

HEALTH AND WELLNESS POLICY

It is the policy of the Village School of North Bennington to establish goals that are developed to promote student wellness and comprehensive health, and include:

- Nutrition education
- Nutrition promotion
- Guidelines for ALL foods available on school campus, i.e. competitive foods and beverages
- Physical education
- Physical activity
- Comprehensive Health Education

The Head of School or designee will assist in ensuring compliance with the School District's LWP includes goals for all six required components (minimum) and that evidence-based strategies* have been reviewed and considered in the development of those goals.

*Criteria for inclusion as an evidence-based implementation strategy:

1. Included in the CDC's The Community Guide, Team Nutrition Tools and Resources, Whole School, Whole Community, Whole Child, or a similar resource, or
2. Reported with positive effects on the primary targeted outcome in a peer-reviewed journal, or
3. Documented effectiveness supported by other sources of information and the consensus judgment of informed experts.

Purpose

It is the intent of the Village School of North Bennington to comply with all applicable federal and state requirements. In accord with those requirements, this policy has been developed in consultation with parents/guardians, students, school food service program/school food authority personnel, physical education and health education teachers, school board members, school administration, members of the public, and school health professionals, which may include school nurses, school counselors, school-based clinicians, school social workers or behavioral health professionals.

The Head of School or designee will convene a local wellness team that includes parents, students, school food service program personnel, physical education and health education teachers, school board members, school administration, members of the public, and school health professionals, which may include school nurses, school counselors, school-based clinicians, school social workers or behavioral health professionals.

Evaluation

Every three years, the Village School will conduct an assessment of (1) how well the School's policy aligns with the state model LWP, (2) compliance within the School with regard to its local wellness policy, and (3) progress made in attaining the goals of the School's local wellness policy.

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

The School shall annually inform and update the public about the content and implementation of this policy, including the extent to which the School is in compliance with this policy, the extent to which this policy compares to model local school wellness policies and a description of the progress made in attaining the goals of this policy.

The Head of School or designee shall report at least annually to the Board and to the public on the School's compliance with law and policies related to student wellness and the school nutrition environment. The report shall include information as to the content and implementation of this policy, and an assurance that School guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

The local wellness team will participate in the development, implementation, monitoring, and annual review and update of the policy in order to prepare annual progress reports and triennial assessments.

Nutrition Services

The School shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 9A(a) and (b) of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.

The School shall provide adequate space for eating and serving school meals (cafeteria). The School shall provide a clean and safe meal environment for students. The School shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.

To the extent that is practicable, the School shall ensure that nutrition services will reference USDA geographic preference rules and seasonal and local agricultural information when planning school meal menus.

The School shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.

Schools participating in the National School Lunch and School Breakfast programs shall make free potable water available to children in the meal service areas. Water is available throughout the school at filtered water fountains and bottle-fill stations. Additionally, all taps throughout the school provide free potable water.

Evaluation of Nutrition Services

The Head of School or designee is responsible for ensuring that the School is in compliance with any Administrative Review procedures of the State Educational Agency (SEA).

The Head of School or designee shall report at least annually to the Board and to the public on the School's compliance with law and policies related to student wellness and the school nutrition environment. The report shall include information as to the content and implementation of this policy, and an assurance that School guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

Guidelines for Competitive Foods and Beverages

The National School Lunch and School Breakfast Programs will meet the requirements provided in 7 CFR 210 and 7 CFR 220 (National School Lunch Program and School Breakfast Guidelines).

All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards. School fundraisers that occur during the school day will meet the USDA Smart Snack nutrition standards.

The School is required to establish nutrition guidelines for all other foods provided, but not sold to students during the school day. Foods provided but not sold may include food that is part of a classroom celebration or provided by

parents/guardians or community organizations free of charge. It is the policy of the School that, when feasible, food provided but not sold will, at minimum, comply with the Smart Snacks Standards.

Food shall not be used in School as a reward or punishment except as part of a behavioral intervention plan developed by licensed professionals, whose content is subject to state and local grievance procedures under Section 504 and IDEA.

Nutrition Promotion

The School shall provide nutrition promotion and education programs as required by state law and regulations of the State Board of Education. In particular, the School shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Education Quality Standards.

