

ADDISON NORTHWEST SCHOOL DISTRICT POLICY

SECTION: STUDENTS

CODE: C9

TITLE: WELLNESS POLICY

Wellness Mission Statement of the Addison Northwest School District

The Addison Northwest School District is committed to creating and promoting healthy and safe school environments through a comprehensive system of school based health education and school based health and wellness programs. The Addison Northwest School District intends to promote, support and reinforce the physical, nutritional, emotional health and well-being of the community of children and adults within our schools. This policy will help to support all students and staff to create and promote a healthy and safe school environment, and to encourage opportunities that foster attitudes of personal responsibility towards one's own health and well-being, the community, and the environment.

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

Policy

It is the policy of the District to establish goals for health education, physical activity and other school based activities that are designed to promote student and staff health and wellness. With the objective of promoting student health and reducing childhood obesity, the district will also establish nutrition guidelines for all foods available at school during the school day. Therefore, it is the policy of the District that the following goals be achieved:

1. Goals for Health and Nutrition Education

The District will establish, implement and promote a medically accurate, culturally inclusive, sequential, age and developmentally appropriate preK-12 comprehensive health education program that is in alignment with the Vermont Education Quality Standards, National Health Education Standardsⁱⁱ, the National Sexuality Education Standardsⁱⁱⁱ, and as required by state law and regulations of the State Board of Education and USDA.

The District will take a skills-based approach to teach comprehensive health education that addresses a variety of topics, such as tobacco, alcohol, and drug abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, violence prevention, and comprehensive sexual health education that is LGBTQ+ inclusive, providing students the opportunity to experience learning through flexible and multiple pathways^{iv}.

Health and Nutrition education and promotion programs shall be conducted by appropriately trained, qualified, and/or licensed staff members.

- a. Staff shall integrate, where possible, experiential health and nutrition education activities into existing core curricula.

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- b. School Food Service, in partnership with other school departments and community organizations, will work to creatively market and promote foods and beverages that meet the requirements set forth in the USDA's Nutrition Standards for All Foods Sold in School and Smart Snacks in School during the school day; as well as locally produced foods.^v

2. Goals for Physical Education and Physical Activity^{vi}

a. Physical Education

The district will establish a physical education program that is sequential, developmentally appropriate and in alignment with the Society of Health and Physical Educators (SHAPE) National Standards & Grade-Level Outcomes and the Vermont Education Quality Standards.^{vii}

All schools will offer curriculum that is taught by licensed Physical Educator.

Adapted physical education shall be designed, delivered, and assessed by a licensed physical education teacher in consultation with other colleagues (e.g. special educator, occupational therapist), students and parents.^{viii}

The District will meet the Education Quality Standards (EQS) that provide students in grades K-8 with at least two physical education classes per week; and provide students in grades 9-12 with one and one half years of physical education or the equivalent thereof; and, will work toward the SHAPE recommendations for physical activity per week for K-12 students during the entire school year

- i) encourages district wide health initiatives that include daily movement for all students and staff,
- ii) provides curriculum that equips all students with the knowledge, skills and attitudes necessary for flexible, alternative pathways for proficiency-based, lifelong physical education and activity,
- iii) supports integrating physical education topics with other curricular areas,
- iv) prohibits student pull-outs on a regular basis during scheduled physical education classes,
- v) provides a safe environment in all district schools to implement the program with functional and protective equipment for all students, and

b. Physical Activity^{ix}

The District will meet Education Quality Standards by offering options for students in grades K-12 to participate in at least 30 minutes of physical activity opportunities for students throughout the school day, which includes pre and post school day activities. Physical activity may include recess and movement built into the curriculum, but does not replace physical education classes (examples of physical activity include recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics, afterschool programs, physical activity clubs, classroom movement breaks, and/or intramural sports).

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The District prohibits that recess and other physical activity be taken away as a form of discipline unless a student's objectionable behavior occurs during recess or a physical activity.

3. Goals for Health Services

School health services are evidenced based as outlined in the School Nurse Standards of Practice Manual, the National Association of School Nurses Scope and Standards of Practice, and the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.^x

School health services will be based on the student needs assessment, plans and implementation of programs that support the wellbeing and academic success of students by

- a) Providing a cohesive, integrated approach to the delivery of services to appraise, promote and protect health.
- b) Providing access to resources and/or organizations that promotes Reproductive and Sexual Health. Establish school based activities that are designed to promote student health outcomes and reducing risky behaviors, including a HIV/STD prevention condom availability program that provides education by trained and designated faculty/staff.^{xi}
- c) Providing a safe school facility with sanitary conditions to treat students for illness or injury, and
- d) Developing programs that support encourage students and their families to establish and access their medical and dental home to receive age-specific health and dental supervision visits annually, as recommended by the American Academy of Pediatrics', Bright Futures - Guidelines for Health Supervision of Infants, Children and Adolescents.

