



## STUDENTS

### Student Wellness

#### Wellness Policy

**In implementing a comprehensive wellness policy, the district shall insure that it includes, but is not limited to, the following:**

- **Goals for nutrition education, nutrition promotion, and other school-based activities to promote wellness;**
- **The Smart Snacks in School standards for all foods and beverages sold to students on campus during the school day, including access to water;**
- **Standards consistent with federal regulations for school meal programs and the Smart Snacks in School standards for other foods available to students (e.g., food brought from home for classroom events/parties and food used as rewards or incentives);**
- **Policies for marketing only food and beverages that meet the Smart Snacks in School standards;**
- **Standards for quality physical education and nutrition education programs aligned to state learning standards that help students develop lifelong healthy behaviors;**
- **Promotion of activities that provide students opportunities to be physically active before, during, and after school;**
- **Engagement of the community in support of the district's work in creating continuity between school and other settings for students and staff to practice lifelong healthy habits;**
- **Establishment of a wellness committee that includes representatives from the school and that permits participation from members of the community;**
- **Designation of one or more school official(s) to ensure compliance of each school; and**
- **Direct committee review and assessment of the wellness policy every three years.**

#### Wellness Committee

The district will convene an advisory committee to assess the districtwide student wellness policy. The membership of the committee will represent all school levels (elementary and secondary schools). The committee will meet to review the school compliance reports. The results of the reports will be compiled and reported to the superintendent and made available to the public. The following parties must be permitted to participate as committee members:

- Parents and caregivers;
- Students;
- Representatives of the school nutrition program (e.g., school nutrition director);
- Physical education teachers;

- School health professionals (e.g., health education teachers, school nurses, health educators, and other allied health personnel who provide school health services, school counselors, school psychologists, school social workers);
- School administrators (e.g., superintendent, principal, assistant principal);
- School board members;
- Health professionals (e.g., dietitians, doctors, nurses, physicians, dentists, psychiatrists); and
- Members of the general public.

The wellness committee is responsible for the following:

- Establishing committee membership and operating protocol;
- Understanding wellness policy compliance requirements;
- Developing an implementation plan for the wellness policy;
- Recordkeeping;
- Annual public notification of the wellness policy;
- Triennial progress assessments;
- Revising the wellness policy; and
- Leading community involvement, outreach, and communications initiatives regarding the wellness policy.

## **Wellness Policy Implementation Plan**

The wellness committee will develop and maintain a plan for the implementation, management, and coordination of the wellness policy. The district will use online tools or other resources to review and consider evidence-based strategies (e.g., [Centers for Disease Control](#) and Prevention's (CDC) [School Health Index](#)) in determining goals for nutrition promotion and education, physical activity, and other school-based activities (e.g., school vegetable garden) for each school. The plan will include the following:

- Roles, responsibilities, actions, and timelines specific to each school;
- The district official designated to oversee the wellness policy; and
- An action plan to implement all required elements of the wellness policy.

## **Annual Notification**

The district will notify families and the public, on an annual basis, of the availability of the wellness policy, and provide information that would enable interested households to obtain more details. The district will also annually distribute and collect applications to determine eligibility for free or reduced-price meals, as set forth below. The district is encouraged to provide as much information as possible about the school nutrition environment.

## **Triennial Progress Assessments**

At least once every three (3) years, the district will evaluate its compliance with the wellness policy. The triennial assessment will consider the following:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy;
- The extent to which the district's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- The extent to which progress has been made in attaining the goals of the district's wellness policy.

The assessment report will include the position/person responsible for managing the triennial assessment and their contact information.

## **Updates to the Wellness Policy**

The wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as priorities change and new federal or state guidance or standards are issued.

## **Community Involvement, Outreach, and Communications**

The district will actively communicate ways in which members of the wellness committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means. The district will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, the availability of child nutrition programs and how to apply for those programs, and district compliance with Smart Snacks in School nutrition standards.

## **Recordkeeping**

The district will maintain and make available for public inspection records documenting compliance with the wellness policy. They will be available on the district website at <https://www.everettsd.org/Page/15662>. Records will include, but will not be limited to, the following:

- The written wellness policy;
- Documentation of the triennial assessment; and
- Documentation to demonstrate compliance with the annual public notification requirement.

## **Nutrition and Food Services Program**

Foods sold to students on campus during the school day will meet the nutritional requirements set forth in United States Department of Agriculture [7 CFR Part 210](#) and [7 CFR Part 220](#), [Nutrition Standards for All Foods Sold in School](#), as required by the [Healthy, Hunger-Free Kids Act of 2010](#).