Nutrition education and promotion programs shall be conducted by appropriate staff members. To the extent practicable, nutrition education and promotion shall be integrated into core curricula in areas such as science and family and consumer science courses.

The Head of School or designee is responsible for ensuring that schools identify, near or at the beginning of serving lines, what foods constitute unit priced reimbursable meals.

The School will limit food and beverage marketing to the promotion of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus.

Other considerations for Nutrition Promotion are as follows:

- Students are able to enter the school before the official start of the day to eat breakfast in the cafeteria/gym. Breakfast is offered daily from 7:45 am to 8:15 am. Students who are tardy to school have the option of taking a bagged breakfast during sign-in at the office.
- 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. Each classroom also has the menu posted in the form of a calendar. Parents/guardians are given electronic access to the menu as well.
- Competitive food choices are not offered in place of school during mealtimes in the cafeteria.
- The School encourages increased consumption of fruits and vegetables and a culture of trying new foods in the school cafeteria. This is done throughout the building as well, in the form of offering fruits and vegetables with information fliers about the foods in each classroom.
- The 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, the School shall collaborate with the greater community, to establish a farm to school program. When planning a farm to school program, the School 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.
- The School 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.

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

Physical Education

The Head of School or designee is responsible for ensuring that the School complies with applicable state law and regulations governing the provision of and access to physical activity, physical education, and comprehensive health education as set forth in 16 V.S.A. § 136, 16 V.S.A. § 906, 16 V.S.A. § 941, and Education Quality Standard Rules (Series 2000).

The School shall ensure that physical education is designed to enable all students, including those who may need adapted physical education, to engage annually in rigorous, relevant, and comprehensive learning opportunities that allow them to demonstrate proficiency in Physical education.

The School shall ensure that professional development and staff and program evaluation complies with state laws and regulations.

Physical Activity

The Head of School or designee is responsible for ensuring that the district complies with applicable state law and regulations governing the provision of and access to physical activity, physical education, and comprehensive health education as set forth in 16 V.S.A. § 136, 16 V.S.A. § 906, 16 V.S.A. § 941, and Education Quality Standard Rules (Series 2000).

The School shall offer opportunities for students in grades K-12 to participate in at least 30 minutes of physical activity within or outside of the school day. Physical activity may include recess and movement built into the curriculum but does not replace physical education classes.

Additionally, the School provides the following considerations to promote physical activity:

- The School offers 15 minutes of early gym for interested students in grade K-6 every day without exclusion or discrimination
- The School offers 20 minutes of recess on all days during the school year. Individual classroom teachers may offer more recess time at their discretion and under their own supervision.
- The school supports classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects.
- Physical activity during the school day may only 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.

Comprehensive Health Education

The Head of School or designee shall ensure the development and delivery of comprehensive health education as required by state law (currently 16 V.S.A. § 131, 16 V.S.A. § 906(3), 16 V.S.A. § 909) and Education Quality Standards Rules (Series 2000), Pupils Rules (Series 4000) (as specified), and in coordination with expectations delineated in 16 V.S.A §132 and Act 151 of 2012.

In addition to health education courses, the Head of School or designee may consider the promotion and integration of health education throughout the school day and within various curricular areas. This will be done to the extent practicable, under the supervision of the Head of School or designee, and aligned with state rules and standards.

Additional considerations include:

- Nutrition knowledge/skill development shall be integrated within the comprehensive health education curriculum, taught and assessed throughout grades K-6.
- The School provides nutrition education and engages 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 the Assistant Head of School and VEHI Leader.
- 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.

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.

Goals for Nutrition Education.

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

Goals for Physical Activity.

- VSNB shall provide physical education classes for all students as required.
- 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.

Goals for Other School-Based Activities.

- VSNB shall provide adequate space for eating meals.
- VSNB shall provide a clean and safe meal environment for students.
- VSNB shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- Food shall not be used as a reward or punishment except as part of a behavioral intervention plan developed by licensed professionals, whose content is subject to state and local grievance procedures under Section 504 and IDEA.
- VSNB shall provide training opportunities as appropriate for staff members in areas of nutrition and wellness.

Nutrition Guidelines.

- 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.
- VSNB will promote wholesome and nutritious foods for sale and/or consumption whenever possible.

Policy Implementation.

- 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.

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/pdffdoc/pgm_nutrition/nutrition_policy_guidelines_05.pdf

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*.