4. Goals for Counseling, Psychological and Social Services

The District recognizes the need for counseling, psychological and social services for all students and shall make available the information necessary for families of students to seek the proper assistance including connecting students and families to services needed.

All schools will make available information regarding educational and counseling opportunities and referrals for promoting and maintaining individual, family and community health.

5. Goals for Social and Emotional Climate

The District shall maintain and implement a preK-12 anti-bullying curriculum that promotes practices that encourage a culture of wellness throughout the district, which includes, but is not limited to clean and safe building and a positive psychosocial climate, using such practices as Positive Behavioral Interventions and Supports-PBIS.

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6. Goals for Physical Environment

Health and safety issues in kitchens and bathrooms will be brought up to and maintained at Vermont State and Federal Building codes.

Physical conditions such as temperature, noise and lighting shall be conducive to a positive learning and eating environment based upon all state and federal health and safety standards.

7. Goals for Employee Wellness

The District recognizes that fostering a personal commitment to positive health behaviors in staff contributes to improved health status, higher morale and greater personal commitment to the school's coordinated school health program and creates positive role modeling.

The District will develop programs that encourage and support participation in an employee wellness program that includes planning, implementing and evaluation of the program.

The District shall support opportunities for faculty and staff to improve their health status through activities such as health assessments, health education and health-related fitness activities when possible.

8. Goals for Family Engagement in District Wellness and Nutrition Programs

The District shall engage families of students in variety of meaningful ways, and works towards sustaining family engagement in wellness activities whenever possible, and helping to making families feel welcome and committed to support and improve the learning, development and health of students.

9. Goals for Community Involvement in District Wellness and Nutrition Programs

The District will partner, when appropriate and possible, with local businesses and area non-profits to develop learning experiences that provide resources, environmental approaches, and/or social and behavioral programs for parents/caregivers, families, and the general community to engage in healthy eating and physical activity, including the promotion of community-based learning experiences that promote health and wellness.

10. Goals for Nutrition Services

a. Related to the Foodservice Program

The District shall ensure professional development opportunities as appropriate for Child Nutrition Professionals and other staff members in areas of food service, administration practices, nutrition and wellness.

All schools will provide access to a variety of nutritious meals that accommodate the health and nutrition needs of all students. No foods of minimal nutritional value (as listed in 7 CFR 210, Appendix B; 7 CFR 220, Appendix B; and the Smart Snacks in School Standards) shall be sold during the school day.^{xii}

In all District schools, Child Nutrition Professionals will provide signage in the food service area indicating the daily menu offerings and required minimum selections needed to make a complete meal.

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To the extent practicable, the district shall ensure that Child Nutrition Professionals receive sufficient and adequate civil rights training as well as food safety practices and nutrition specifications annually.^{xiii}

Foods offered at school during the school day other than through the National School Lunch or School Breakfast programs, including foods sold through vending machines, a la carte items, concessions and fundraisers shall comply with the requirements established by the Vermont Departments of Health and Education, and set forth in the USDA's School Meal Nutrition Standards, the Smart Snacks in School Nutrition Standards, and Dietary Guidelines for Americans.

The District will provide the necessary infrastructure, outreach and support to the food service office to be sure that all families eligible for Free and Reduced meal benefits are able to access these benefits.

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 9A (a) and (b) of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.[4] School nutrition programs will reflect the U.S. Dietary Guidelines for Americans, the New Child Reauthorization Act of 2010, and the USDA's Healthier US School Challenge to achieve nutrition integrity.

The School District will promote and participate, through the foodservice department, in all federally funded child nutrition programs and operate them to their fullest extent.

The School District will consider any renovations that may be necessary to allow for compliance with the New Child Reauthorization Act of 2010.

In compliance with federal law, the district's National School Lunch Program (NSLP) and School Breakfast Program (SBP) shall be non-profit.

Plain drinking water will be made available throughout the school day at no cost to students.

The District will use USDA geographical preference rules to access local food and beverages whenever possible.^{xiv}

Child Nutrition Professionals will coordinate menus with seasonal producers of local farms and with producers in school gardens so that school meals will reflect seasonal and local agriculture.

All schools shall provide adequate space for eating and serving meals.

All schools will establish meal periods that provides adequate time to eat, and meals and snacks are scheduled at appropriate hours.

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b. **Not Specifically Related to the Foodservice Program**

Food will not be used as a reward or punishment for students.

The School District shall develop programs to encourage the consideration of healthy and/or non-food fundraisers.

Food and Beverage marketing and advertising in all schools will be of only those food and beverages that meet the Smart Snacks in School Nutrition Standards.

The District will create procedures to encourage healthy school celebrations whenever possible.

To the extent possible, recess periods shall be followed by lunch periods.

All schools shall provide a clean and safe meal environment for students.

The Superintendent, through the Child Nutrition Professionals, will make public its program administration materials (meeting minutes, participation rates, health inspection results, and nutrition compliancy results).

Policy Implementation

The District will permit and encourage parents, students, representatives of the Food Service Program, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, monitoring, and periodic review and update of this policy.

