



Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
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8510 - **WELLNESS**

Component 1: A Commitment to Nutrition and Physical Activity for Students and Staff

- A. A District Wellness Committee will address nutrition and physical activity issues and will develop, implement and evaluate guidelines that support a healthy school nutrition environment. This committee will review District wellness policies and procedures at least annually.
- B. Principals, instructional staff and school nutrition staff will develop standards as to kinds of foods available on campus, adequate mealtime, nutrition education, and physical activity. Staff will be encouraged to consume healthy beverages and food in front of students.
- C. Nutrition education will be provided to all students K-12. Physical activity will be encouraged daily through physical education classes, recess, organized athletic teams and community education offerings at the K-12 level.
- D. The District Wellness Committee will promote staff wellness programs and healthy behaviors throughout the District for staff.
 - 1. Staff will be encouraged to consume only healthy beverages and food in classrooms and during student contact.
 - 2. Staff will receive health related emails from the Employee Assistance Program regarding consumer credit counseling service, mental health counseling, and caregiver support and community programs up to three sessions free year offered by Family Means.
 - 3. School District Health Insurance Provider, HealthPartners, offers:
 - a. Health Assessment
 - b. Jump Start Program
 - c. Counseling for weight and disease management
 - d. Reimbursement for membership at various fitness clubs as a frequent fitness user
 - e. Seasonal influenza vaccination clinics in School District every year for staff and families
 - 4. Staff will be offered support to initiate and participate in wellness activities such as a walking/running program, weight management programs, and exercise classes.
 - 5. School Nutrition Services offers staff healthy entrees at lunch as a choice.

6. Health Services department offers free blood pressure screenings for staff as requested.
7. CPR/AED training offered free to all staff.
8. Mandated bloodborne pathogens training to staff.

Component 2: Quality School Meals

- A. The Somerset School District School Nutrition Department will offer meals and ala carte items that meet federal, state and local nutrition requirements and offer menu choices that are healthy, tasty, attractive and served at the proper temperature.
- B. School nutrition staff that is properly qualified according to current professional standards will administer the District's School Nutrition Programs. School site supervisory staff will meet certification requirements through the School Nutrition Association. All staff will be encouraged to regularly participate in professional development activities.
- C. Food safety, including adherence to a department Hazardous Analysis Critical Control Points *HACCP* plan, will be emphasized at all school sites. All staff will receive sanitation training on a regular basis. School sites will be inspected by a licensed sanitarian per state and federal guidelines. For the safety and security of the food, facility access to the food service operations are limited to Child Nutrition Staff and authorized personnel.
- D. Students will be given the opportunity to provide input on local, cultural, and ethnic favorites of the students.
- E. Schools will make every effort to eliminate any social stigma attached to, and prevent overt identification of; students who are eligible for free and reduced-price school meals. Every effort will be made to inform families of federal meal program eligibility guidelines.
- F. School nutrition staff will provide special diet accommodations per District policy and state and federal statutes.
- G. Milk break will be scheduled morning or afternoon at K-4 school sites.

Component 3: Other Healthy Food Options

- A. Administrative guidelines on nutrition standards for food and beverages offered through parties, celebrations and social events during the school day, will be developed and coordinated by the District Wellness Committee.
- B. The availability of food and beverages of minimal nutritional value shall be limited to students, including no availability at elementary schools and after the end of the school day at the Middle and High school.
- C. The use of food as a reward shall be discouraged. The withholding of food as a punishment for students is prohibited. Schools should limit school sponsored celebrations that involve food during the school day to no more than one party per class per month and provide healthy food choices. The District Wellness Committee will provide a list of healthy party ideas to parents and teachers and non-food reward ideas.
- D. The school District will provide nutrition information to parents that will encourage parents to provide safe and nutritious foods for their children.
- E. Somerset School District encourages organizations to use non-food items as fundraisers or sell food items that meet District nutrition guidelines. Organizations will be encouraged to promote physical activity as part of a fundraising activity. The District wellness committee will make available a list of ideas and food items for acceptable fundraising activities.

Component 4 – Healthy Eating Environment

- A. Schools will provide students with at least ten (10) minutes to eat after sitting down for breakfast if students come fifteen (15) minutes before the start of the school day and fifteen (15) minutes after sitting down for lunch as schedule permits.
- B. Meals should be scheduled at appropriate times. Schools will, to the extent possible, arrange bus schedules and start times to encourage students to eat breakfast each day. Schools will encourage parents to provide a healthy breakfast for their children.
- C. Dining areas are attractive and have enough space for seating all students.

