

Wellness Policy

Wellness Policy

Each local educational agency that participates in the National School Lunch Program or federal Child Nutrition Program is required by federal law to establish a local school wellness policy for all schools under its jurisdiction.

Local wellness policies are an important tool for parents, local educational agencies (LEAs) and school districts in promoting student wellness, preventing and reducing childhood obesity and providing assurance that school meal nutrition guidelines meet the minimum federal school meal standards.

Background

Congress recognizes that schools play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition and physical inactivity. In 2004, Congress passed the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act (Sec. 204 of Public Law 108-205). This act required by law that all LEAs participating in the National School Lunch Program or other child nutrition programs create local school wellness policies by School Year 2006. The legislation places the responsibility of developing a wellness policy at the local level so the individual needs of each LEA can be addressed. In 2010, Congress passed the Healthy, Hunger-Free Kids Act of 2010 (Sec. 204 of Public Law 111-296), and added new provisions for local school wellness policies related to implantation, evaluation, and publicly reporting on progress of school wellness policies.

Information Links:

<http://teammnutrition.usda.gov/healthierUS/index.html>

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

Wellness Program

The Webster County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The Board is also committed to ensuring that the School's environment is promoting and protecting students' wellness, proper nutrition, nutrition education, and regular physical activity as part of developing lifelong wellness practices. In Accordance with Federal Law 108-265, the district has involved parents, teachers, students, representative of food services, health and physical education teachers, the Board, school administrators and the public in developing a district wide wellness policy.

Benefits to Children

The Webster County Educational Complex School Nutrition Program is to provide nutritious meals to all children. The program supplies free breakfasts, lunches, and after school snacks to economically deprived children. It meets at least two-thirds the recommended daily dietary allowances, helps develop sound food habits, and is a most extensive program in applied nutrition. It helps build alert, healthy citizens and teaches the social graces.

Operations

- The School Food and Nutrition Program is operated in accordance with the regulations of the National School Lunch Act and the regulations of the State Board of Education and the Webster County Board of Education.
- The source of funding for the School Food and Nutrition Program include sales income, federal aid from various sources, state contributions, and USDA donated food.

- The Child Nutrition program complies with federal, state, and local requirements and is accessible to all children.
- All food and beverages made available on campus during the school day shall be consistent with the requirements of federal and state law.
- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools.
- All school based activities are consistent with local wellness policy.
- The District shall teach, encourage, and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state regulations and engage in nutrition promotions that are age appropriate for school.
- The superintendent or designee shall develop procedures for operation of school nutrition program at each school during the day with the objectives of promoting school health and reducing childhood obesity.
- This wellness policy is to serve as a guide for the operation of an efficient School Nutrition Program for the Webster County Educational Complex. It contains policies and procedures for the School nutrition Program.
- The operation of the School Nutrition Program is a cooperative effort involving the superintendent, assistant superintendent, director, principals, cafeteria personnel, teachers, students, parents, and community. Every employee is directly responsible to the Federal and State Government and administration on the local level.
- By becoming familiar with this information, misunderstandings and misinformation may be greatly reduced or eliminated.
- By becoming familiar with the material contained herein, uniform procedures can be put into practice throughout the school system. Continuous growth is inevitable and continuous improvement is vital to handle that growth.

Nutrition and Physical Activity Promotion and Food Marketing

Webster County Schools aim to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each level as part of sequential, comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects (only in instances where health education is part of the state content standards).
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food products, healthy food preparation methods, and healthy-enhancing nutrition practices.
- Emphasizes caloric balance, between food intake and energy expenditure (physical activity/exercise).

The Webster County District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health

promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in school nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marked or promoted to students.

Implementation

The Superintendent or designee shall be responsible for overseeing the implementation of the wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting goals. In the school, the designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and shall report on the school's compliance to the Superintendent. The public shall be informed about the schools' progress in meeting their wellness goals.

