, and mandates related to physical education, the District will, to the extent practical, offer opportunities for students to be physically active through activities that include, but are not be limited to, recess and extracurricular offerings.

The goals of physical activity programs shall be to:

1. Develop students' knowledge and skills necessary to perform a variety of physical activities;
2. Assess, maintain and improve personal fitness; regularly participate in physical activity;
3. Regularly participate in physical activity;
4. Understand the short- and long-term benefits of physical activity; and
5. Value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Students with disabilities and other special health needs may participate as fully as possible in physical education and other school physical activity programs. Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) as a punishment. Teachers and other school personnel will not withhold opportunities for physical activity (e.g., recess, physical education class) without first considering alternatives.

The District has implemented regulation ABCC-AR2, which contains additional programs and guidelines the District uses to promote physical activity.

## **Nutrition Education and Promotion**

The District shall teach, model, and support healthy eating in grades K-12 through the curriculum and through other promotional methods. The District shall strive to:

1. Identify and implement methods to educate family members about district nutrition standards and goals as well as involve them in program development and implementation;
2. Provide a sequential, comprehensive health education curriculum that is aligned with state standards and requirements; is based on current science, research, and guidelines; is taught by well-prepared and well-supported staff; that is age and culturally appropriate; is integrated with existing curriculum, as appropriate; and that is aimed at influencing students' knowledge, skills, attitudes, beliefs, and eating habits.
3. Provide an overall school environment that encourages students to make healthy food choices, 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, and seafood

- c. Consumption of fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains
4. Provide timely professional learning opportunities for teachers and other staff members to provide basic knowledge of nutrition as well as development and practice of skills.

Nutrition programs must be implemented through the use of evidence-based healthy food promotion techniques (e.g. Smarter Lunchroom techniques). All foods and beverages offered to students during the school day must meet or exceed the USDA Smart Snacks in Schools nutrition standards.

The District Wellness Committee may develop a list of activities that will help the District achieve the above goals and provide this list to administrators to assist with implementation of this policy.

#### **Other School-Based Activities**

The District will seek to promote the physical activity and nutrition goals of this policy through other activities that are practical, implementable, and within district budgetary and statutory parameters. The goals of these other activities shall be to reinforce the nutrition promotion, nutrition education, and/or physical activity goals stipulated above. Activities implemented under this policy provision may be offered to students, parents, and/or district staff.

The District Wellness Committee may develop activities and programs that will help the District achieve the above goals and provide this list to administrators to assist with implementation of this policy. Such programs and activities may include, but not be limited to, before- and after- school physical activities, active transport programs, staff wellness programs, staff professional development programs related to wellness, list of alternatives to using food as rewards, lists of healthy party ideas and fundraisers, and community partnership programs.

#### **Nutrition Standards**

For all meals provided with funds from the National School Breakfast and Lunch program, the District shall comply with applicable federal nutrition standards established in federal regulations. The District shall comply with applicable federal standards for competitive food sales on campus during the school day as defined by federal law. . The District may operate additional nutrition-related programs and activities including Farm to School programs and school gardens.

The District shall comply with applicable nutrition standards established in federal regulations for all competitive foods and beverages sold on school grounds during the regular school day to students.

Except as otherwise provided, 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.

### **Exception to Competitive Food Sales**

Each school year, schools within the District may hold up to three fundraisers that do not comply with federal nutrition standards for competitive food and beverage sales. The Superintendent shall develop rules for requesting and receiving approval to hold fundraisers under this exception. The fundraiser may occur during school hours, but not during school meal times.

Standards for competitive food and beverage sales do not apply to off-campus food and beverage sales and foods and beverages sold on school grounds more than 30 minutes after the school day until midnight of the next school day. Food shall not be used as a reward for sales.

### **Hydration Standards**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during meal times. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water throughout the day.

### **Marketing**

The District permits marketing and advertising of only those foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards. These standards do not apply to foods and beverages sold off school grounds.

### **Qualifications and Training**

The District shall comply with any applicable hiring requirements under federal regulations for new hires in the food service program and shall comply with annual training requirements under federal regulations for all food service personnel.

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#### **Complementing JPS Policies**

- ABCC-AR, Building-Level Wellness Policy Coordinators
- ABCC-AR2, Physical Activity and Recess Regulations
- BDA, Procedure for Adopting Board Policy
- BDBC, Citizens' Advisory Committees
- IB, Food Service Program

**End of Jamestown School District Policy ABCC..... Adopted: 9/5/2017**