

## **Dugsi Academy**

**APPROVED BY BOARD MEETING VOTE ON 4/19/07**

### **WELLNESS POLICY**

*[NOTE: Not later than the first day of the school year beginning after June 30, 2006, all school districts that receive funding from the federal school lunch program are required by the Child Nutrition and WIC Reauthorization Act of 2004 ("the Act") to have a Wellness Policy that includes nutrition guidelines, goals for nutrition education, and physical activity to promote student wellness. The Act requires the involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the wellness policy. The Act also requires a plan for measuring implementation of the policy and the designation of at least one person charged with operational responsibility for ensuring the school district is in compliance with the policy. The Act provides for technical assistance and information from the Secretary of Agriculture to aid state and local educational agencies and school food authorities in establishing healthy school nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases.]*

#### **I. PURPOSE**

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating, physical activity, and other health and wellness activities.

#### **II. GENERAL STATEMENT OF POLICY**

- A. The school board recognizes that nutrition education, physical education, and other health and wellness education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating, physical activity, and other health and wellness activities.
- C. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons, in implementing, monitoring, and reviewing school nutrition, physical activity, and other health and wellness activity policies.
- D. All students need access to healthy foods, opportunities to be physically active, and support and encouragement to learn about other health and wellness issues in order to grow, learn, and thrive.
- E. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

#### **III. GUIDELINES**

##### **A. Foods and Beverages**

*[NOTE: The Act requires that school districts have nutrition guidelines selected by the school district for all foods available on the school campus during the school day with the objective of promoting student health and reducing student obesity.]*

- 1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.

2. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines and will take every measure to ensure that student access to foods and beverages meet or exceed all guidelines.
3. The school 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.

*[NOTE: The Act requires that the school districts' wellness policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as the regulations apply to schools.]*

4. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
5. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

**B. School Food Service Program / Personnel**

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district shall designate an appropriate person to be responsible for the school district's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on the school campus to ensure food and beverage choices are consistent with the current USDA Dietary Guidelines for Americans.
3. As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service personnel in schools.

**C. Nutrition Education and Promotion**

*[NOTE: The Act requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines is appropriate.]*

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. Offered as part of a comprehensive program that is part of health education classes, as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. Enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste tasting, and field trips.

2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages.
3. The school will use limited amounts of foods or beverages as rewards for academic performance or good behavior, (unless this practice is allowed by a student's individual education plan or behavior intervention plan).
4. Schools will not withhold food or beverage as punishment.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television and playing video games.
2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.
3. Classroom teachers will provide short physical activity breaks between lessons or classes, where appropriate.

E. Communications with Parents

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. The school district will support parents' efforts to provide a healthy diet, daily physical activity, and other health and wellness activities for their children.
3. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. The school district will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### IV. IMPLEMENTATION AND MONITORING

*[NOTE: The Act requires that the wellness policy establish a plan for measuring the implementation of the policy, including designation of at least one or more persons within the school district charged with operational responsibility for ensuring that the school meets the requirements of the wellness policy.]*

- A. After approval by the school board, the Wellness Policy will be implemented throughout the school district.
- B. School food service staff, at the school or district level, will ensure compliance within the school food service areas and will report to the school director or designee, as appropriate.
- C. The school district's food service program will provide an annual report to the school director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The school director or designee will ensure compliance with the Wellness Policy and will provide an annual report of the school district's compliance with the policy to the school board.

**Legal References:** 42 USC - 1751 et seq. (Richard B. Russell National School Lunch Act)  
42 USC - 1771 et seq. (Child Nutrition Act of 1966)  
PL 108-265 (2004) - 204 (Local Wellness Policy)  
7 CFR - 210.10 (School Lunch Program Regulations)  
7 CFR - 220.8 (School Breakfast Program Regulations)