# IN REVISION

3405P

Page 4 of 7

Guidelines apply to all foods sold during the school day which is defined as any time before the start of school to thirty (30) minutes after the school day. Included but not limited to DECA sales, student stores, vending machines, fundraisers, and cafeteria sales.

## **Nutrition Standards**

In order to qualify under the nutrition standards, an item must meet both of the steps below.

### **Step 1: Determine the Main Ingredient**

The first ingredient must be: 1) whole grain rich; or 2) fruit, vegetable, dairy product, or protein; or 3) be a combination food with at least 1/4 cup fruit or vegetables. If the first ingredient is water, the second ingredient must be 1) whole grain rich; or 2) fruit, vegetable, dairy product, or protein; or 3) be a combination food with at least 1/4 cup fruit or vegetables.

### **Step 2: Analyze the Nutrients**

#### **Ala Carte Snack Items**

Calories	200 or less
Sodium	200 mg or less
Total Fat	35% or less
Saturated Fat	less than 10%
Trans Fat	0 grams
Sugar	35% kcal by weight

#### **Ala Carte Entrée Items**

Calories	350 or less
Sodium	480 mg or less
Total Fat	35% or less
Saturated Fat	less than 10%
Trans Fat	0 grams
Sugar	35% kcal by weight

Exceptions to the above rule include fresh fruits, fresh vegetables, canned and frozen fruit packed in water, 100% juice, extra light syrup or light syrup, nuts, seeds, nut/seed butters and reduced fat cheese.

For assistance determining the fat and sugar percentages visit the Food and Nutrition section of the district website.

## **Definitions**

Ala Carte items are defined as all food and beverages sold to students on the school campus during the school day, other than those meals reimbursable under programs authorized under the National School Lunch Act and the Child Nutrition Act.

Whole grain rich items are defined as grains with greater than 51% whole grain.

Entrée is defined as an item that is a combination of protein and whole grain rich food or a combination of fruit or vegetable and protein.

## **Beverage Guidelines**

Water Plain and carbonated allowed, no size limit all grades.  
No artificial sweetener allowed.

Milk Low fat unflavored, elementary 8 oz. or less; secondary 12 oz. or less.  
No artificial sweetener allowed.  
Non-fat flavored, elementary 8 oz. or less; secondary 12 oz. or less.  
No artificial sweetener allowed.  
Milk alternatives allowed.

Juice 100% fruit/vegetable juice, elementary 8 oz. or less; secondary 12 oz. or less  
100% fruit/vegetable juice diluted with water (with or without carbonation), elementary 8 oz. or less; secondary 12 oz. or less.

High school level **only**:

Beverages may contain up to 100 mg. of caffeine.

Other flavored and/or carbonated beverages (20 fl. oz. or less) that are labeled to contain less than 5 calories per 8 fl. oz. or 10 calories per 20 fl. oz.

Other flavored and/or carbonated beverages (12 fl. oz. or less) that are labeled to contain less than 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.

No artificial sweetener allowed.

## **Food as Incentives/Rewards**

Everett Public Schools strongly discourages the use of food as an incentive or reward. Non-food rewards and incentives will be used as the first choice to encourage positive behavior. Staff members and parent group leaders choosing to use food must select items that meet Everett Public Schools nutrition standards. Examples of non-food alternatives for incentives and rewards can be found at:

[www.eatsmartmovemorenc.com/EatSmartSchoolStd/Texts/rewards\\_incentives.pdf](http://www.eatsmartmovemorenc.com/EatSmartSchoolStd/Texts/rewards_incentives.pdf)

[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food\\_Rewards.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_Rewards.pdf)

<http://www.extension.iastate.edu/Publications/PM2039A.pdf>

## **Classroom Parties**

Food may be served at three (3) classroom celebrations (such as seasonal, cultural or curriculum related) per classroom per year. The theme and time of year of the party is up to the discretion of the building. Due to the prevalence of students with severe food allergies, coordination with the school nurse or teacher to address specific classroom allergies is required.

## **Fundraising within the School Day**

1. Food and beverages sold at school-wide events, such as field day and campus day, or used to raise funds will meet nutrition standards.
2. Examples of non-food fundraisers can be found at:  
[www.extension.iastate.edu/Publications/PM2039A.pdf](http://www.extension.iastate.edu/Publications/PM2039A.pdf)

## **Before-School, After-School and Weekend Events**

Nutrition standards apply prior to the start of the school day. The nutrition standards do not apply to food and beverages provided at after-school functions such as: art, drama, music and athletic events. However, groups are strongly encouraged to follow the nutrition guidelines whenever possible. After-school is defined as thirty (30) minutes after the end of the official school day.

