

# SANBORN REGIONAL SCHOOL DISTRICT

SRSD File: JL/JLC

## WELLNESS POLICY

### Statement of Purpose

The Sanborn Regional School District recognizes that wellness is determined by many variables, among them nutrition education, the foods served in schools, and physical activity. The District also recognizes the critical link between a healthy lifestyle and a student's performance and success with learning.

### Statement of Policy

#### Components:

- Nutrition Education
- Physical Activity
- Nutrition Standards for Available Foods
- Other School-Based Activities Designed to Promote Student Wellness

#### I. Nutrition Education

The primary goal of nutrition education is to provide information which students can use to influence their eating behaviors and to make healthy food choices. Nutrition education at all levels of the District's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- age-appropriate nutritional knowledge, including the benefits of healthy eating, essentials of nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling, and storage, and cultural diversity related to food and eating.
- age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.
- how to assess one's personal eating habits, set goals for improving, and achieve those goals.

The following are the ways in which nutrition education will be provided, communicated, and supported throughout the District and in the community:

- Consistent nutrition messages will be provided throughout the school in media, in the classroom, and in the cafeteria and to the home and community.
- Nutrition concepts will be integrated into the health, science education, and family and consumer science curricula.
- Nutrition education will involve sharing information with families and the broader community to impact positively the health of the students and of the community.
- The District will provide information to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their families.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom and to make appropriate choices about the types and quantities of foods selected.
- The staff providing nutrition education will be appropriately trained and qualified
- Students will be encouraged to start each day with a healthy breakfast.
- Students will be educated about vending machines and the nutritional content of the foods contained.
- Vending machines will contain healthy snack choices.

## II. Physical Activity

The goals of physical activity are to promote student wellness, improve student academic performance, and achieve and/or maintain an optimal body weight. The Sanborn School District Wellness Committee recommends that all students participate in appropriate and developmental physical activity for a minimum of 30-60 minutes daily. Physical activity at all levels will include, but not be limited to, the following components:

- Physical education classes will provide activities in varied areas of physical fitness, including cardiovascular endurance (aerobic activity), upper body strength, flexibility, muscular endurance, and agility/speed.
- Activities include a warm-up period, skill practice, and a game activity which utilizes the skills of the particular unit.
- Units include individual fitness activities to encourage physical activity as a life-long process.

The following are the ways in which physical activity programs will be provided, communicated, and supported throughout the District and in the community:

- Fitness activities are provided outside of regular school hours, including school team sports, intramural sports, and community sports programs, and students are encouraged to participate in these activities.
- Physical activity is encouraged and monitored by school staff during scheduled recess times, and appropriate equipment and supervision are provided.
- The District makes available equipment and facilities for community fitness activities on week-ends or other times outside of scheduled school hours.
- Whenever appropriate, physical activity and/or principles are integrated into the whole school curriculum (example: experimenting with heart rates in response to physical activity in a science unit about the heart).
- Both individual student fitness as well as program evaluation are performed each year by means of a standardized physical fitness test.

### III. Nutrition Standards for Available Foods

The goal of the nutrition program is to provide nutritious food choices that encourage lifelong healthy eating patterns among all students. Nutrition standards at each level of the District shall include, but not be limited to, the following essential components:

- A selection of nutritious and appealing foods will be made available wherever and whenever food is sold or otherwise offered on school grounds. *Definition:* nutritious foods are nutrient-dense foods that include: whole grains, low fat or non-fat dairy products, fresh, frozen, or canned fruits and vegetables, lean meats, poultry, fish, and beans.
- Nutritious foods must meet or exceed the nutrient levels of Foods of Minimal Nutritional Value, which have been identified by the United States Department of Agriculture (USDA).
- These nutrition guidelines apply to the school lunch and breakfast programs, foods and beverages sold in vending machines.