The Superintendent or 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 annually 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.

The Superintendent or designee shall report at least annually to the Board and to the public on the District's compliance with law and policies related to student wellness. The report shall include information as to the content and implementation of this policy, and an assurance that District guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

Definitions

- **Ala Carte food** includes all foods sold or provided throughout the school grounds at any time that are not part of a reimbursable meal.
- **Nutritious foods** are foods that exceed the nutrient levels of Foods of Minimal Nutritional Value which have been identified by the USDA. Nutritious foods include whole grains; low-fat or non-fat dairy products; fresh, frozen or canned fruits and vegetables; lean meats, poultry, fish, beans and seeds.

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- **Comprehensive Health Curriculum** includes topics such as: alcohol and drug abuse prevention, healthy eating/nutrition, mental and emotional health, personal health, wellness and self-care, physical activity, personal safety and injury prevention, sexual health, tobacco use, violence prevention.
- **Comprehensive Health Education** means a systematic and extensive elementary and secondary education program designed to provide a variety of learning experiences based upon knowledge of the human organism as it functions within its environment. Includes body structure and function, community health, safety, disease prevention, family health, mental health, personal health, consumer health, human growth and development, drugs and alcohol, nutrition, and sexual health and education.
- **Vermont Education Quality Standards** are to ensure that all students in Vermont public schools are afforded educational opportunities that are substantially equal in quality, and enable them to achieve or exceed the standards approved by the State Board of Education.
- **SHAPE (Society of Health and Physical Education)** America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as result of a highly effective physical education program. National Standards are used to develop or revise existing standards, frameworks and curricula.
- **PBIS (Positive Behavior Interventions and Supports)** is a proactive approach to establishing the behavioral supports and social culture and needed for all students in a school to achieve social, emotional and academic success.
- **YRBS (Youth Risk Behavior Survey)** is part of a larger effort to help communities increase the resiliency of young people by reducing high risk behaviors and promoting healthy behaviors. Vermont collects student responses every two years.
- **Smart Snacks in School Nutritional Standards** are practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food. Items meeting the SS standards, but traditionally served as dessert (cookies, ice cream, etc.) shall not be sold to students during lunch periods.
- **Child Reauthorization Act** authorizes all of the federal child nutrition programs, many of which are school-based meal programs. These programs help ensure that low-income children have access to healthy and nutritious foods year-round. To ensure the continuation of these child nutrition programs, Congress must reauthorize them approximately every five years.
- **HUSSC The Healthier US School Challenge: Smarter Lunchrooms (HUSSC: SL)** is a voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity.
- **School Health Index** A Self-Assessment and Planning Guide that enables schools to identify the strengths and weaknesses of their health and safety policies and programs, develop action plans for improving student health, and engage teachers, parents, students, and the community in promoting health.
- **Reproductive Health** addresses the reproductive processes, functions, and system at all stages of life.
- **STD** Sexually Transmitted Disease An infection transmitted through sexual contact, caused by bacteria, viruses, or parasites.
- **HIV/AIDS** also called Human Immunodeficiency Virus and Acquired Immunodeficiency Syndrome.
- **School Day** referenced in this document is considered beginning at 12 AM and ending 30 minutes after official end of school day.

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Date Warned: May 23, 2017
Date Adopted: May 31, 2017
Legal Reference(s): 16 VSA §216 An Act Relating to Nutrition Policy in Vermont Schools
16 VSA §§131 and 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
Public Law 108-265 § 204 Child Nutrition and WIC Reauthorization Act of 2010
Code of Federal Regulations, 7 CFR Part 210 and part 220

Cross Reference:

ⁱ Section 204 of Healthy Hunger Free Kids Act of 2010, Public Law 111-296

ⁱⁱ "Health Education," *Vermont Official State Website*. Vermont Agency of Education.

ⁱⁱⁱ "Sexual Health," *Vermont Official State Website*. Vermont Agency of Education.

^{iv} 16 VSA §§131

^v "A Guide to Smart Snacks in Schools," *Food and Nutrition Services*, United States Department of Agriculture.

^{vi} 16 V.S.A. §§131 & 906.

^{vii} "Physical Education," *Vermont Official State Website*. Vermont Agency of Education.

^{viii} "Adapted Physical Education," *Vermont Official State Website*. Vermont Agency of Education

^{ix} "Physical Activity," *Vermont Official State Website*. Vermont Agency of Education

^x "Health Services," *Vermont Official State Website*. Vermont Agency of Education

^{xi} "Joint Memo From AOE and VDH on Comprehensive Sex Education," *Vermont Official State Website*. Vermont Agency of Education.

^{xii} "School Nutrition," *Vermont Official State Website*. Vermont Agency of Education.

^{xiii} "A Guide to Civil Rights Requirements in School Food Service," *Vermont Official State Website*. Vermont Agency of Education.

^{xiv} "Geographic Preference: What it is and how to use it," *Food and Nutrition Services*, United States Department of Agriculture.