



NEBO SCHOOL DISTRICT BOARD OF EDUCATION POLICIES AND PROCEDURES

SECTION: E – Support Services
POLICY TITLE: Student Wellness
FILE No.: EFA
DATED: July 9, 2008

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1. VISION STATEMENT

The Nebo School District is committed to promoting healthy environments by supporting good nutrition, and regular physical activity as part of the total educational experience. The District supports a healthy atmosphere where children learn and participate in positive dietary and lifestyle practices enhanced through basic nutrition education and other school activities designed to promote student wellness. As an inherent part of promoting wellness, Nebo School District will comply with federal, state, and local requirements as follows:

- 1.1** All school activities shall be consistent with and support the District Student Wellness Policy guidelines.
- 1.2** Adequate physical education shall be provided. A sequential developmental appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to be physically active throughout their lives. Physical activity should include regular instructional physical education as well as extracurricular activities in the secondary schools, recess in the elementary schools, community education and city recreation programs.
- 1.3** Sequential and interdisciplinary nutrition education shall be provided and promoted.
- 1.4** Child nutrition programs shall be accessible to all students and must comply with federal, state, and local requirements.
- 1.5** In order to promote student health and reduce childhood obesity, the District shall develop nutritional and safety guidelines for all foods and beverages made available to students on campus, i.e., Policy EFC, Vending Machines, etc.

- 1.6 The Superintendent or designee shall appoint a District Wellness Committee to develop procedural guidelines that will positively impact student health. The committee will also regularly monitor the overall effectiveness of the Student Wellness Policy and recommend policy and/or procedural modifications. The committee shall include parents, students, the District Food Service Supervisor, the District Health/P.E. Specialist and representatives of the School Board, school administrators, teachers, classified employees and the public.
- 1.7 Each school principal and the School Community Council shall be designated to oversee the implementation and evaluation of the District Student Wellness Policy at each school site.

2. GENERAL PROCEDURES

All school activities shall be consistent with and support the District Student Wellness Policy guidelines. After-school programs shall encourage physical activity and the formation of healthy habits. District Wellness Policy guidelines shall be considered when planning all school-based activities (such as school events, field trips, dances, assemblies, etc.)

3. PHYSICAL EDUCATION

- 3.1 Adequate physical education shall be provided. A sequential developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to be physically active throughout their lives. Physical activity should include regular instructional physical education as well as extracurricular activities in the secondary schools, recess in the elementary schools, community education and city recreation programs.
 - 3.1.1 Each school shall ensure the physical education core is taught in grades k-12. Physical education activities shall be encouraged in other content areas, in the home and the broader community.
 - 3.1.2 Schools are encouraged to implement a wide variety of physical activity courses aimed at improving student confidence, fitness levels, motor skills, and self-management skills, i.e. circuit training, walking classes, weight training, jump rope, dance, etc.
 - 3.1.3 Schools will work toward meeting state standards for physical education, which are 90 minutes per week for grades 1-6 and 225 minutes per week for grades 7-12.
 - 3.1.4 School Community Councils, PTAs, and other organizations are encouraged to provide additional avenues for students to participate in community education and recreation programs, i.e. scholarships, discounts, etc.
 - 3.1.5 Elementary students shall be allowed a regular recess period each school day not to include scheduled lunch time. Recess periods should generally be 15 minutes and not be used as a punishment or a reward.
 - 3.1.6 Training focusing on the Utah State Core Curriculum will be provided for elementary physical education specialists in support of the Wellness Policy.

4. NUTRITIONAL EDUCATION

- 4.1 Sequential and interdisciplinary nutrition education shall be provided and promoted.

- 4.1.1 Each school shall ensure the health core is taught in grades k-12. Nutrition education shall be encouraged in other content areas, in the home and in the broader community.
- 4.1.2 Effort will be made to promote a healthy lifestyle in fairs, assemblies, and other activities conducted during and outside of school hours. Parent, student, government, and other entities providing and organizing these activities (displays, skits, speeches, presentations, etc.) will focus attention on nutrition, exercise, and other healthy lifestyle activities.
- 4.1.3 Nebo School District will provide information and resources to promote student wellness through the district web site, brochures, newsletters, etc.

