

UINTAH SCHOOL DISTRICT POLICY ACTION REVIEW

1st Reading	<u>2/9/22</u>	New	<u> </u>
2nd Reading	<u>3/9/22</u>	Revised	<u> X </u>
Effective Date	<u>3/9/22</u>	Substitute	<u> </u>

REVISES POLICY 009.0250 NUTRITION/PHYSICAL WELLNESS POLICY (LAST APPROVED 6/20/17)

009.0250 NUTRITION/PHYSICAL WELLNESS POLICY

1.0 GENERAL STATEMENT

Uintah School District recognizes the need to promote healthy schools, by supporting wellness, good nutrition, and regular physical activity as part of a total learning environment. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Research indicates there is a positive relationship between adequate nutrition, physical activity, and academic success. Students who are physically, mentally, emotionally, and social healthy during and after the school day have positive outcomes. The district knows education in wellness will optimize student performance potential and directs each building administrator to establish a plan for measuring implementation of this wellness policy.

2.0 NUTRITION

The board supports the principles of proper nutrition and believes support must be a district wide commitment. In an effort to support the consumption of nutrient dense foods in the school setting, the district adopts the following nutrition standards governing the sale and consumption of food and beverage during the school day.

- 2.1 Quality School Meals - The Food Service Department will operate in accordance with USDA Federal Regulations that govern the National School Lunch, Breakfast and After-School Snack Programs.
 - 2.1.1 The Food Service Department shall conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive and of excellent quality.
 - 2.1.2 The menus will include the use of nutrient dense foods that emphasize fruits, vegetables, whole grains and dairy foods which are low in fat, added sugars and sodium.
 - 2.1.3 Beverages will only include a variety of milk, 100% fruit juices, or water.
 - 2.1.4 A la carte options should emphasize a variety of choices of tasty, nutritious foods and beverages which are in compliance with Federal Smart Snacks (competitive foods) requirements. (Information about Smart Snacks regulations can be found on the United States Department of Agriculture website www.usda.gov. Once on the website type "Smart Snacks" in the search box).

- 2.2 Adequate Time to Eat – Schools shall allow students no less than 10 minutes to consume breakfast, either in the cafeteria or the classroom, and no less than 20 minutes of sit-down time per lunch period. Students shall be given the opportunity, but are not mandated, to sit for the entire allotted time to consume their meal.
- 2.3 Other Healthy Food Options – Uintah School District is a sponsor of the National School Lunch and Breakfast Programs. All foods sold on school grounds and at school sponsored activities, during the school day, should meet or exceed the district nutrition standards, including Smart Snack requirements, and not be in direct competition with the National School Lunch or Breakfast Programs of the school. The USDA defines “school day” as midnight the night before to 30 minutes after the end of the instructional day.
 - 2.3.1 School staffs should be encouraged to decrease the use of food and drinks as rewards for students.
 - 2.3.2 Schools should encourage organizations to sell non-food items or nutritious food items which comply with Smart Snacks requirements as fundraisers of choice.
 - 2.3.2.1 In an effort to comply with USBE Board Rule 277-719 the school principal shall designate an individual to monitor and maintain records of all food and beverage sales and fundraisers which are sold to students at the school level during the school day, which are not part of the National School Breakfast, Lunch, and Snack Programs.
 - 2.3.2.2 In accordance with USBE Board Rule 277-719 each school may hold specifically exempted fundraisers no more than three times per year, with each fundraiser lasting no longer than five consecutive school days.
 - 2.3.2.3 CTE programs may submit a written fundraiser request to the USBE Child Nutrition Program Director in addition to the three allowed exempted fundraisers in R277-719-5.
 - 2.3.2.4 School Site Fundraiser Application templates may be provided by the USD Child Nutrition Coordinator to provide assistance in documenting exempted, non-exempted and CTE exempted fundraisers.
 - 2.3.2.5 No type of food product may be sold during school lunch time without prior approval of the School Foods Coordinator and principal of the school.
 - 2.3.3 If vending machines are placed in the elementary schools they will only sell non-food items, water, milk, or juices, which are in compliance with Smart Snacks requirements.
 - 2.3.4 Vending machines and student stores at secondary schools shall only dispense offerings which are in compliance with Smart Snacks requirements.
 - 2.3.4.1 Vending machines shall be placed in selected areas at the discretion of the building administrator to minimize facility concerns and to better serve after-school activities.

- 2.3.5 For food safety concerns, all persons or groups must obtain proper Health Department Permits before serving TCS Foods* at school events or on school grounds. Someone who holds a ServSafe or Food Safety Manager Certificate must oversee all such events.
 - 2.3.5.1 *TCS food is defined by the ServSafe and Safety Manager programs as the kinds of foods which are most likely to become unsafe due to improper time and temperature control. Examples of TCS Foods include items such as meat, milk, fish, sliced or cut fresh vegetables, eggs, poultry, and cooked vegetables.
- 2.3.6 School staffs are encouraged to practice good nutritional habits as examples for their students and their own well-being.
- 2.3.7 If food or beverages are provided, but not sold, to students during the school day, (e.g., in classroom parties, classroom snacks, or other foods given as incentives), efforts shall be made to provide foods and beverages which promote good health.
- 2.3.8 All marketing and advertising of food and beverages on school campus, during the school day, shall only support those foods and beverages which meet Smart Snacks requirements.
- 2.3.9 Students will be allowed to visit the water fountain throughout the school day and carry a water bottle in class.
- 2.3.10 Meals may be provided for students who have special dietary needs. For details please see district policy # 009.0400.

