

## Healthy School & Nutrition Environment

### Purpose

The purpose of this policy is to develop healthy learners through a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. It is the intent of the policy to establish goals for nutrition education, physical activity, and other school-based activities designed to promote student and staff wellness.

### General Statements of Purpose

The West Fargo School District will engage students, parents, teachers, food service personnel, health professionals, school board and other interested community members in developing, implementing, monitoring, reviewing and revising as needed, the district-wide nutrition and physical activity wellness policies.

1. The West Fargo School District recognizes that nutrition education and physical education are essential components of the educational process and forming lifelong healthy behaviors; and that good health fosters student attendance and education.
2. All students in grades K-12 will have opportunities, support and encouragement to be physically active to achieve daily-recommended physical activity.
3. Food and beverages sold at school when students are in session will meet or exceed the Smart Snacks in Schools nutrition standards established by the USDA. Food and beverages served to students outside of the meal programs, such as class parties and celebrations, are encouraged to meet these same guidelines and make a positive contribution to nutrition and health.
4. School meals are intended to be the main source of nutrition for students during the school day.

### Nutrition Education and Wellness Promotion

1. The West Fargo School District will provide nutrition education as a part of a standards-based, sequential, age appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health. Nutrition education in all West Fargo Schools, K-12:
  - a. Is integrated into an existing or school-developed sequential, interdisciplinary, comprehensive K-12 health education program that will be included as part of a K-12 comprehensive curriculum.
  - b. Links with school meal programs, other school foods, the Coordinated School Health Program, after-school programs and nutrition-related community services.
  - c. Is taught by certified teachers at each grade level, providing skills and knowledge that is needed by students to adopt healthy eating behaviors and attitudes.

- d. Is communicated with consistent nutrition messages throughout schools, classrooms, staff lounges and cafeterias, and promoted to parents through newsletters, the WFPS website, during parent-teacher conferences and at school-sponsored open houses.
2. School-based marketing shall promote healthy food/beverage choices that meet school meal standards or Smart Snacks in Schools standards and not allow advertising of less- nutritious choices.
3. The West Fargo School District encourages teachers, staff, and food service personnel to promote and model healthy eating and physical activity as a valuable part of daily life through provision of and involvement in wellness activities.

### **USDA Child Nutrition Programs and School Meals**

The West Fargo School District will use the current federal regulations governing school meals to establish nutrition standards and provide clear guidance for all foods and beverages available everywhere on school grounds to encourage healthy choices for students.

1. West Fargo Schools Food Services will offer affordable, nutritious and appealing meals, snacks and beverages, and will be accessible to all students. Meals will offer a variety of healthy choices, and will include cultural, ethnic, and other student preferences. Meals served in all West Fargo Schools comply with the USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP) meal patterns.
2. West Fargo School District will:
  - a. Promote participation of School Breakfast and School Lunch programs available to students.
  - b. Provide continuing professional development, including nutrition training, for the food service director and food service employees. The District shall comply with any applicable hiring requirements under federal regulations for new hires in the food service program and shall comply with annually training requirements under federal regulations for all food service personnel.
  - c. Provide access to clean, free drinking water for students during the school day.
  - d. Serve meals in clean and pleasant cafeteria settings.
  - e. Provide students access to hand washing or hand sanitizing before they eat meals and snacks.
  - f. Provide students with adequate time to eat meals.
  - g. Promote healthy foods and beverage choices to students by using Smarter Lunchroom techniques in all school cafeterias.
  - h. Provide nutrition analysis information of menu items to parents, students and the public by displaying on school website.
  - i. Incorporate local foods in meal programs through Farm to School promotions in cafeteria and classrooms.

- j. Obtain student feedback through taste-tests, surveys or other means.
- k. Schedule lunch periods to follow recess periods (in elementary schools) to the fullest extent possible.
- l. Schedule lunch midday between the hours of 10:00 am and 2:00 pm.
- m. Discourage tutoring, club or organizational meetings or activities during mealtimes unless students may eat lunch during such activities.
- n. Parents are encouraged to call ahead and eat school lunch with their child/children.
- o. Cold lunches brought from home are encouraged to meet standards for healthy meals.

### **Nutrition Standards for Competitive and Other Foods and Beverages**

Competitive foods are those foods and beverages sold or made available (served) at school that fall outside of the meals and snacks served through federally reimbursed school breakfast and lunch. Therefore, any other food or beverage consumed at school shall help rather than hinder health and learning, and be served within age-appropriate serving sizes.

West Fargo School District shall comply with Smart Snacks in Schools standards or competitive food sales on campus during the school day and up to 30 minutes after the end of the school day, as defined by federal law.

Vending machines will offer water and other no-calorie or low-calorie beverages that meet Smart Snacks in Schools guidelines.

Ala carte sales will meet or exceed Smart Snacks in Schools standards.

- 1. Snacks allowed during the day
  - a. Schools will encourage parents to send snacks for their student's morning milk break that make a positive contribution to children's diets and health.
- 2. Rewards during the school day:
  - a. Food rewards or incentives will not be used in classrooms to encourage student achievement or desirable behavior, unless this practice is allowed by students' Individualized Education Plan (IEP); do not withhold food or beverages as a punishment.
- 3. Celebrations allowed during the school day
  - a. Celebrations and parties will focus more on activities rather than on food. School celebrations will follow the Competitive Nutritional Standards and Beverage Guidelines when choosing a treat.
  - b. Birthday parties may be celebrated one day/month and will focus on activities.
- 4. Fundraising Activities
  - a. Schools will encourage fundraising activities that promote physical activity and healthy foods by informing and/or advising the decision regarding nutritional standards.

