

Purpose. This Policy complies with requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004.¹ In accord with those requirements, this Policy has been developed in consultation with parents, students, representatives of the school food services authority, school administrators and the public. The Policy encourages life-long patterns of healthy eating and regular physical exercise among all students.

Policy Statement. It is the policy of the Windham Southeast Supervisory Union 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 foods available at school and served by school personal during the school day.

I. Goals for Physical Education and Activity.²

- A. The school goal is to provide physical education classes for all students as required by Vermont School Quality Standards (minimum of twice weekly K-8 and offer 4 years *[required for 2 years]* of study 9-12).
- B. The curriculum uses developmentally appropriate components of a health-related fitness program (for example, Fitnessgram, Physical Best, President's Challenge) and offers multiple opportunities to gain knowledge, skills and attitudes necessary for lifelong physical activity.
- C. All 7-8 students participate in active play as appropriate. Every effort will be made to engage students in active physical movement throughout the school day.
- D. Opportunities are provided for students in grades K-12 to be physically active before, during and after the school day, in a safe environment, beyond the physical education class. Activities may include open time in the gymnasium, walking programs or aerobic activities, supervised intramurals and fitness experiences.
- E. To promote non-competitive, leisure time physical activity for life-long use.

II. Goals for Nutrition Education.³

- A. Nutrition education is integrated within the health education program and into other core curricula areas such as science and family and consumer science. Nutrition education focuses on developing healthy eating behaviors, is based on theories and methods proven effective by research, and is consistent with health education standard 3.5.

¹ Section 204 of Public Law 108-265. June 30, 2004.

² These goals are intended to be illustrative. Local policy makers should consider the addition of locally established goals. For examples of goals used elsewhere, consult the resources listed in the material accompanying this model policy.

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III. Goals for the Food Service Program

- A. Menus are planned to conform to the Dietary Guidelines for Americans and the nutrient standards established in the regulations of the National School Lunch Program (7CFR 210) and the School Breakfast Program (7CFR 220).
- B. Students have adequate space to eat meals in pleasant surroundings and adequate time to eat and relax. At a minimum, lunch periods are at least 20 minutes long. Sufficient transition time is also provided.
- C. The district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
- D. Compatible with federal regulations for such purchase, the food service program establishes procedures to include locally grown foods and beverages in the development of purchasing bids or procedures. Procedures to promote the purchase of locally grown products may include:
 - a. purchasing partnerships with local farms and farmers, manufacturers, and small processors;
 - b. taking advantage, where possible, of local products that are already available through distribution channels in the state such as eggs, milk and dairy products, apples and other produce;
 - c. asking local distributors to carry Vermont products in their inventory to allow for easier availability to schools; and
 - d. writing bid contracts that allow districts to buy local products “off bid” if primary vendors cannot or will not sell them.

IV. Nutrition Guidelines.⁴

- A. No foods of minimal nutritional value, as listed in 7 CFR 210, Appendix B and 7 CFR 220, Appendix B shall be sold in food service areas during breakfast and lunch periods.⁵
- B. Nutritious and appealing foods shall be available wherever and whenever food is sold or otherwise offered at the District. Nutritious foods are nutrient dense foods including whole grains; low-fat or non-fat dairy products; fresh, frozen or canned fruits and vegetables; lean meats, poultry, fish and beans.

⁴ The federal law requires that local wellness policies include “nutrition guidelines selected by the local educational agency for all foods available on each school campus...during the school day with the objectives of promoting student health and reducing childhood obesity.” Include locally established guidelines as appropriate.

⁵ Required of schools participating in National School Lunch and Breakfast programs.

- C. The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organizations sponsoring the sale.⁶
- D. To the extent practicable, the district shall ensure that foods offered at school other than through the National School Lunch or School Breakfast programs, including foods sold through vending machines, shall comply with the A la Carte and Vending Guidelines established by the Vermont Departments of Health and Education.

V. Policy Implementation.⁷

- A. The superintendent or his or her designee shall monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
- B. The superintendent or his or her designee shall report at least annually to the board on the district's compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

Date Warned: December 5, 2006

Date Adopted: December 18, 2006

Dates Revised:

Legal Reference(s): 16 V.S.A. §§131 & 906(b)(3).

Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.

Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.

Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of
Public Law 108-265.

Code of Federal Regulations, 7 CFR Part 210 and Part 220.

BUHS District #6
Brattleboro, Vermont

⁶ Required by cited federal regulations.

⁷The Child Nutrition and WIFC Reauthorization Act requires the establishment of “a plan for measuring implementation of the local wellness policy, including the designation of 1 person within the local education agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy.” For examples of implementation plans, consult the references cited in the materials accompanying this model policy.

Resources

Windham Southeast Supervisory Union
Wellness Policy

Physical Activity

VT Dept. of Education- State Board of Education Manual of Rules and Practices
<http://www.state.vt.us/educ/new/pdfdoc/board/rules/2000.pdf>

National Association for Sports and Physical Education
http://www.nasbe.org/HealthySchools/Sample_Policies/physical_activity.html

Food Service Program

U.S. Dept. of Agriculture Food and Nutrition Service
<http://www.fns.usda.gov/fns/regulations.htm>