- D. Drinking water is available for students at meals.
- E. Students have access to hand washing or hand sanitizing before they eat meals and snacks.
- F. Students will be discouraged from sharing foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Component 5 – Nutrition and Physical Education

- A. Nutrition and physical education will be integrated into other areas of the curriculum.
- B. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional. (e.g. Registered Dietitian who is specialized in school-based nutrition)
- C. Nutrition and physical education will involve sharing information with families and the broader community to positively impact students and the health of the community. The District will collaborate with other community agencies and groups to provide nutrition and physical education activities for all age groups.
- D. State-certified physical education instructors teach all physical education classes with adherence to appropriate student/teacher ratios.
- E. Time allotted for physical activity will be consistent with research, national and state standards. The District will seek to meet the following guidelines:
 - 1. 60 to 150 minutes a week for elementary school students.
 - 2. 75 to 175 minutes a week for middle school students.
 - 3. 75 to 200 minutes a week for high school students when scheduled.

Component 6 – Marketing Healthy Choices

- A. Promotional activities will be limited to programs that are requested by school officials. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local District guidelines.
- B. Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- C. Advertising of foods or beverages in areas accessible to students during meal times must be consistent with established nutrition environment standards.
- D. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.

Component 7 – Implementation and Evaluation

- A. The District Administrator, with the assistance of the District Wellness Committee, will ensure compliance with established District-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the District Administrator.
- B. School nutrition staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the District Administrator.
- C. The **District Wellness Committee** will develop a summary report every three years on District-wide compliance with the District's established nutrition and physical activity wellness policies, based on input from schools within the District. That report will be provided to the school board.

Nutrition Standards for foods sold or provided by the District outside of a reimbursable school meal, such as student vending machines, cafeteria ala Carte, fundraisers, and school stores during the school day:

A. Beverages

1. **Allowed:** water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least fifty percent (50%) fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages as needed to meet the medical needs of students.
2. Not allowed: soft drinks containing caloric or non caloric sweeteners; iced teas; fruit based drinks that contain less than fifty percent (50%) real fruit juice or that contain additional caloric sweeteners; beverages that contain caffeine, excluding low-fat or fat free chocolate milk. The non-vending sale of pop/soda or artificially sweetened drinks shall not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but shall be permitted at those special school events that begin after the conclusion of the instructional day.

B. Foods

Per Student Fund-Raising Activities Policy all student fund-raising activities must receive prior approval from the advisor and building principal. Students under the age of twelve (12) shall be permitted to participate in fund-raising activities provided written approval has been obtained from the student's parent/guardian. Students under the age of nine (9) or each group containing one or more students under the age of nine must be physically accompanied by a parent or a person at least sixteen (16) years of age when working in a fund-raising activity. Advisors shall provide guidance in the raising and dispensing of student activity funds.

A food item sold individually:

1. *will have no more than 40% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and ten percent (10%) of its calories from saturated and trans fat combined;
2. *will have no more than 35% of its weight from added sugars.

The District will follow the sodium reduction timeline as defined (Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs – 1/26/12):

Sodium Reduction: Timeline & Amount

Age/Grade Group	Baseline: Average Current Sodium Levels as Offered (mg)	Target 1: July 1, 2014 SY 2014-2015 (mg)	Target 2: July 1, 2017 SY 2017-2018 (mg)	Final Target: July 1, 2022 SY 2022-2023 (mg)
School Breakfast Program				
K-5	573 (elementary)	≤ 540	≤ 485	≤ 430
6-8	629 (middle)	≤ 600	≤ 535	≤ 470
9-12	686 (high)	≤ 640	≤ 570	≤ 500
National School Lunch Program				
K-5	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640
6-8	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710
9-12	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- A. One and one-quarter (1-1/4) ounces for chips, crackers, popcorn, trail mix, nuts, seeds, dried fruit, or jerky;
- B. Three (3) ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- C. Four (4) fluid ounces for frozen desserts, including, but not limited to, low- fat or fat free ice cream;
- D. Eight (8) ounces for non-frozen yogurt;

E. Twelve (12) fluid ounces for beverages, excluding water;

F. The portion size of ala carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion- size limits.

The District Wellness Committee shall monitor the implementation of this policy and guidelines and evaluate their progress, serve as a resource to school sites and make recommendations to revise this policy and District nutrition guidelines as necessary.

Legal 42 U.S.C. 1751, Sec. 204
 42 U.S.C. 1771

Last Modified by Stacey Prinkey-Yeager on September 30, 2019