Washington County School District
121 West Tabernacle Street
Saint George, Utah 84770
435-673-3553

District Policy 3350

Wellness: Nutritional & Physical

General Administration Washington County School District - Adopted 3-21-06; Revised 11-8-11; Revised 8-11-20

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1. Purpose

The Washington County School District is committed to providing school environments which promote student health, well-being, and ability to learn through fostering the lifelong habits of healthy eating and physical activity.

2. Policy

2.1 To the maximum extent practicable, all schools in Washington County School District will participate in available federal school meal programs and subprograms, which are appropriated under the United States Department of Agriculture (USDA) and administered by Food and Nutrition Services (FNS).

2.1.1. Annual training for food and nutrition services staff will be provided in accordance with USDA Professional Standards and Federal Rules and Regulations

2.1.2. All students in grades K-12 will have educational opportunities which support, and encourage nutritional education and physical activity on a regular basis.

2.1.2.1. The District will follow applicable State rules and requirements outlining professional development and licensing requirements for physical education instruction.

2.1.2.2. All staff shall be encouraged to model healthy eating and physical activity behaviors.

2.1.3. The District will provide transparency for the public and maintain integrity by having specific goals for nutrition education, physical activity, and other school-based activities that promote student wellness.

2.1.4. Foods and beverages sold on the school campus during the school day must be consistent with the nutrition standards as per USDA Smart Snacks in School and Standards for Selling Foods Outside of the Reimbursable Meal in Schools (R277-719).

2.2. Definitions:

2.2.1. “Competitive Foods” means all food and beverages, other than meals reimbursed under programs authorized by federal child nutrition laws, available for sale to students on the school campus during the school day.

2.2.2. “School campus” means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

2.2.3. “School day” means the period from the midnight before to 30 minutes after the end of a school’s calendared class time.

3. Procedure

3.1. Federal Meal Programs: Include the School Breakfast Program (SBP) and the National School Lunch Program (NSLP). Both programs must comply with standards which are intended to limit the risk of chronic diseases. Schools should encourage all students to have breakfast and lunch, either at home or at school.

3.1.1. The standards for the SBP and NSLP include regulations for meal patterns, nutrient levels, calorie requirements and dietary specifications for calories, sodium, and saturated fat. Regulations are established into the following groups: two preschool age/grade groups (ages 1-2 years and 3-5 years), and three age/grade groups for K-12 students (grades K-5, 6-8, and 9-12).

3.1.1.1 Schools shall share with parents and students information about the nutritional content of meals offered by the school. Schools will notify parents and students of the availability of the School Breakfast Program (SBP).

3.1.1.2. Schools are required to make reasonable modifications and accommodations to meals and snacks for students with disabilities who have dietary restrictions. Modifications must meet meal pattern requirements for Federal Meal Programs to be reimbursable.

3.1.1.4. Breakfast in the classroom may be counted as instructional time (R277-419).

3.1.1.5. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.

3.2. Food Choices**:** Schools should engage students and parents through taste-tests of new entrees and surveys in selecting foods sold through the school meal programs, in order to identify new and healthy food choices. Whenever possible, schools are encouraged to source fresh fruits and vegetables from local (regional) farmers.

3.3. Environment: Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings, as well as an adequate time for students to eat.

3.3.1. In order to maintain the cleanliness and the desired appearance of all District facilities, it is necessary to limit drinks and food to only designated areas, such as the cafeteria. (Exceptions as per 3.6.2. and those in accordance with a student's Individual Education Plan (IEP), 504 Plan and/or Health Care Plan are allowed.)

3.3.2. Meal Times and Scheduling Schools: Meal time is recognized as an integral part of the school day that allows students to enjoy eating as well as to socialize. Lunch should be scheduled between 10:30 a.m. and 1:00 p.m.

3.3.2.1. Elementary students shall be offered at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Secondary schools will provide an adequate mealtime.

3.3.3. Drinking water and hand-washing facilities shall be conveniently available for students at all times. Students will be encouraged to wash hands prior to meals.

3.4. Free and Reduced-priced Meals: Schools will make every effort to protect student privacy, eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

3.4.1. Students with unpaid balances will be given a nutritious meal. Refer to District Policy 3331.

3.4.2. Summer Meal Programs will be advertised in the community and available from year-to-year based on the needs of the community and individual school participation. Summer meals must be consumed on site (unless in special circumstances when a federal waiver is granted).

