

POLICY #5146 Required

WINOOSKI SCHOOL DISTRICT

POLICY ON WHOLE CHILD AND SCHOOL WELLNESS

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 2004 and Healthy, Hunger-Free Act of 2010. In accord with those requirements, this Policy has been developed in consultation with parents, students, and representatives of the school food services authority, school administrators, teachers of physical education, school health professionals and the public.

Policy Statement. It is the policy of the Winooski School District to establish goals for nutrition promotion and education, physical activity, other school-based activities and social and emotional wellness that are designed to promote whole child and school wellness. With the objective of promoting student wellness, and preventing and reducing childhood obesity, the district will also establish nutrition guidelines for all foods available at school during the school day. *The Vermont School Wellness Policy Guidelines (Revised: Nov 2015)* shall be used as the basis of the District's nutrition and fitness practices with full implementation of these guidelines to the extent economically and pragmatically possible no later than FY2019.

I. Goals for Nutrition Promotion and Education.

- A. The school district shall provide nutrition promotion and education programs as required by state law and regulations of the State Board of Education. In particular, the district shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Framework of Standards and Learning Opportunities.
- B. To the extent practicable, nutrition promotion and education shall be integrated into core curricula in areas, such as science health and family and consumer science courses.
- C. The curriculum equips students with the knowledge, skills and attitudes necessary to develop lifelong healthy eating behaviors.

II. Goals for Physical Activity.

- A. The district shall provide physical education classes for all students as required by Vermont School Quality Standards.
- B. The district shall provide opportunities for students to be physically active for 30 minutes a day outside of physical education classes during the school day (e.g. recess, classroom physical activity breaks, open gym, walking programs or aerobic activities.)
 - Recess and other physical activity shall not be taken away as a form of discipline unless doing so is directly related to a student's behavior during that time.
- C. The school works with the community to provide an avenue for reaching all students before and after school through organized physical activities (e.g. interscholastic sports, intramurals, physical activity clubs, community-based programs, and other activities.)
 - Use of the school facilities by community members for physical activities is encouraged.
- D. The curriculum equips students with the knowledge, skills and attitudes necessary for lifelong physical activity.

III. Goals for Other School Based Activities.

- A. 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 section 10 of the Child Nutrition Act and section 9(f)(1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
- B. The district shall provide adequate space for eating and serving school meals.
- C. The district shall provide a clean and safe meal environment for students.
- D. The district shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- E. Food shall not be used in district schools as a reward or punishment.
- F. The district shall ensure that professional development in the areas of food service, administrative practices, and nutrition are provided for food service managers and staff.

- G. The district highly values the health and well-being of every staff member and encourages activities that support personal efforts by staff to model and maintain a healthy lifestyle.
- H. The district will encourage students and their families to establish and access their medical and dental homes to receive age-specific well care and oral care visits annually, as recommended by the American Academy of Pediatrics' Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents.

IV. Nutrition Guidelines.

- A. 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.
- B. 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.
- C. To the extent practicable, the district shall ensure that foods offered at school, during the school day (12:00am-30 minutes after the official end of the school day), other than through the National School Lunch or School Breakfast programs, including foods sold through vending machines and through fundraising efforts, shall comply with the USDA Smart Snacks in Schools nutrition standards, the National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-Free Kids Act of 2010.

V. Goals for Social and Emotional Wellness

- A. The district shall provide a variety of activities and opportunities that equips students with the knowledge, skills and attitudes necessary to develop positive social and emotional well-being.

VI. Policy Implementation.

- A. 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, including the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model local school wellness policies and a description of the progress made in attaining the goals of this policy.
- B. The superintendent or his or her designee shall report at least annually to the board on the district's compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.
- C. 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 this policy.

PROCEDURES: (also referred to as rules or regulations) are the specific directions that indicate exactly how school personnel and others will carry out the policies adopted by the School Board. Procedures will be developed by the Superintendent in consultation with staff and are attached. Procedures may change more frequently than the underlying policy and do not require adoption by the Board.

1st Reading: February 14, 2018

2nd Reading: March 14, 2018

Approved by Board of School Trustees: March 14, 2018

Legal Reference(s). 16 V.S.A. §§131 & 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.
Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265.
Healthy, Hunger Free Kids Act of 2010, Section 204 of Public Law 111-296.
Code of Federal Regulations, 7 CFR Part 210 and Part 220.