

VSNB Health and Wellness Policy - Updates

reviewed and updated Summer 2021

Basic Requirements for the Local Wellness Policy (LWP)

The Local Wellness Team will have 6-12 active members, including representation from the community, parents and caregivers; students; representatives of the school nutrition program, physical education teachers, health education teachers; school health professionals, and school administrators.

The school wellness team shall include representatives from the local agricultural community, food and nutrition professionals, such as local farmers, chefs, nutritionists, health educators, or representatives from farm organizations, agricultural industry or community organizations that work to promote local foods.

The Local Wellness Team will meet 4 times during the school year.

Implementation and Monitoring

The Local Wellness Team oversees an annual assessment of school wellness policy implementation/progress towards wellness goals

A report of progress towards compliance/implementation is made to the school community (Board, Head of School, staff, students and parents)

Students will be asked for input and feedback through the use of student surveys and attention will be given to their comments.

The Local Wellness Team shall prepare a report annually for the Head of School evaluating the implementation of the policy and regulations and include any recommended changes or revisions

The School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

Information will be provided to students and parents in the form of handouts, the school website, articles and information provided in district or school newsletters.

Evaluation

The Head of School or wellness team designee shall ensure that the school is in compliance with the policy requirements by the end of the first quarter of each school year.

The Local Wellness Team shall, at least triennially, review and/or update the wellness policy, audit school-wide compliance, and review evidence of student health and learning impact.

A report describing the policy compliance and effectiveness shall be written, published and shared with the school and community.

The School will update or modify the wellness policy based on the results of the triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

Nutrition Services

All schools will provide lunch in compliance with the USDA School Lunch and Breakfast Program requirements.

All school menus are based on the USDA Dietary Guidelines for Americans.

Schools provide food service flexibilities, such as breakfast in the classroom, grab and go meals, to increase meals access.

Schools shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.

The district shall use the USDA's Smarter Lunchroom tools and other resources available on the USDA website to increase participation

Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

Schools use USDA geographical preference rules to access local food and beverages whenever possible.

Nutrition Services will coordinate its menus with seasonal production of local farms and with production in school gardens so that school meals will reflect seasonality and local agriculture.

Schools shall ensure that professional development in the areas of food service, administrative practices, and nutrition is provided for food service managers and staff.

Schools make free, potable water available during the school meals service periods.

Plain drinking water is available throughout the school day at no cost to students.

Evaluation of Nutrition Services

The school food service program is in good standing with all USDA meal program regulations, such as nutrition specifications, civil rights and food safety.

The school food service publicizes its program administration materials. Examples include meeting minutes, participation rates, health inspection results, and its nutritional compliance

results.

Guidelines for Competitive Foods and Beverages

During the school day, 12:00 am - 30 minutes after official end of school day, schools sell foods that meet the USDA Smart Snacks nutrition standards for all additional non-meal foods, such as those from vending machines, a la carte, school concessions, fundraisers, etc.

Items meeting Smart Snack standards, but traditionally served as dessert, such as cookies and ice cream, shall not be sold to students during the lunch period.

Schools will consider options of selling non-food items or participating in other events to support the school and community such as gift wrap, light bulbs, plant sales, books, etc.

Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, McTeacher's Night, Amazon Smile, branded candy sales, etc.)

School will develop creative campus fundraisers based on healthy food items, integrating farm grown produce where appropriate

The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas

Classroom celebrations will focus on activities, rather than food.

The District will provide teachers and other relevant school staff a list of alternative ways to reward children.

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Nutrition Promotion

Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.

Students are prohibited from leaving campus for lunch.

Signage in the food service area indicates the daily menu offerings and required minimum selections needed to make a complete meal.

The district discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria.

Encourage increased consumption of fruits and vegetables and culture of trying new foods in the school cafeteria.

School shall label/mark healthy food items available, so students know which the healthy items are.

The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.

Local food selections shall be marked so students connect the foods they eat with the farms that produce them.

Whenever possible, schools shall collaborate with the greater community, to establish a farm to school program.

When planning a farm to school program, schools shall incorporate the three C's - community, classroom and cafeteria- into all plans.

When designing a farm to school activity, there shall be a large diversity of activities associated with the program including, but not limited to taste-tests, farm visits when possible, cooking classes, school gardening, agricultural curriculum and school food program development.

Schools shall work with USDA Farm to School on learning how to incorporate local food into school meals, while also following procurement policies.

In the interest of incorporating seasonally appropriate, Vermont grown foods, school food service shall use Harvest of the Month programming.

Schools shall work with FEED and other regional farm to school nonprofits to complete farm to school evaluation rubric and growth chart.

Physical Education

Physical education curriculum shall be proficiency-based for development and assessment of knowledge and skills for student physical literacy.

The school's physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or another appropriate assessment tool) and will use criterion-based reporting for each student.

Flexible, alternative pathways for proficiency-based learning in physical education shall be made equally accessible for all students.

Students in grades K-6 shall participate in a minimum of two PE classes totaling 60 minutes or more per week.

Adapted physical education shall be designed, delivered and assessed by a licensed physical education teacher in consultation with other colleagues (e.g. special educator, occupational therapist), student and parents.

Physical education shall benefit from thoughtful, periodic, content-specific program and professional performance review that drives continuous improvement.

The school offers 25 minutes of early gym for interested students every day.

Physical Activity

The school offers 20 minutes of recess on all days during the school year.

The school will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects.

Physical activity during the school day may be restricted for a student on an as-needed basis, per the situation, especially if a student is not being safe.

The school recognizes that garden and farm visits can offer physical activity opportunities, as well as agricultural education, by engaging students in activities such as planting, harvest, and weeding.

Nutrition and Health Education

Nutrition knowledge/skill development shall be integrated within the comprehensive health education curriculum, taught and assessed throughout grades K-6.

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

Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

Is integrated into classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;

Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens; (bringing in a nutritionist from the FSP or another source may be helpful).

The school currently offers some nutrition education as part of individual class curriculums; in the future, the school may consider offering nutrition education at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards.

Other School-based Activities to Promote Wellness

The school partners with regional organizations when possible to provide resources, environmental approaches, and/or social and behavioral programs for parents/caregivers, families, and the general community to engage in healthy eating and physical activity.

The Health and Wellness Committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

The school will create a workplace environment that provides a space and supports and respects a woman's decision to breastfeed and/or pump during the school day.

The Health and Wellness Committee will encourage students and their families to receive age-specific, comprehensive oral health care annually, as recommended by the American Academy of Pediatrics, Bright Futures – Guidelines for Health Supervision of Infants, Children, and Adolescents, and the American Academy of Pediatric Dentistry.

The Health and Wellness Committee will encourage students and their families to partake of specific health supervision visits (well care visits) annually, as recommended by the American Academy of Pediatrics, Bright Futures – Guidelines for Health Supervision of Infants, Children, and Adolescents.

**much of the above text was copied from the VT School Wellness Policy Guidelines 2019*

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://teammnutrition.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.

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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*.