

## WELLNESS POLICY

### I. Purpose and Goals

The Shenandoah Community School District promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. 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 will develop, implement, monitor, and, as necessary review school nutrition and physical activity policies with the input from a local wellness policy committee.

### II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

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

- be appealing and attractive to children and 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 USDA); and
- ensure that half of the served grains are whole grain.

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 School Breakfast Program to the extent possible.
- arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children.

Free and Reduced-Priced Meals. Schools 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 school meals. Toward this end, schools will utilize electronic identification and payment systems to promote the availability of school meals to all students.

Summer Food Service Program. Schools in which more than 50% of students are eligible for free or reduced-priced school meals may sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling. Adequate time to eat in a pleasant dining environment should be provided. Drinking fountains will be available for students to get water at meals and throughout the day. A short snack-free recess for elementary is encouraged to be scheduled sometime before lunch so children will come to lunch less distracted and ready to eat.

Approved 4-10-06

Reviewed 7-00-15

Revised \_\_\_\_\_

School personnel will assist all students in developing the healthy practice of washing hands before eating. School personnel will schedule enough time so students do not have to spend too much time waiting in line.

Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings and other activities during lunch times.

Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and using creative, innovative methods to keep noise levels appropriate.

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school 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 in schools.

Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Food and Beverages.** The school district 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. The district does support the use of a shared table for prepacked foods that are available through the cafeteria and can be monitored.

**Foods and Beverages Sold Individually.** The Shenandoah Community School District believes that the health of our children is of utmost importance to the future of our society. Therefore, we wish to improve the health of our school children by promoting healthy food and beverage choices by replacing non-nutritious foods and beverages with more nutritious choices in school vending machines. Bottled water and other items that meet the five percent or more nutrition value rule recommended for school vending will be allowed in student accessible school vending machines. Vending machines, other than milk and juice, will not be operational for student use during school hours at the PK8 building. Vending machines, other than milk and juice, will be operational for student use at the high school building according to the federal guidelines for school breakfast and lunch.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, it is recommended that school fundraising activities will not involve food or will use only foods that meet nutritional standards. Schools will encourage fundraising activities that promote physical activity.

**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.

**Celebrations.** Schools should evaluate their celebrations practices that involve food during the school day. Parents will be encouraged to provide healthy food choice options to students.

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Rewards. The school district will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance of good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

School Sponsored Events. It is recommended that food and beverages offered or sold at school-sponsored events outside the school day meet the nutrition standards for meals.

### III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Shenandoah Community School District aims to teach, encourage, and support healthy eating by students. Students will receive nutrition education ~~that is interactive and teaches the skills they need to adopt healthy eating habits.~~ **and engage in nutrition promotion that is as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.** Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable. **The District will promote the meal program in connection with other nutrition-related community services.** Students will be encouraged to start each day with a healthy breakfast.

Communications with Parents. The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutritional standards. The school district will provide parents a list of recommended foods ideas for celebrations, parties, rewards, and fundraising activities.

Food Marketing In Schools. The school district will be consistent with nutrition education and health promotion. The school district will promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and market activities that promote healthful behaviors.

### IV. Physical Activity Goals

Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. The school will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Physical education courses will be taught by a state-certified physical education instructor in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Classes shall have a student/teacher

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ratio similar to other classes. Time allotted for physical activity will be consistent with research, national and state standards.

The school will provide a daily recess period for PK-8 students, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.

### V. Monitoring and Policy Review

**Monitoring.** Principals as the leaders of their school environment are expected to ensure compliance with all federal, state and local regulations pertaining to the sale of food and beverages. They will be responsible for monitoring the content of food and beverages in vending machines to ensure that only acceptable items are available for sale to students. If they determine that non-compliant items are in the vending machines, they will take corrective action.

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

In each school, the principal will ensure compliance with those policies and will report on the school’s compliance to the superintendent.

School food service staff will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the superintendent. Food service will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent will develop a summary report every three years on school district-wide compliance with the school district’s established wellness policies, based on input from the schools within the school district. The report will be provided to the school board, school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

Assessments will be every five 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; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)  
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Cross Reference: 504.8 Student Activity Program  
710 School Food Services