3.5. Nutritional Education: The Utah Core Standards for Health Education grades K-12 serve as a comprehensive sequential curriculum for teaching students the skills necessary to make educated nutritional decisions. These standards may also be integrated into other subject areas. Utah State Board of Education Utah Core State Standards for Health Education Utah Health Terms and Law and Policy for Health

3.5.1. Participatory interactive programs through the USDA and Health and Human Services (HHS), including Choose MyPlate, Team Nutrition, and The Dietary Guidelines for Americans are encouraged.

3.6. Smart Snacks/Foods and Beverages Sold on Campus Outside of the Reimbursable School Meal Programs**:** Federal USDA Smart Snacks nutritional standards apply to the sale of all competitive foods sold on campus during the school day. This includes food items available via: school meals, à la carte, vending machines (owner is responsible for ensuring compliance), and school stores.

3.6.1. Fundraisers and Marketing must also follow the guidelines as per the Healthy, Hunger-Free Kids Act of 2010 Smart Snack Rule in all applicable settings during the school day, (three fundraisers per school year may be exempt from the rule). Only foods and beverages consistent with the criteria may be displayed or promoted. Refer to Policy 3600.

3.6.2. Celebrations and Rewards: The District encourages that nonfood rewards be considered, including extra time for recess (or other physical activity), stickers, or a note of

recognition from a teacher or principal. However, foods and beverages are allowed during classroom celebrations, parties, and special events or as rewards for academic achievement or positive classroom behavior. These items are not sold to students, but rather are offered by teachers or parents.

3.6.2.1. Schools and parents are encouraged to work together to be role models and ensure that such snacks/treats support good health and comply with food safety standards. The District only allows items which are store purchased. Caution must be given to any item containing peanuts or peanut byproducts.

3.6.3. Withholding food or beverages as a punishment is not allowed. (Comprehensive Framework for Addressing the School Nutrition Environment and Services; CDC Feb. 2019)

3.7. Physical Activity Opportunities and Physical Education: Physical education is based on the Utah Core Standards for PE grades K-12. This evidence-based curriculum includes instruction that is sequential and goal oriented to address stress, physical fitness, encourage lifelong healthy habits, and active lifestyles Utah Core Standards for Physical Education k-12. These standards may also be integrated into other subject areas as well as other settings.

3.7.1. The District provides an equal opportunity for all students to participate in PE classes and discourages substitutions or exemptions from PE, except for those that may be related to a disability and/or medical need.

3.7.2. Physical activity shall not be used as a punishment (i.e.: running laps, push-ups, withholding recess, etc.).

3.7.3. Daily Recess**:** All elementary school students will have at least 20 minutes per day, which does not include scheduled lunch time. Recess may be structured to be counted as physical education instructional time.

3.8. Monitoring and Policy Review. The policy will be available via the District website.

3.8.1. The Superintendent's designee(s) will promote compliance with the Wellness Policy. The designee(s), will provide on-going opportunities for stakeholder involvement, which may include: students, parents, Community Councils, teachers (including PE/Health), food service professionals, health professionals, administrators, and other interested parties, in developing, implementing, monitoring, and reviewing this policy.

3.8.1.1. At each school, the principal or designee shall ensure compliance with the policy and will report on the school's compliance to the Superintendent and/or designee. Documentation of foods and beverages sold during the school day shall be maintained by the school and made available for Child Nutrition Program (CNP) audits.

3.8.1.2. Updates to the policy will be based upon the required triennial assessment. The Wellness School Assessment Tool (WellSAT) is recommended for assessing the policy.

3.8.1.3. During the triennial assessment, a review will be conducted of each elementary school within the district that does not participate in the School Breakfast Program as to the school's reason for nonparticipation (UCA 53G-9-205). After two nonparticipation reviews, a local school board may, by majority vote, waive any further reviews of the non-

participatory school.

References:

-Board Rule R277-419 Pupil Accounting

-Board Rule R277-719 Standards for Selling Foods Outside of the Reimbursable Meal in Schools

-Child Nutrition Act of 1966

-Code of Federal Regulations: 7 CFR 210/220

-Federal Regulation 210.31 Local School Wellness Policy

-Richard B. Russell National School Lunch Act

-U.S. Department of Agriculture (USDA) and Food & Nutrition Service (FNS) Healthy, Hunger-Free Kids Act of 2010 (HHFKA)

-USDA FNS National School Lunch Program (NSLP)

-USDA FNS School Lunch Program (SLP)

-USDA FNS Smart Snacks in Schools

-Utah Administrative Code 53G-4-402

-Utah Administrative Code 53G-9-205

-Wellness School Assessment Tool (WellSAT: 3.0)