

P.L. 108-265
Sec. 204

4. Guidelines

The Superintendent or designee will annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include assessments of the following areas as reviewed by the District's Wellness Policy Committee: Nutrition Education, Nutrition Guidelines, Physical Activity, Physical Education, Other School Based Activities, Safe Routes to School; and will include recommendations for policy and/or program revisions.

An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law will be provided annually by the Cafeteria Manager.

Wellness Committee

The Board will appoint a Wellness Committee comprised of at least one (1) of each of the following: School Board member, district administrator, district food service representative, student, parent/guardian, member of the public, teacher, school nurse, coach, classified staff member, dietician, health professional, representative of community organization, food vendor and other individuals chosen by the Board.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board Policy Committee related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Wellness Committee will provide annual reports to the Superintendent or designee regarding the status of its work, as required.

Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will occur sequentially from kindergarten through secondary school.

Nutrition education will provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities will be age-appropriate.

Nutrition education will be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance will be reinforced by linking nutrition education and physical activity.

Consistent nutrition messages will be provided throughout the district, schools, classrooms, cafeterias, and beyond the school environment by sharing information with and involving families and communities.

Physical Activity

Age and developmentally appropriate physical activity opportunities, such as walking to and from school; recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, will be provided for students in addition to district physical education instruction.

Physical activity will not be used as a form of punishment.

The district will strive to build a positive community relationship which encourages students and their families to be actively involved in physical activity.

Adequate amounts of planned instruction will be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

Extended periods of inactivity will be discouraged.

The district will provide and encourage community members to utilize district facilities to build healthy living activities.

Physical Education

Physical education classes will be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity will be implemented.

A varied and comprehensive curriculum that encourages students to become and remain physically active for a lifetime will be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards will be developed and implemented.

Students will be encouraged to be active as much time as possible during a physical education class. Adaptive physical education classes will be available for documented medical conditions and disabilities.

Physical education will be taught by certified health and physical education teachers.

A local assessment system will be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Other School Based Activities

School Environment –

Meal periods will be scheduled at appropriate hours, as defined by the district.

Drinking water will be available at all meal periods and throughout the school day.

Students will have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet criteria established by the district will administer the school meals program.

Food will not be used as a reward or punishment.

The district will provide appropriate training to all staff on the components of the District Wellness Policy.

Goals of the District Wellness Policy will be considered in planning all school based activities.

Physical activity will not be used as a form of punishment.

Family and Community –

The district will support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Schools will partner with families and community members to institute programs that support nutrition education and physical activity.

Students and the community will have access to physical activity facilities outside school hours.

Nutrition analysis of school meals and/or nutrient content of foods will be available to students and parents/guardians.

Students and parents/guardians may be involved in menu selections through various means.

Nutrition Services –

District schools will provide adequate space, as defined by the district, for eating and serving school meals.

Students will be provided a clean and safe meal environment.

Students will be provided adequate time to eat.

Access to the food service operation will be limited to authorized staff.

To the extent possible, the district will utilize available funding and outside programs to enhance student wellness.

Professional Development –

Professional development will be provided for all district staff.

Through professional development, all district employees will be encouraged to serve as positive role models for leading a healthy lifestyle.

Qualified nutrition professionals will administer the school meals program.

Schools will provide appropriate inservice training to all staff on components of the District Wellness Policy.

Health Promotion for Staff –

All staff will be encouraged to participate in health education/wellness programs.

Nutrition Guidelines

All foods available in district schools during the school day will be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs will comply with federal nutrition standards under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch or School Breakfast Programs and include a la carte foods, snacks and beverages; vending food, snacks and beverages; school store food, snacks and beverages; fundraisers; classroom parties; holiday celebrations; and food from home.

All competitive foods available to students in district schools during the school day will comply with the Nutritional Standards for Competitive Foods in the Hanover Public School District. The nutritional standards will be implemented as a two (2) year plan.

All competitive foods available to students through school-affiliated organizations (i.e., booster clubs, PTO, etc.) will be encouraged to comply with the established nutrition guidelines. Nutritional Standards for Competitive Foods in the Hanover Public School District will be shared annually with each organization by the Food Services Department.

Guidelines for school parties will be shared with district employees through the annual handbook and other district publications.

Parent newsletters will include information concerning the approved nutritional standards for food in Hanover Public School District schools. These articles will encourage parents/guardians to support these standards in school lunches, rewards sent to school, and parent/guardian initiated parties and activities involving food items.

Safe Routes To School

The district will assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

The district will cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

District administrators will seek and utilize available federal and state funding for safe routes to school, when appropriate.

References:

Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sec. 204