

## SUGAR SALEM SCHOOL DISTRICT #322 POLICY

TITLE: Wellness of Students and Staff

Number: 8220

NEW: July 2006

REVISED: June 24, 2021

### **Philosophy**

The Sugar Salem School District Board of Trustees believes that children and youth who begin each day as healthy individuals can learn more easily and are more likely to complete their formal education. The Board also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

### **Purpose**

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day- both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

(This wellness policy and the progress reports can be found on the District website)

### **School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans fat* per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the

diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating special dietary needs.

All schools within the District participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs that:

- Are accessible to all students;
- Are appealing and attractive to students;
- Are served in a clean and pleasant setting;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.
- Menus will be posted on the District website (Nutrient content and ingredients information available upon request);
- School meals are administered by a team of child nutrition professionals who meet professional standards training requirements;
- The District Child Nutrition Program will accommodate students with special dietary needs;
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's schools
- The District will incorporate local and/or regional products into the school meal program as much as possible

#### Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school personnel will refer to USDA's Professional Nutrition Standards website and the Idaho State Department of Idaho Education website to search for training that meets their learning needs.

#### **Nutrition**

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

1. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes

- consistent with USDA standards shall be established for all foods offered by the district's Nutrition Services Department.
2. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
  3. Food Service and all classroom instructors should limit foods containing the following: trans fat, carbonated and caffeinated beverages, foods high in fat or sugar.
  4. Nutrition services policies and guidelines for reimbursable meals shall not be less restrictive than federal and state regulations require.
  5. A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
  6. It is recommended that schedules in grades 1–6 be adjusted to encourage students to eat a complete lunch.
  7. It is recommended that classroom snacks promote healthy choices and meet USDA nutrition guidelines.
  8. Vending Machines.
    - a. School operated vending machines must be Smart Snack compliant. This will be reviewed by the State Department of Education's Child Nutrition Department.
    - b. Foods sold in schools must be a "whole grain rich" grain product; or have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable
    - c. Foods must also meet several nutrient requirements.
      - i. Snack items < 200 calories
      - ii. Entrée items <350 calories
      - iii. Snack items <200 mg sodium
      - iv. Entrée items < 480 mg sodium
      - v. Total fat <35% of calories
      - vi. Saturated fat < 10% of calories
      - vii. Trans fat = zero grams
      - viii. Sugar limit < 35% of weight from total sugars in foods
    - d. Beverage vending machines in school public areas should include:
      - i. Plain Water (with or without carbonation)
      - ii. Unflavored low fat milk
      - iii. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
      - iv. 100% fruit or vegetable juice and
      - v. 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners
      - vi. Elementary schools may sell up to 8-ounce portions while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for water.

- vii. Beyond this the standards will allow additional “no calorie” and “lower calorie” beverage options for high school students: No more than 20-ounce portions of Calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or < 10 calories per 20 fluid ounces  
No more than 12-ounce portions of beverages with <40 calories per 8 fluid ounces, or <60 calories per 12 fluid ounces
- viii. All beverage vending machines in the lunch rooms containing carbonated drinks shall be rendered inoperable until 30 minutes after the school day has ended.

## Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* (school campus and school day are defined in the glossary) The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry approved water bottles filled with only water with them throughout the day. Water cups/jugs will be available in the cafeterias if a drinking fountain is not present.

## Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environments that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snack available at: [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks)

## Foods and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. These efforts will be weakened if students are subject to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition and health promotion efforts. It is the intent of the District to protect and promote student’s health by permitting advertising and

marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food advertising and marketing includes, but is not limited to:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage container.
- Displays, such as vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message board, scoreboards or backboards (Immediate replacement of these items are not required; however, district will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, cooler, trash cans and other food service equipment; as well as posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District
- Advertisements in school publications or school mailings
- Free product samples, taste tests, or coupons of a product or free samples displaying advertising of a product.

## Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*.

## Health Education and Life Skills

1. Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.
2. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
3. Students shall have access to valid and useful health information and health promotion products and services.
4. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
5. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

## 6. Food Guidance from MyPlate

### **Physical Education and Activity**

1. Physical education shall be taught by a certified specialist.
2. Physical education and physical activity shall be an essential element of each school's instructional program.
3. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.
4. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles.
5. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.
6. Participation in such physical activity shall be required for all students in grades 1-3 for a minimum of 60 minutes per week.
7. Such instruction may be provided for grades 4-6 through formal physical education courses of at least 100 minutes per week.
8. Instruction may be provided for grades 7-8 through formal physical education of at least 50 minutes per day for at least one trimester.
9. The High School shall require at least one PE credit for graduation.
10. Students may earn one physical education credit through participation in a High School sponsored sport. This will include cheerleading and drill team.
11. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
12. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
13. All students will be provided equal opportunity to participate in physical education classes.

### **Healthy and Safe Environment**

A healthy and safe environment for all, before, during, and after school, supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

1. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.
2. All school owned property shall be free of tobacco, alcohol and other drugs.
3. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
4. Each work site, school and classroom shall strive to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

## **Social and Emotional Well-Being**

Programs and services that support and value the social and emotional well-being of students, families and staff build a healthy school environment.

1. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourage students, families and staff to request assistance when needed and links them to school or community resources.
2. Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.
3. Students shall be taught and encouraged to understand and respect the differences in others and how to build positive interpersonal relations.
4. Students and staff shall be encouraged to balance work and recreation and be helped to become aware of stressors which may interfere with healthy development.

## **Health Services**

1. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Sugar Salem District and the Madison County Health Department.
2. Sugar Salem School District shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
3. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

## **Family, School and Community Partnership**

Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

1. Family, student, and community partners shall be included in an ongoing basis in school and district wellness planning processes.
2. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
3. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
4. Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

## **Staff Wellness**

1. The district, and each work site, shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety and well being of site staff.
2. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
3. Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is safe and consistent with applicable occupation and health laws, policies and rules.
4. Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

## **Wellness Committee**

**The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets annually to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the District Wellness Policy.**

The District Wellness Committee shall be created consisting of a member or members

from the following groups:

1. District Wellness Coordinator
2. Food Service
3. Secondary & Elementary Health Teacher
4. Secondary & Elementary Physical Education Teacher
5. Principal
6. Superintendent
7. Parents
8. Students
9. School Board Member
10. SFA Representative
11. Guidance Counselor

## **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy. Documentation will include but will not be limited to:

- The written wellness policy

- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation and periodic review of the wellness policy
- Documentation of annual progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment\* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including (1) Methods by which the wellness policy, annual progress reports and triennial assessments are made available to the public and (2) Efforts to actively notify families about the availability of the wellness policy

### Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- Information on how individuals and the public can get involved with the DWC

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include the extent to which schools under the jurisdiction of the District are in compliance with the wellness policy. The superintendent and principal at each school building shall be responsible for the implementation of the district wellness policy throughout the district and within their school buildings.

### Revisions and Updating the Policy

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change, wellness goals are met; new health science information emerges or new Federal or state guidance and standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

## **Staff Wellness and Health Promotion**

**Each DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness .**

## **Glossary**

**Extended School Day – time during before and after-school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.**

**School Campus – area that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building , school buses or other vehicles used to transport students, athletic fields and stadiums (e.g. on scoreboards, coolers, cups, eater bottles) or parking lots.**

**School Day – midnight the night before to 30 minutes after the end of the instructional day**

**Triennial – Recurring every three years.**