

The Village School of North Bennington

STUDENT WELLNESS POLICY

It is the policy of The Village School of North Bennington (VSNB) to promote goals for nutrition education, physical activity, and other school- and home-based activities that are designed to promote student wellness.

I. Goals for Nutrition Education.

- A. VSNB shall provide nutrition education programs as required for independent schools by state law and regulations of the State Board of Education.
- B. To the extent practicable, nutrition education shall be integrated into core curricula areas, such as health and science.
- C. To the extent practicable, nutrition education shall be integrated into special programs, such as gardening.

II. Goals for Physical Activity.

- A. VSNB shall provide physical education classes for all students as required.
- B. VSNB shall provide other physical activity opportunities for students through recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intramural sports.

III. Goals for Other School-Based Activities.

- A. VSNB shall provide adequate space for eating meals.
- B. VSNB shall provide a clean and safe meal environment for students.
- C. VSNB shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- D. Food shall not be used as a reward or punishment.
- E. VSNB shall provide training opportunities as appropriate for staff members in areas of nutrition and wellness.

IV. Nutrition Guidelines.

- A. The sale of foods during meal periods 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 or the student organizations sponsoring the sale.
- B. VSNB will promote wholesome and nutritious foods for sale and/or consumption whenever possible.

V. Policy Implementation.

- A. The Head of School or his or her designee shall monitor programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.

Date Adopted: 1/13/2014
reviewed: 4/27/2016

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.*

F-12R STUDENT WELLNESS POLICY RESOURCES

General Resources

National School Boards Association. www.nsba.org.

Action for Healthy Kids. www.actionforhealthykids.org.

CDC School Health Index. www.cdc.gov/healthyyouth/

National Association of State Boards of Education. www.nasbe.org.

Vermont Department of Education Nutrition Policy Guidelines. http://www.state.vt.us/educ/new/pdfdoc/pgm_nutrition/nutrition_policy_guidelines_05.pdf

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Nutrition Education Section

USDA Team Nutrition. www.fns.usda.gov/tn. Includes ample policy language, examples of state and local school district policies for nutrition education, and resources and implementation tools. Go to *Local Wellness Policy*; then go to *Local Wellness Policy Requirements*; then go to *Nutrition Education*.

Kansas State Department of Education. www.kneat.org/SNP/SNPShell/snp_wellness_policy.htm. Includes Kansas “Eat Smart Nutrition Education Guidelines for grades pre-K through 12.

Physical Activity Section

National Association of State Boards of Education. http://nasbe.org/HealthySchools/physical_activity.html. Includes *Fit, Healthy, and Ready to Learn: A School Health Policy Guide*.

The National Alliance for Nutrition and Activity, NANA. www.schoolwellnesspolicies.org.

Other School-Based Activities Section

National School Boards Association. www.nsba.org. Contains a searchable website for wellness policies and other health related programs such as AIDS-HIV, adolescent health and many other topics and links.

Center for Disease Control. www.cdc.gov/healthyyouth/index.htm. Contains model policies and links to state and local policies.

Nutrition Guidelines Section

USDA Team Nutrition. www.fns.usda.gov/tn/Healthy/wellnesspolicy.html. See also *The Menu Planner for Healthy School Meals at this site at <http://teamnutrition.usda.gov/Resources/menuplanner.html>*. It explains the nutrition standards for school breakfasts and lunches, as well as processes for planning meals to meet those standards.

North Carolina. www.eatsmartmovemorenc.com. Contains North Carolina's *Recommended Standards for All Foods Available in School*, a publication that covers foods and beverages found in traditional cafeteria meals as well as a la carte item, vending machine drinks and snacks, and foods and beverages served in after school programs and at school functions.

Policy Implementation Section.

School Nutrition Association. <http://wellness.schoolnutrition.org/content/home.aspx>. Includes various samples of monitoring and policy review procedures.

Action for Healthy Kids. www.actionforhealthykids.org/docs/specialreports/report_small.pdf. See *Criteria for Evaluating School-Based Approaches to Increasing Good Nutrition and Physical Activity*.