

# Local School District Wellness Policy

## Example with Disability Inclusion

### ***School Wellness***

In furtherance of its commitment to fostering healthy nutritional and physical activities that support student achievement and that promote the development of lifelong wellness practices, the Board endorses the following programs, practices, and activities:

Nutrition Education – The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- a) Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- b) Include enjoyable, developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens with accessibility of all students in mind;
- c) Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- d) Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- e) Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;

School Meals- School District Board of Education is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving; and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the At-Risk Snack Program. The District also operates additional nutrition-related programs and activities including Grab and Go Breakfast and Reimbursable Meal Vending. All schools within the District

are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- a) Are accessible to all students;
- b) Are appealing and attractive to children;
- c) Are served in clean and pleasant settings; and
- d) Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.
- e) Menus will be posted on the School District website and will include nutrient content. Menus will be made available in alternative formats such as audio, large print, or braille when accommodations are requested.
- f) Menus are created by the CNP Director, a Registered Dietitian.
- g) School District Child Nutrition Program will accommodate students with special dietary needs.
- h) Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.
- i) Promote healthy food and beverage choices using smarter lunchroom techniques.

Physical Education and Physical Activity Opportunities – Children and adolescents should participate in physical activity every day. A substantial percentage of students' physical activity can be provided through these components: quality and inclusive physical education, recess, classroom based physical activity, walk and bicycle to school and out-of-school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason. The district will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, School District will ensure that its grounds and facilities are safe and accessible to all students and school personnel and that equipment (including adapted equipment) is available and dispersed equitably to students to be active. The District will conduct necessary inspections and repairs. The school district will utilize principles of Universal Design for any new construction or school related projects and purchases related to equipment.

Resources on Universal Design:

- <http://www.inclusiveplaygrounds.org/me2/overview>

- <http://universaldesign.ie/What-is-Universal-Design/>

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. School District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary. Inclusion—the practice of ensuring the participation of students with disabilities in the general education setting—will be valued as the ideal least restrictive environment if it meets the needs of the student. Further, School District will support physical education related goals to be added to students with disabilities Individualized Education Plans (IEPs) and encourage involvement of the physical education teacher and other appropriate staff in this process.

#### Other School-Based Activities Designed to Promote Student Wellness-

The Board of Education is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Through the Local School Health Councils, the school system will engage students, parents, teachers, food service professionals, health professionals, school representatives, board members, school administrators and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies. The school’s local wellness team coordinator, in conjunction with the Child Nutrition Program Director, will conduct these monitoring activities on an annual basis.

People with disabilities and those that understand and represent the needs of students with disabilities will be invited to participate on the Councils. The phrase “Nothing about us, without us” is often used to represent the inclusion of people with disabilities in program planning. Committee members representing the needs of students with disabilities can include special education teachers, parents of students with disabilities, and students with disabilities. Parents of students with disabilities are an especially important voice and resource, as they can not only bring representation, but also support implementation in the classroom and within the family. Council members will also include representatives from community based disability organizations such as [adapted sports programs](#) or [Centers for Independent Living](#), which can support community engagement.

Resource: <https://www.nchpad.org/1505/6468/Discover~Inclusive~School~Wellness>.

Administrative Implementation – The Board, as the recognized food and nutrition services authority for the school district, shall annually approve a free and reduced-price meal program. It is the Board’s expectation that the teachers shall support the food service program in every

respect and encourage children to eat a well-balanced meal each day. Teachers should use the cafeteria as a laboratory to teach good nutrition and etiquette to students. Teachers are strongly encouraged to eat in the school cafeteria with their students. Any concerns regarding the local school breakfast or lunch program should be reported to the school principal.

The Board of Education is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. 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 and the State Nutrition Standards and Regulations, at a minimum. Smart Snacks aim to improve student health and wellbeing, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/toolsschools-smart-snacks>.

To support healthy food choices and improve student health and wellbeing, 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 or exceed the USDA Smart Snacks nutrition standards and the State Standards and Policies. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines accessible to students, and school planned activities. All foods offered for celebrations and rewards on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards and State Standards and Policies. Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day.

The Superintendent and his designated representatives shall be responsible for operating an economically sound child nutrition program in accordance with state and federal laws and regulations. The Superintendent shall recommend for appointment the necessary personnel to initiate and maintain a quality child nutrition program. The accounting, financial planning, and reporting functions of the program shall be coordinated within the central office.

All sanitation standards required by law shall be strictly observed in each local school’s child nutrition program. This shall include, but not limited to, physical examination requirements of employees, preparation procedures, conditions of kitchens and dining areas and maintenance procedures. The CNP Director and the school principal will share responsibility for the operation and supervision of the school child nutrition program.

**Communication of the Policy** – School District will use electronic mechanisms, such as email or displaying notices on the district’s website, as well as non-electronic mechanisms, such as newsletters presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure

that communications are culturally and linguistically appropriate to the community as well as being accessible by providing alternative formats. Communication of this policy will match the other ways that the district and individual schools are communicating important school information with parents and the community.