

**T. Wellness Policy: Descriptor Code: ABCC***Nutrition Education and Promotion*

The District should strive to promote the following nutrition goals (consistent with the Dietary Guidelines for Americans) in grades K-12 through the curriculum and through other promotional methods:

1. Provide a health education curriculum that is aligned with state standards and requirements; is taught by well-prepared and well-supported staff; that is age appropriate; and that is aimed at influencing students' knowledge, attitudes, and eating habits.
2. Provide an overall school environment that encourages students to make healthy food choices, specifically:
  - a. Balancing calories with physical activity to manage weight
  - b. Consumption of more healthy foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
  - c. Consumption of fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains
 Nutrition promotion will be implemented through use of evidence-based healthy food promotion techniques (e.g., Smarter Lunchroom techniques ) and promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.
3. Identify and implement methods to educate family members about district nutrition standards and goals and involve them in program development and implementation.

The District also operates additional nutrition-related program of the Fresh Fruits and Vegetables program for elementary students.

The wellness policy committee may develop a list of activities that will help the District achieve the above goals and provide this list to administrators to assist with implementation of this policy.

*Physical Education*

In addition to state standards and mandates related to physical education, the District should strive, to the extent practical, to offer opportunities for students to be physically active through activities that may include, but not be limited to, recess and extracurricular offerings. The goals of physical activity programs shall be: to develop students' knowledge and skills necessary to perform a variety of physical activities; assess, maintain and improve personal fitness; regularly participate in physical activity; understand the short- and long-term benefits of physical activity; and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Administration will ensure that policies and practices are in place that enable students with disabilities and other special health care needs to participate as fully as possible and safely in physical education and other school physical activity programs. Teachers and other school personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education class) as punishment.

*Goals for Other School-Based Activities*

The District will seek to promote the physical activity and nutrition goals of this policy through other activities that are practical, implementable, and within district budgetary and statutory parameters. The goals of these other activities shall be to reinforce the nutrition promotion, nutrition education, and/or physical activity goals stipulated above. Activities

implemented under this policy provision may be offered to students, parents, and/or district staff.

The wellness policy committee may develop activities and programs that will help the District achieve the above goals and provide this list to administrators to assist with implementation of this policy. Such programs and activities may include, but not be limited to, before- and after- school physical activities, active transport programs, staff wellness programs, staff professional development programs related to wellness, list of alternatives to using food as rewards, lists of healthy party ideas and fundraisers, and community partnership programs.

#### *Nutrition Standards*

For all meals provided with funds from the National School Breakfast and Lunch program, the District shall comply with applicable federal nutrition standards established in federal regulations. The District shall comply with applicable federal standards for competitive food sales on campus during the school day as defined by federal law (See USDA Smart Snacks in School nutrition standards). All foods provided or sold by the District should be selected judiciously, taking into consideration the nutritional value of the food being served, the goals of this policy, and the frequency of use.

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. 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 throughout the day.

#### *Exception to Competitive Food Sales*

Each school year, each school building is authorized to hold up to three on-campus fundraisers during school hours that do not comply with competitive food sales nutrition standards. Each building principal shall develop rules for requesting and receiving approval to hold fundraisers under this exception, which shall, at a minimum, prohibit such fundraisers from occurring during school meal times.

Competitive food sale requirements do not apply to off-campus food sales and do not apply to foods sold on campus at least 30-minutes after the school day.

#### *Advertising*

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. This language is not retroactive; it will not apply to permanent food and beverage advertising that was in place prior to board adoption of this policy.

#### *Qualifications and Training*

The District shall comply with any applicable hiring requirements under federal regulations for new hires in the food service program and shall comply with annual training requirements under federal regulations for all food service personnel (see ABCC-E).

#### *Policy Development, Implementation, Review, and Dissemination*

The District encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and periodic review and update of the local school wellness policy. The District shall

determine the best methods for the above groups to participate in these processes and shall relay information about the participation processes to the above groups using the method deemed most appropriate, effective, and cost efficient by the Superintendent. The Board or designee shall appoint a wellness policy committee in accordance with applicable district policy on committee appointments to develop the wellness policy and perform additional duties prescribed herein.

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan will delineate roles, responsibilities, actions, and timelines specific to each school. The plan will include information about who will be responsible to make what changes, how, and when.

At least annually the wellness policy committee shall meet to determine the progress made in attaining the goals of the local school wellness policy over the previous school year and generate a progress report containing all components mandated by federal law. The wellness policy committee shall provide this report to the Montpelier School Board and disseminate it publicly on the district's website. Any recommended amendments to the wellness policy must be adopted by the Board in compliance with board policy on policy adoption. The wellness committee will also comply with triannual wellness policy review and reporting requirements in federal law.

The wellness committee 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; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

The District shall disseminate the wellness policy and any wellness policy amendments to students, parents, and the public through the following methods: publication in the policy manual and posting on the district website. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will inform the community about the availability of the annual and triennial wellness policy reports through notice in the district's newsletter and on its website.

**Adopted: [08/16]**