- b. School-sponsored events outside of the school day (such as, but not limited to, athletic events, dances or performances) will be encouraged to sell or serve healthy foods and beverages.

### **Exception to Competitive Food Sales**

Each school year, each school building is authorized to hold up to three on-campus fundraisers during school hours that do not comply with competitive food sales nutrition standards. Each building principal shall develop rules for requesting and receiving approval to hold fundraisers under this exception, which shall, at a minimum, prohibit such fundraisers from occurring during school meal times.

Competitive food sale requirements do not apply to off-campus food sales and do not apply to foods sold on campus outside of the school day, defined as midnight until at least 30-minutes after end of the school day.

### **Food and Beverage Marketing**

Any foods or beverages marketed or promoted to students during the school day will meet USDA Smart Snacks in Schools standards.

- a. Displays such as vending machines and coolers will display graphics of water or other food items that meet Smart Snacks in Schools guidelines.

### **Physical Education, Health Education and Physical Activity**

The primary goals for physical education, health education and physical activity are: to provide opportunities for every student to develop the knowledge and skills for overall health and physical wellbeing; to maintain positive decision making through goal setting; to ensure students' regular participation in healthy choices and physical activity; to provide a comprehensive life style management approach; and to enhance academic performance. Accordingly, the following guidelines for physical education, health education and physical activity are established:

1. Physical Education
  - a. Physical education shall be standards-based, meeting or exceeding state guidelines and aligning to state-developed standards. The West Fargo School District will meet or exceed state law, requiring instruction in physical education through graduation, and/or in compliance with specialized IEP or 504 Plans for students with disabilities, special health-care needs, and in alternative educational settings.
  - b. A certified, highly qualified teacher will provide physical education instruction.
  - c. Physical education classes will be held in facilities specific for physical education and using adequate equipment.
  - d. Student will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
  - e. Physical education curriculum is written for grades K-9. It is sequential and provides an opportunity for students to learn, practice and be assessed on content, developmentally appropriate motor skills, social skills, responsible behavior, and a lifestyle management approach to physical activity and fitness.

- f. Physical activity will not be used as punishment, nor will the withholding of physical activity (recess or physical education) be used as punishment.
  - g. Student participation in athletics, clubs, or intramurals does not preclude participation in credit-bearing physical education classes.
  - h. Elective courses in physical education are available and address a wide-variety of physical education interests to provide knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.
2. Health Education
- a. Health education shall be standards-based, meeting or exceeding state guidelines and aligning to state-developed standards. The West Fargo School District will meet or exceed state law, requiring instruction in health education through graduation, and/or in compliance with specialized IEP or 504 Plans for students with disabilities, special health-care needs, and in alternative educational settings.
  - b. A certified, highly qualified teacher will provide health education instruction.
  - c. The West Fargo School District will work to meet health education class sizes 30 students per class.
  - d. General health curriculum is written for grades K-6 and 8-9. It gives students a chance to learn, practice and be assessed on content representing a broad range of physical and health related knowledge that provides the opportunity to contribute as an informed citizen to society.
  - e. Elective courses in health education are available to provide knowledge, skills, and confidence to enjoy a lifetime of health and wellness.
3. Physical Activity
- a. Daily recess: All elementary school students will have at least 20 minutes of supervised recess breaks daily, preferably outdoors and before lunch, during which school personnel facilitate moderate to vigorous physical activity, verbally and through provision of space and equipment.
  - b. Integrating physical activity into the classroom setting: For elementary, as well as older students, to receive the recommended amount of at least 60 minutes of physical activity per day and for students to fully embrace physical activity as a personal behavior, other school opportunities outside of recess are available options (Appendix 11):
    - I. Incorporation of physical activity into other subject lessons (such as math, science, social studies, music, etc.)
    - II. Classroom teachers will provide short physical activity breaks between lessons, classes and/or standardized testing.
  - c. Physical activity opportunities before and after school
    - I. The West Fargo School District offers physical activity programs, such as athletic programs in middle and high school and intramural programs or clubs for students in intermediate grades through high school, to provide a range of activities that meet the needs, interests and abilities of all students.
    - II. The West Fargo School District will encourage after-school childcare and enrichment programs, verbally and through the

provision of adequate and safe space, equipment and activities, to provide periods of moderate to vigorous physical activity for all participants.

- III. Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students, community and staff for physical activity before, during and after the school day, on weekends and during school vacations.

### **Policy Development, Implementation and Review**

The West Fargo School District encourages participation from the public, including parents, students, teachers, health professionals, food service staff, school board members and other interested participants in the development and implementation of this policy.

The West Fargo School District will inform all stakeholders of the content, implementation and assessment of the Local Wellness Policy. As mandated by federal regulations, the Wellness Policy will be periodically reviewed and updated with input from all stakeholders.

The Superintendent or designee will monitor and ensure compliance with the policy. The review of this policy will be part of the operational plan every three years or as dictated by changes in federal requirements. The triennial assessment of the policy will determine compliance, compare to model wellness policies, and identify progress made in attaining goals. This policy is made available to the public by displaying on the school website.

### **Staff Wellness**

WFPS will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will address staff wellness in its wellness committee and insurance committee activities. The wellness committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The insurance committee will promote staff wellness by encouraging and sponsoring staff education programs on health, fitness, and prevention.

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