

**Administrative Procedure 4.07
STUDENT NUTRITION & WELLNESS PROCEDURES**

<i>History</i>	<i>Adopted 06-29-06</i>		
<i>Previous Coding</i>			
<i>Legal Ref.</i>	<i>PL108.265, Section 204</i>		
<i>Contract Ref.</i>			
<i>Cross Ref.</i>	<i>Admin. Proc.</i>	<i>4.05</i>	<i>School Nutrition Management</i>
	<i>Admin. Policy</i>	<i>4.06</i>	<i>Vending Machines</i>
	<i>Admin. Policy</i>	<i>4.07</i>	<i>Student Nutrition & Wellness Policy</i>
	<i>Admin. Policy</i>	<i>7.06</i>	<i>Health Education</i>
	<i>Admin. Policy</i>	<i>7.07</i>	<i>Physical Education</i>
	<i>Admin. Proc.</i>	<i>7.07</i>	<i>Physical Education</i>
	<i>Admin. Proc.</i>	<i>7.22</i>	<i>School Fund-raising Activities</i>
	<i>Admin. Policy</i>	<i>9.08</i>	<i>Advertising in the Schools</i>
	<i>Admin. Policy</i>	<i>9.11</i>	<i>School Governance Councils</i>

(1) HEALTHY SCHOOL ENVIRONMENT

(a) The district values the health and wellbeing of students and staff. To promote school wellness, the district will plan and implement activities that support health-promoting behaviors. Educational activities for staff members may include information on healthful lifestyle behaviors, healthful eating, physical activity, and injury prevention.

(b) Healthful eating and physical fitness will be actively promoted by staff to students, parents, teachers, and the community at registration, parent group meetings, open houses, and health fairs.

(c) School staff are encouraged to model healthful eating and exercise behaviors. Schools should offer staff time and training to practice health-promoting activities.

(2) NUTRITION EDUCATION

(a) The district will provide and/or coordinate regular training to teachers, principals, coordinated school health team members and the food service staff on basic nutrition, nutrition education, and best wellness practices. Training will also be offered to teachers to facilitate the integration of nutrition education into core curriculum areas such as math, science, social studies, and language arts.

(b) Nutrition education, especially in the primary grades, must be emphasized for the students to be capable of making wise lifelong food choices. It is the role of the health and wellness curriculum specialist to develop a nutrition education curriculum. Beginning with the 2006-2007 school year, all K-12 instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include, but are not limited to:

1. Nutritional knowledge such as the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage.
2. Nutrition-related skills such as planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising.
3. How to assess personal eating habits, set goals for improvement, and achieve nutrition goals.

(c) The district nutrition and wellness policy reinforces nutrition education to help students practice these themes in a supportive school environment. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Promotion occurs through the use of educational brochures, posters, and presentations.

(d) Schools are encouraged to participate in USDA nutrition programs (such as Team Nutrition) and to conduct healthy activities and promotions that involve students, parents, and the community.

(3) IMPROVING STUDENT NUTRITION

- (a) All students are to receive the same quality school lunch and/or breakfast under all circumstances.
- (b) Schools will not establish policies, class schedules, bus schedules, or other barriers that directly or indirectly restrict meal access.
- (c) School principals will make participation and return of meal applications a high priority for their sites. Schools shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals (until universal free meals are available at each school).
- (d) Schools are strongly encouraged to implement innovative breakfast programs such as breakfast in the classroom, grab-and-go bags, and breakfast carts in an effort to increase breakfast participation.
- (e) School schedules are set to provide students with a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch, from the time the student is seated.
- (f) Dining areas shall be clean, safe, and attractive and have enough space for seating all students comfortably.
- (g) Lunch periods shall be scheduled as near the middle of the school day as possible.
- (h) Schools are encouraged to offer meals during breaks in the school calendar whenever possible and to coordinate with other agencies and community groups to operate, or assist with operating, summer food service programs for students who are eligible for federal program support.
- (i) The school shall encourage parents to provide a variety of nutritious foods if students bring bag lunches or snacks from home.
- (j) Food is not to be used as a reward or punishment for student behaviors.
- (k) The monitoring of vending machines by coordinated school health teams is highly encouraged to maximize the nutritional value of available snack foods (for a list of recommended healthy snacks, see Administrative Procedure 4.05, School Nutrition Management). Nutritional concerns should be brought to the attention of the school principal.

(4) FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

- (a) Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods. These are foods that provide less than 5 % of the U.S. recommended daily allowance per serving of protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron. Examples of FMNV foods include soda, water ices, chewing gum, and candy. Schools are generally discouraged from offering these foods at any time.
- (b) Foods of minimal nutritional value may be offered in the following circumstances:
 - 1. Accommodating Students with Special Needs: Special needs students whose individualized education program (IEP) plans indicate the use of a FMNV for behavior modification may be given FMNV.
 - 2. School Events: It is at the discretion of the principal to decide what special events may serve FMNV. It is recommended that FMNV not be served at school events more than three times per year. During these events, FMNV may not be given during meal times in the areas where school meals are being served or consumed, and regular meal service (breakfast and lunch) must continue to be available to all students in accordance with federal regulations.
 - 3. Instructional Use of Food in Classroom: Food provided for students as part of a class or school cultural heritage event for instructional or enrichment purposes would be exempt from the policy.
 - 4. Athletic, Band and Other Competitions: School groups which leave campus to travel to athletic, band, or other competitions are exempt from FMNV procedures.
 - 5. Birthdays: It is at the discretion of each school to allow for FMNV birthday treats. These treats will be served after the end of the lunch period.

6. Bag Lunches: This procedure does not restrict what parents may provide for their own children's lunches or snacks. Parents are discouraged from providing FMNV for their own children's consumption, or any other child's consumption, before or during lunch time. A school may adopt a more restrictive rule, however, as local policy.

(5) INCREASING PHYSICAL ACTIVITY

(a) Each school must include periods of physical activity in the regular school day for each student enrolled in grades kindergarten to five. All schools should enforce existing physical education requirements.

(b) Movement activities can be integrated across the curricula and throughout the school day.

(c) Schools should encourage after-school childcare programs to provide developmentally appropriate physical activity for participating children and to reduce or eliminate time spent in sedentary activities. Schools should offer after-school intramural programs and/or physical activity clubs to promote physical wellbeing.

(d) It is strongly recommended that PE or recess be scheduled before lunch whenever possible.

(e) Recess or other physical activity should not be denied as a form of punishment or cancelled for instructional make-up time.

(f) Schools should work with their local neighborhoods to create an environment that is safe and supportive for students to walk or bike to school.

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