## **Nutrition Education and Promotion**

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

1. When appropriate teachers will integrate nutrition education into core curricula;
2. Nutrition promotion will include participatory activities such as contests, promotions, taste testing, or experience working in school gardens;
3. Nutrition education will be offered in the cafeteria as well as the classroom;
4. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
5. Nutrition education will be provided to families via handouts, newsletters, postings on the website, and after-school events such as health and fitness fairs;
6. The school menu will be posted online;

## **Recess and Physical Activity**

### **Recess**

By no later than the 2024–25 school year, the district will provide at least thirty (30) minutes of recess for all elementary-school students each school day that exceeds five (5) hours. Schools may provide additional recess time before or after the school day, but that time may not be counted toward the thirty (30) minutes of recess that is required. Additionally, time spent changing into and out of clothes for outdoor play should not be used to meet the thirty-minute requirement.

Recess must be supervised, and student directed. It must aim to be safe, inclusive, and high quality. To achieve those aims, schools will offer opportunities that align with state and national recess recommendations and maintain safe and age-appropriate equipment to use during recess. Schools may also include organized games as part of recess, but they should avoid including or permitting students to use computers, tablets, or phones during recess. Whenever possible, recess should be held outside. But if recess is held indoors, schools should use an appropriate space that promotes physical activity.

Recess will complement, not substitute for, physical education class.

Schools should not withhold recess as a form of discipline unless a student's participation in recess poses an immediate threat to the safety of the student or others. Nor should schools withhold recess to compel students to complete academic work. Schools should develop alternatives to withholding recess as a form of discipline or as a way to compel students to complete academic work.

The district encourages recess to be scheduled before lunch whenever possible. Scheduling recess before lunch reduces food waste, maximizes nutrition, and allows students to be active before eating. If recess is offered before lunch, schools will place appropriate hand-washing facilities and/or hand-sanitizing mechanisms just inside or outside the cafeteria to ensure proper hygiene prior to eating. Students must use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before students enter the cafeteria.

## **Physical Activity**

**Given that middle and high school students do not have recess, the district will encourage physical activity breaks for middle and high school students. All schools will participate in a Comprehensive School Physical Activity Program (CSPAP). A CSPAP is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.**

## **Physical Activity/ and Physical Education**

The difference between physical activity and physical education is critical to understanding how both contribute to the development of healthy and active children. Physical education is a K-12 planned and sequential program of curricula and instruction that helps students to develop the knowledge, attitudes, motor skills, self-management skills, and confidence needed to adopt and maintain physically active and healthy lifestyles. Physical activity is the application of what is learned in physical education class. ([Policy 2123](#) and [Procedure 2123P](#), Health and Physical Education Program)

## **Physical Activity during the School Day**

**The district recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Schools will encourage the following:**

1. Teachers should provide movement breaks during school hours as often as possible;
2. Teachers should encourage physical activity during extended periods of physical inactivity (two (2) or more hours). For example, during events such as mandatory schoolwide testing, teachers will give students periodic movement breaks;
3. Teachers are encouraged to incorporate opportunities for physical activity in the classroom whenever possible;
4. Schools should provide daily recess periods for all elementary school students. During recess, staff members should encourage student participation in moderate to vigorous physical activity verbally and through the provision of space and equipment;
5. The district supports community access and use of the school's physical activity facilities outside of the normal school day (e.g., playground structures, jogging track, athletic fields);
6. Schools should encourage parents and community members to institute programs that support physical activity, such as a walk to school program or running club;
7. Schools will promote opportunities for students to voluntarily participate in developmentally appropriate community physical activity programs like fitness clubs, dance groups and athletics;
8. The district will ensure all schools have facilities that promote physical activities by including such examples as jogging paths, covered play areas, playgrounds, and indoor activity spaces;
9. Schools will not use physical activity (e.g., running or pushups) as punishment;
10. Students will be encouraged to use safe walking and biking routes to and from school.

## **Physical Activity Before and After School**

**The district offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods (e.g., physical activity clubs, intramurals, sports, etc.).**

## **Program Evaluation and Assessment**

Compliance with the district's student wellness policy will be monitored by the Food and Nutrition **Services Director** **Program manager**.

Cross reference: [Board Policy 3405](#)

Student Wellness

Adopted: June 2014

Revised: March 2024

**PROPOSED: May 2024**