3.0 PHYSICAL ACTIVITY

A quality education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's regular education program from grades pre-K through 12. Uintah School District shall provide physical activity and physical education opportunities, aligned with the USBE core curriculum that provides students with the knowledge and skills to lead a physically active lifestyle.

- 3.1 Physical Education – A sequential, developmentally appropriate curriculum shall be designed, implemented, and evaluated to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives.
 - 3.1.1 Physical education classes and physical activity opportunities will be available for all students. The guidelines for appropriate levels and types of activity are outlined by Utah State Core Standards.
 - 3.1.2 Staff supervised physical activity opportunities may be offered regularly before school, during school, or after school.
 - 3.1.3 Programs will introduce developmentally appropriate components of a health-related fitness assessment, to the students starting with their first year of school to prepare them for future assessments.
 - 3.1.4 Health-related fitness assessment or activity logging should begin in middle school and continue throughout high school PE classes. Efforts should be made to assist students to interpret their personal attainments and compare them to national physical activity recommendations.

- 3.2 Extracurricular Physical Activity Programs: (See district policy 007.0605)
- 3.2.1 Other Opportunities for Physical Activity –
- 3.2.1.1 Intramurals – Elementary, middle, junior high and high schools are encouraged to offer intramural physical activity programs that feature a broad range of competitive and cooperative activities.
- 3.2.1.2 Elementary Recess - School authorities shall encourage and develop schedules that provide time within every school day for preschool, kindergarten, and elementary school students to enjoy supervised recess.
- Every school shall have playgrounds, other facilities, and equipment available for free play.
 - Recess shall compliment, not substitute for, physical education classes.
 - Elementary school principals shall assist all teachers in developing a plan where students miss minimal recess or physical activity as a form of discipline or punishment.
- 3.2.1.3 Community Wellness Programs -Schools shall work with after school programs, recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time. (See district policy 10.0020)
- Schools are encouraged to negotiate mutually acceptable, fiscally responsible arrangement with community agencies and organizations to keep school- or district-owned facilities open for use by students, staff, and community members during non-school hours and vacations.
 - School policies concerning safety shall apply at all times.
- 3.2.1.4 Staff Physical Activity - The school/district shall plan, establish, and implement activities to promote physical activity among staff and provide opportunities for staff to conveniently engage in regular physical activity.

4.0 NUTRITION/PHYSICAL EDUCATION

Nutrition and physical activity education opportunities will be provided by school staff at each level of the educational system. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, health assessment, fitness activities, and other appropriate nutrition and physical activity related topics. All teachers will teach the Utah Core Standards for Health Education curriculum that pertains to their area of instruction which may encompass nutrition and healthy lifestyle information.

4.1 Expectations of this policy include:

- 4.1.1 Students in grades pre-K -12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- 4.1.2 Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.

- 4.1.3 Students receive consistent nutrition messages throughout the school, classroom, and cafeteria.
- 4.1.4 Utah State Core curriculum directs that physical and nutritional education be integrated into the health education curricula as well as other areas of the curriculum. (i.e.: math, science, social studies, and language arts).
- 4.1.5 Schools link nutrition education activities with the coordinated school health program.
- 4.1.6 Staffs that provide nutrition and physical activity education must have appropriate training.
- 4.1.7 Schools are encouraged to share nutrition education activities and promotions that involve parents, students, and the community.

5.0 NUTRITION/PHYSICAL WELLNESS POLICY COMMITTEE

A formal review of the policy will be conducted every 3 years, at a minimum, by the USD Nutrition/Physical Wellness Policy Committee. However, if circumstances dictate review of the policy due to changes in law or other pressing matters, the committee will meet as often as necessary to update the policy. At a minimum the assessment will determine:

- Compliance with the policy,
- How the policy compares to model wellness policies, and
- Progress made in attaining the goals of the policy.

5.1 The committee will encourage representation of all school levels and include to the extent possible, but not limited to, parents, students, school nutrition program representatives, physical education teachers, health education teachers, school administrators, school board members, general public, and community council members.

5.2 The committee will assess district compliance by reviewing the Nutrition/Physical Wellness Policy Implementation Reports submitted by each school and the USD Child Nutrition Coordinator.

5.2.1 The Nutrition/Physical Wellness Policy Implementation Report template will be provided to each principal by the Child Nutrition Coordinator approximately 30 days before the committee meets. The report may be filled out by the school principal or his/her designee.

5.2.2 The committee shall notify the superintendent of concerns regarding compliance with the Nutrition/Physical Wellness Policy

6.0 The USD Child Nutrition Coordinator will make the following information available to the public:

- The Nutrition/Physical Wellness Policy, including updates to and about the policy, on an annual basis, at a minimum.
- The Triennial Assessment, including progress toward meeting the goals of the policy.