

## COLCHESTER SCHOOL DISTRICT

### **POLICY: WELLNESS POLICY**

**DATE ADOPTED: October 4, 2011**

### **PURPOSE**

The intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004.

### **POLICY STATEMENT**

It is the policy of the Colchester School District to establish goals for nutrition education, physical activity, and other school based activities that are designed to promote student wellness. With the objective of promoting student health and reducing childhood obesity, the District will also establish nutrition guidelines for all foods offered at school during the school day.

#### **I. Goals for Nutritious Promotion, Nutrition Education and Nutritional Food Offerings**

- A. The School District shall provide nutrition education programs as required by state law and regulations of the State Board of Education. In particular, the District shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Framework of Standards and Learning Opportunities.
- B. Nutrition education programs shall be conducted by appropriately licensed staff members.
- C. To the extent practicable, nutrition education shall be integrated into core curricula in areas, such as science and family and consumer science courses. Schools should engage in nutrition promotion that:
  - includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
  - promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

Legal Reference: 16 V.S.A. § 131 & 906 (b) (3)  
 Richard B. Russell Nation School Lunch Act  
 Child Nutrition Act of 1966  
 Child Nutrition Act and WIC Reauthorization Act of 2004

Last Adopted: May 1, 2007  
 Date Warned: September 2, 2011  
 First Reading: September 6, 2011  
 Second Reading: September 20, 2011  
 Third Reading: October 4, 2011

## II. Goals for Physical Activity

- A. The District shall provide physical education classes for all students as required by Vermont School Quality Standards.
- B. The District shall provide other physical activity opportunities for students through recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intramural sports.

## III. Goals for Other School Based Activities

- A. The District shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 10 of the Child Nutrition Act and section 9(f) (1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
- B. The District shall strive to provide adequate space for eating and serving school meals.
- C. The District shall provide a clean and safe meal environment for students.
- D. The District shall strive to establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- E. District staff are discouraged from using food as a reward or punishment.
- F. The District shall strive to provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
  - **Staff Wellness:** The Colchester School District highly values the health and well-being of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
  - **Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. As part of the School District's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

## IV. The Superintendent of Schools will develop guidelines and procedures that support the wellness of students and staff.