# HEALTH, WELLNESS AND NUTRITION

The Child Nutrition and WIC Reauthorization Act of 2004, reauthorizing the national school lunch program, was enacted on June 30, 2004. Federal Law (P.L. 108-256) requires each school district participating in the National School Lunch and/or Breakfast Program to establish a local wellness policy by the beginning of the 2006-2007 school year.

## 1. *Goals to Promote Student Wellness*

The Fremont Public School Board of Education supports educational efforts and activities designed to foster healthy and safe lifestyles essential for students to achieve their potential. The district is committed to providing a school environment that enhances learning and the development of lifelong wellness, and has established the following goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the District determines to be appropriate.

**A.** **Nutrition Education.** To implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education, and encourages the integration of nutritional themes into daily lessons as may be appropriate. The district will provide information as may be appropriate to families that encourages them to teach their children about health and nutrition and to provide nutritious meals for their children.

**B.** **Physical Activity.** To implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education.

1. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

2. Students shall be encouraged to engage in physical activities throughout the school day.

3. The district encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

4. The district shall provide information to families that will help them incorporate physical activity into the lives of their children.

5. Students shall be encouraged to participate in varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle. Examples include weightlifting, intramurals, athletics, open gymnasium and walking.

**C. <u>Other School Activities.</u>** To offer other suitable opportunities for students to engage in fitness activities through recess and extracurricular activity offerings that encourage health and fitness.

*Healthy and Safe Environment.* A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

1. Students will be provided sufficient time in which to eat school-provided meals.

2. The district's lunchrooms will be attractive and well lighted.

3. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be maintained in a fashion to keep them clean, safe and in good repair.

4. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

5. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

6. Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

*Social and Emotional Well-Being.* Programs and services that support and value the social and emotional well-being of students, families and staff help build a healthy school environment.

1. Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourage students, families and staff to request assistance when needed and helps that link them to school or community resources.

2. Students shall be provided the skills to express thoughts and feelings in a responsible and respectful manner that will assist them in giving and receiving support from others.

3. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

4. Students and staff shall be encouraged to balance work and recreation and receive help to become aware of stressors that may interfere with health development.

*Health Services.* An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

1. Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the school district.

2. The district shall collaborate with community health liaisons and resources as may be necessary and appropriate to promote health and wellness for students, families, staff and community.

3. A coordinated program of accessible health-related services and experiences shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, community health referrals, and immunizations, first aid and other appropriate health education topics.

*Family, School and Community Partnership.* Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

1. Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.

2. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

3. Community partnerships shall be maintained as a resource for school and district programs, projects, activities and events.

4. Schools and the district shall actively support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

5. The district will allow other health-related entities to use school facilities for activities such as health clinics and screenings so long as the activities meet the district's requirements and criteria for the use of facilities

2. **Nutrition Guidelines.** Nutrition guidelines have been selected by the District for all foods available in each school building during the school day with the objective of promoting student health and reducing childhood obesity. The guidelines are as follows: (1) School breakfast/lunch programs will be offered which will meet or exceed the requirements of federal and state law and regulator authorities and (2) foods will not be sold on school premises during the period beginning one half hour prior to or following the serving periods.

   a. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with the Nebraska State-Wide Wellness Policy. USDA standards shall be observed for all foods offered by the District's School Lunch/Breakfast Program or contracted vendors. Menu and product selection shall reflect suggestions as may be appropriate.

   b. Neither foods nor carbonated beverages will be sold where student meals are served or eaten and vending machines, dispensing such products, will be disabled one half hour prior to and following the serving periods except to the extent all proceeds earned from such sales go to the school food service program.

   c. A la carte offerings to students shall meet federal recommended guidelines and shall be selected with input from parents and staff as appropriate.

   d. Food sales by organizations outside of normal school hours such as concession stands and bake sales shall be exempt from the requirements of these regulations.

3. **Assurance for Reimbursable School Meals.** The District gives the assurance that the District's guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to the District.

4. **Plan for Measuring Implementation and Designation of Responsible Persons**
   The Director of Food Service is charged with operational responsibility for ensuring that the school district meets the Wellness Policy. The Superintendent shall measure implementation by conducting periodic reviews or receiving periodic reports establishing that students are receiving instruction in the school wellness curriculum,

that students are being allowed opportunities for physical exercise, and that food services program is meeting established guidelines.

5. **Development of Policy** The District assures that development of the Wellness Policy involved parents, students, representatives of the District's nutrition services department, the school board, school administrators, and the public.

**Adopted: April 17, 2006**