The following are the ways in which nutrition standards will be implemented, communicated, and supported throughout the District and in the community:

- Menus will be planned to conform to the Dietary Guidelines for Americans and the nutrient standards established in the regulations of the National School Lunch Program (7-CFR 210) and the School Breakfast Program (7-CFR 220).
- Ala carte foods include all foods that are not part of a reimbursable meal and will be chosen to compliment a nutritious meal rather than replace said meal.
- Food pricing strategies will be designed to encourage students to purchase reimbursable meals and nutritious items over ala carte items.

- Compatible with federal regulations for such purchases, the food service program shall establish procedures to include locally grown and produced food and beverages in the development of purchasing bids or procedures.
- Students and staff have adequate space, time and adequate surroundings to eat their meals, relax and socialize. Minimum recommended lunch period is 20 minutes, not including transition time, in accordance with the National Food Service Management Institute.
- Careful consideration should be given to scheduling recess and other physical activities before lunch.

Food and beverages available at school shall support the nutritional needs of students and include, appealing and nutritious food and drinks.

- Education to staff and students about what nutritious foods can be sold to raise funds
- Food sales on school grounds are under the management of the school food service program, except for foods sold as part of school sponsored fundraising. Food sold for school sponsored fundraising will not be sold during school hours.
- Commercial advertising that promotes foods other than nutritious foods shall be discouraged at school.

#### IV. Other School-Based Activities Designed to Promote Student Wellness

The following are the goals of the Sanborn Regional School District to promote wellness within the school environment. The District:

- Creates a school environment that is conducive to healthy eating by
  - providing drinking fountains in easily accessible locations
  - encouraging the drinking of water throughout the school day to promote hydration
  - encouraging the participation in school breakfast and lunch programs
  - protecting the privacy of students who qualify for free/reduced meals
  - restricting access to vending machines for one hour before to one hour after lunch
  - exploring the feasibility of school gardens and the use of non-disposable tableware
- Provides adequate time to eat by scheduling:
  - Lunch as near to the middle of the school day as feasible
  - Breakfast, snack times
  - And providing adequate access to handwashing/hand sanitizing stations before meals for all students and oral hygiene facilities as required by selected students
- Discourages the use of food as a reward or the withholding of food as a punishment.
- Requires the provision of ongoing professional training and development for food service staff and teachers in the area of nutrition.

- Creates a school environment that is conducive to being physically active by maintaining indoor and outdoor facilities that support a variety of physical activities.
- Discourages the denial of student participation in recess or other physical activity as a form of discipline, or cancellation of recess or other physical activity time for instructional make-up time.
- Requires the provision of ongoing professional training and development for food service staff and teachers in the area of physical activity.

The District assures consistency of practices and behaviors in the areas of healthy eating and physical activity by:

- Offering fundraising activities that are supportive of healthy eating.
- Allowing access to physical activity facilities/equipment outside school hours or forming partnerships with agencies providing this.
- Providing opportunities to practice healthy eating and physical activity during school hours.
- Providing selected after school programs that encourage healthy eating and/or physical activity, such as intramurals, nutrition/cooking opportunities, etc.
- Encouraging role modeling at school and home by parents, teachers, and school administrators/staff in the areas of healthy eating and physical activity.
- Promoting staff wellness programs and practices.
- Incorporating movement/physical activity into classroom routines when feasible.
- Encouraging the same standard of healthy eating at school events, including performances, sports practices/games, field trips, dances, assemblies, classroom parties and celebrations, etc.
- Providing information and outreach materials as appropriate, such as Food Stamps, WIC, Healthy Kids, local health departments and programs, etc.

V. Measurement and Evaluation:

The Sanborn Regional School District assures compliance with a regular review and revision of these goals by establishing a School Health Council with broad representation of school and community members.

- The Council will meet regularly to assess implementation of practices supporting these goals and will communicate with the School Board on at least an annual basis.
- The Superintendent will ensure compliance with the policy in the district. A summary report will be completed every three years on SAU-wide compliance with the District's Wellness Policy.