5. NUTRITION PROGRAMS

Child nutrition programs shall be accessible to all students and must comply with federal, state, and local requirements.

6. NUTRITIONAL AND SAFETY GUIDELINES

- 6.1 In order to promote student health and reduce childhood obesity, the District shall develop nutritional and safety guidelines for all foods and beverages made available to students on campus, i.e., Policy EFC, Vending Machines, etc. All foods and beverages made available to students on campus shall be consistent with the current USDA Dietary Guidelines as follows:
 - 6.1.1 Foods made available to students on campus (a-la-carte sales, after-school programs, beverage contracts, fund raisers, school parties/celebrations, student stores, vending machines, etc.) should emphasize nutrient density, fruits and vegetables, decreasing fat and added sugars, and moderating portion size (nutritious choices should be provided). Food and beverages sold at Utah High School Activities Association events shall be exempt.
 - 6.1.2 Elementary schools shall limit food and beverage offerings for sale to students outside of the federal school meal programs to the following standards beginning July 1, 2007.
 - 6.1.2.1 Foods and Beverages: Must meet USDA Foods of Minimal Nutrition Value guidelines and provide no more than 250 calories per package.
 - 6.1.2.2 Fruits and vegetables should be offered for sale at any location on the school site where foods are sold (including fresh, cooked, dried, juice or canned).
 - 6.1.3 Junior high and high schools shall limit food and beverage offerings for sale to student outside of the federal school meal programs to the following standards no later than July 1, 2008.
 - 6.1.3.1 Food: Must meet USDA Foods of Minimal Nutrition Value guidelines and provide no more than 250 calories per package.
 - 6.1.3.2 Beverages: Must meet USDA Foods of Minimal Nutrition Value guidelines and provide no more then 250 calories per package. Acceptable beverages as specified by the memorandum of understanding between The American Beverage Association and the Alliance for a Healthier Generation shall be exempt.

6.1.3.3 Fruits and vegetables should be offered for sale at any location on the school site where foods are sold (including fresh, cooked, dried, juice or canned).

6.1.4 Classroom snacks should feature healthy choices.

6.1.5 Food and beverage advertisements in the school shall be consistent with established nutritional standards.

7. DISTRICT WELLNESS COMMITTEE

7.1 The Superintendent or designee shall appoint a District Wellness Committee to develop procedural guidelines that will positively impact student health. The committee will also regularly monitor the overall effectiveness of the Student Wellness Policy and recommend policy and/or procedural modifications. The committee shall include parents, students, the District Food Service Supervisor, the District Health/P.E. Specialist and representatives from the School Board, school administrators, teachers, classified employees, and the public.

7.1.1 This committee was organized in August of 2006 and will continue to meet regularly to monitor the overall effectiveness of the Student Wellness Policy.

8. IMPLEMENTATION AND EVALUATION

8.1 Each school principal and the School Community Council shall be designated to oversee the implementation and evaluation of the District Student Wellness Policy at each school site.

8.1.1 The school administrator, with oversight of the School Community Council, shall ensure that all District Wellness Policy guidelines are enforced at the school site as follows:

8.1.1.1 Each school shall designate a “Wellness Specialist” charged with the operational responsibility for ensuring the school follows the District Wellness Policy.

8.1.1.2 The compliance of the school to the current District Wellness Policy shall be evaluated annually by the on site designee, and a written record of compliance shall be provided to the School Community Council for evaluation and approval.

8.1.1.3 A copy of the approved written record of compliance shall be submitted by the school to the School Board and the Superintendent or designee prior to the end of each school year.

EXHIBITS

None

REFERENCES

Child Nutrition and WIG Reauthorization Act of 2004, Pub. L No. 108-265, 204; 118 Stat 729 (2004)

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.

Utah Admin. Code R277-700-4(g), R277-700-5(f), R277-700-6(a) & (c)

FORMS

None
