

SOUTH BURLINGTON SCHOOL DISTRICT

**WELLNESS
ADMINISTRATIVE PROCEDURES**

Introduction

The South Burlington School District Wellness programs will include educational programs and activities that support **Good Nutrition**, regular **Physical Activity** and **Social-Emotional Health**.

NUTRITION EDUCATION AND PROMOTION

The school district will provide education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health;
- Is part of not only health education classes, but also other classes and school related activities.
- Promotes fruits, vegetables, lean meat, fish, poultry and beans, whole grain products, low-fat and fat free dairy products, low sodium and low sugar products, healthy food preparation methods and health-enhancing nutritional practices.
- Emphasizes caloric balance between food intake and physical activity
- Makes use of expertise available within the school community, and in the community at large, to promote healthy foods.
- Includes training for teachers and other staff
- Reflects a commitment to nutrition by considering nutrition as the primary issue in food policies, rather than economics.

THE FOOD SERVICE PROGRAM

All reimbursable meals are planned to conform to or exceed the Dietary Guidelines for Americans and the nutrient standards established in the regulation of the National School Lunch Program (7 CFR 210) and the School Breakfast Program (7 CFR 220) <http://www.fns.usda.gov/cnd/Governance/regulations.htm> (Appendix A)

A LA CARTE FOODS

A la Carte foods include all foods sold by the foodservice program that are not part of a reimbursable meal. All a la carte items should provide students with some additional

healthy food choices and support a nutritionally sound food service program. A la Carte items are designed to supplement, not replace school meals.

FOOD MARKETING IN SCHOOLS

School based marketing will be consistent with nutrition education and health promotion. The school district will:

- Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or foods and beverages sold individually.
- Prohibit marketing of brands promoting predominantly low nutrition food and beverage
- Promote healthy foods and beverages
- Foods sold for the purpose of fundraising should consider the importance of healthy foods. Schools should encourage fundraisers that promote positive health habits.
- Classroom snacks and celebrations should promote the importance of healthy foods.
- Foods sold through vending machines must conform with the *Vermont Vending Guidelines Best Practice* (Appendix B)

PHYSICAL EDUCATION

The school district will provide physical education that:

- Adheres to the Centers for Disease Control and Prevention recommendations of at least 150 minutes for elementary students and 225 minutes a week for middle and high school students.
- Is taught by a certified physical education teacher
- Includes students with disabilities, students with special health-care needs, may be provided in alternative educational settings
- Follows a sequential standards-based curriculum that engages students in rigorous physical activity at least 50% of the time

RECESS

- Daily opportunities for physical activity, including recess, for students K-8 are scheduled in addition to students' physical education classes.
- The district is discouraged from taking away recess and other physical activity periods as a form of discipline unless doing so is directly related to a student's behavior during that time

OTHER PHYSICAL ACTIVITIES

For students to receive the nationally recommended amount of physical activity, and for students to fully embrace regular activity as a personal behavior, students need opportunities for physical activity beyond their physical education class. To that end, the school district will:

- Discourage sedentary activities such as watching television, playing computer games, etc.
- Provide opportunities for physical activity to be incorporated into other subjects
- Encourage classroom teachers to provide short physical activity breaks between lesson and classes, as appropriate.
- Provide opportunities before, during and after the school day in a safe environment. These opportunities may include open gym, walking programs, aerobic activities, interscholastic and intramural sports and recreation programs.

SOCIAL-EMOTIONAL EDUCATION AND ACTIVITIES

The School District will provide students with a standards based curriculum that

- Develops self-awareness and self-management skills to achieve school and life success
- Uses social-awareness and interpersonal skills to establish and maintain positive relationships.
- Demonstrates decision-making skills and responsible behaviors in person, school and community contexts.
- Provide both formal and informal opportunities to develop in a safe, caring environment.

STAFF WELLNESS

The school district values the health and well being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. Each school will:

- Develop a plan to promote staff health
- Base the plan on input from employees

IMPLEMENTATION AND ENFORCEMENT

A District-wide Wellness Committee that includes representatives from the areas noted in the School Health Model shall be created and will meet quarterly to develop

achievable district wide annual goals based on Nutritional, Physical Education and Social-Emotional Health Guidelines.

CROSS REFERENCE

The implementation and enforcement procedures will integrate with the 2007-2012 South Burlington School District Strategic Plan. (Safe and Healthy School Committee Recommendations/Community Engagement).