Nutrition Education/Goals

- The District will teach, encourage, and support healthy eating by students.
- The primary goal of nutrition education is to positively influence students' eating behaviors. School nutrition staff will be available as a resource to teachers and staff.
- Continuing professional learning will be provided for all school nutrition staff members. The professional learning and training programs shall comply with all requirements imposed by federal law, state law, and state Board of Education rules. System levels supervisory school nutrition personnel shall meet the certification requirements imposed by federal law, state law, and rules promulgated by the State Board of Education.
- The School cafeteria will serve as a learning laboratory to support classroom instruction through menu offering, signage, and bulletin board displays.
- Fruit, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy preparation methods, and health-enhancing nutrition practices will be promoted to students and staff.
- School nutrition personnel shall have primary responsibility over meal accountability.
- Food service facility will have at least one school nutrition employee on site that is certified as a food safety manager (ServSafe) in compliance with federal and state law and rules promulgated by the State Board of Education.
- Web links that relate to good nutrition, physical activity, and wellness will be made available on the district webpage.
- Wellness information will be incorporated into the school newsletter.
- The school system shall use outside resources to provide nutrition education.
- Nutrition education will be evident in the school dining room through posters and bulletin board displays.
- School districts will provide information to families that encourage them to teach their children about health and nutrition to provide nutritious meals for their families.

- Students will be encouraged to start each day with a healthy breakfast. Child nutrition programs comply with federal, state, and local requirements. Child nutrition programs are accessible to all children.
- During the school day, the school will promote and encourage healthy food choices (cafeteria, ala carte, classroom snacks, afterschool program snacks, vending, and fundraising) that are consistent with nutrition education curriculum.
- Provide attractive, nutritious, well-balanced meals to every child and staff member in the Webster County School System.
- Involve student in menu planning and other appropriate school nutrition activities.
- Provide nutrient analysis of each meal served and each item offered.
- Provide nutrition education materials for classroom teachers to use in the classroom.
- Positively promote the School Nutrition Program to school and community.
- Prepare and serve breakfast, lunch, and snack meals to as many school children as possible.
- Operate a summer nutrition program to service students in a summer school academic program at the school and to the community.

Other School-Based Activities Designed to Promote Student Wellness

Provide an on-going education for faculty, staff, and students in the areas of nutrition and physical education.

School fundraising shall be encouraged to offer healthy foods choices and non-food sales.

Students and staff members will be encouraged to practice good hand washing techniques.

School nurse will be available to provide training for the purpose of promoting wellness.

After school programs will encourage physical activity and nutritious choices at snack time.

Nutrition Standards for All Foods Available on School Campus during the School day

In order to promote healthy eating habits:

The School Nutrition Program will ensure that reimbursable school meals meet the school nutrition program requirements and nutrition standards set forth under relevant federal and state regulations.

Students' meals will meet USDA Nutrition Standards as well as provide sufficient choices, including new foods and foods prepared in new ways, to meet the taste preferences of diverse students. The School Nutrition Program will provide a choice of menus or items within required food selections in all schools where students may refuse food items offered. All foods and beverages made available on school campuses during the school day, must comply with the USDA Dietary Guidelines for Americans (2010).

The foods and beverages sold and served outside of the school meal programs (i.e. "competitive" foods and beverages) will meet the USDA Smart Snacks in school nutrition standards at a minimum. Smart Snacks aim to improve students' health and well-being, increase consumption of healthful foods during the school day, and create an environment that

reinforces the development of healthy eating habits. The school should promote an overall school environment that encourages students to make healthy food choices.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The district will make drinking water available where school meals are served during mealtimes.

Measuring Implementation of the Wellness Policy

The Webster County School's Wellness Policy will be reviewed annually by a committee consisting of the nutrition staff, school nurse, and superintendent stakeholder groups (student cabinet, and parent advisory committee). The policy will be evaluated for its effectiveness and implementation. The superintendent or designee shall develop an annual summary report on the district wide compliance with this policy. This report shall be provided to The Board of Education and, upon request, to interested parties.

Public Notification and Participation

All Wellness Policy and related information will be posted on the Webster County School System website. Websterbobcats.org – link to Board of Education – link to Board Policies

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Revised: September 14, 2020

Revised:

Webster County School District