

WELLNESS POLICY ON NUTRITION AND PHYSICAL EDUCATION REGULATIONS

The District will create an environment that supports healthy eating habits, good nutrition, physical education, and a supportive mental health program in the following areas:

Nutrition Services & Cafeteria Environment

Improving the nutritional quality of all foods served to District students – in the cafeteria and vending machines – by considering the following actions/goals:

- A. Ensuring, at minimum, that breakfast and lunch are available and accessible to all students district-wide during the school day.
- B. Ensuring all K-8 students have adequate time to eat meals and encouraging all High School students to have a designated lunch period.
- C. All reimbursable meals will meet or exceed nutrition standards set forth in the Healthy, Hunger Free Kids Act of 2010 (HHFKA).
- D. School meals programs will support replacing processed foods with cooked from scratch or whole foods whenever possible.
- E. Reducing foods and beverages with added sugar and minimizing refined carbohydrates in meals, beverages and snacks sold to students. At minimum, half of the grains served will be whole grain district-wide.
- F. Use of the following techniques from Cornell University's Smarter Lunchrooms Program to promote healthy food and beverages choices:
 1. Whole fruit options displayed in bowls in the line of sight and reach of students.
 2. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 3. White milk is placed in an equally or more accessible location than flavored milk.
 4. Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas.
- G. Elimination of foods containing the following four ingredients:
 1. Trans Fat
 2. High Fructose Corn Syrup
 3. Monosodium Glutamate (MSG)
 4. Artificial Food Colorings
- H. Increasing hormone- and antibiotic-free beef, poultry and dairy products.
- I. Increasing the availability of vegetarian, vegan, gluten-free and lactose-free options, especially at the secondary level schools.
- J. Utilizing foods from local sources and/or school gardens, when able to within the financial constraints of the Food Service Department.
- K. Providing accurate information about the nutritional content and ingredients of foods and beverages sold at school with students and parents.
- L. All school food service staff, including the Food Service Director, will meet or exceed hiring and annual training requirements set by the USDA Professional Standards for Child Nutrition Professionals.
- M. Ensuring free, safe, unflavored drinking water and bottle filling stations are available for students in all schools and will be made available at meal times.
- N. Providing students with a pleasant environment in which to eat.
- O. Limiting the use of food and candy in the classroom as incentives through providing resources for parents and teaching staff to support the use of non-food based reward systems.
- P. Encouraging parents and staff to consider healthy food guidelines when bringing food for classroom parties or snacks. Parties should be scheduled so that they do not overlap with school meal programs whenever possible.
- Q. Limiting the marketing of food or beverages in schools to items that meet or exceed the USDA Smart Snacks for Schools requirements.

Physical Education

Students should develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the value and benefits of physical activity, and enjoy physical activity as an ongoing part of a healthy lifestyle.

- A. Physical education will be the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- B. Physical education will be incorporated into students' schedules. The District will strive to meet requirements for physical education as outlined by the State Education Department.
- C. The District will have a written physical education curriculum for each grade level.
- D. The physical education program shall be provided adequate space and equipment and conform to all the applicable safety standards.
- E. Physical education courses will be taught by a certified instructor.
- F. Physical education teachers will be provided professional development comparable to other teachers in the District.
- G. Sports may take the place of Physical Education at the secondary level according to State Education Department Regulations and Guidelines and/or BCSD pilot guidelines for academic credit.

Health Education

Students should develop the knowledge and skills necessary to achieve and maintain physical, social, and emotional health that will contribute to a better quality of life for the individual, the family, and the community.

- A. Health Education will be the environment where students learn, practice, and are assessed on developmentally appropriate health skills (*Planning & Goal Setting, Decision Making, Stress Management, Communication, Health Advocacy*)
- B. Health education will be incorporated into student's schedules. The District will strive to meet requirements for health education as outlined by the State Education Department.
- C. The District will have a written health education curriculum for each grade level.
- D. Health education will be taught by a certified instructor.
- E. Health education teachers will be provided professional development comparable to other teachers in the District.
- F. Integrating nutrition education and school gardens in all schools by establishing curriculum at each grade level.

Recess/Intramurals at the Elementary School Level

Schools will provide a daily-supervised recess period, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.

- A. Where age appropriate, extracurricular activities such as physical activity clubs and intramurals will be provided and open to all students.
- B. Physical activity opportunities shall be offered daily during the school day.
- C. Staff members shall not deny participation in recess or other physical activities as a form of discipline for punishment unless the safety of students is in question.

The District facilities may be made available outside of school hours for physical activity programs offered by community-based organizations.

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