

**WALDEN SCHOOL BOARD
CHILD NUTRITION AND WELLNESS POLICY**

Prepared for 1st reading: 1-02-07 Policy Warned for Hearing: 5-01-07 Adopted: 5/1/07
Prepared for 2nd reading: 4-03-07

Copies to: Principal: ___ School Library: ___ Board Members: ___ CCSU: ___ Town Clerk:___ Town Library: ___

Purpose: The intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004.¹ In accord with those requirements, this Policy has been developed in consultation with parents, representatives of the school food services authority, school board members, administrators, PE teachers and nurses.

Policy Statement: It is the policy of the Walden school district to establish goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness. With the objective of promoting student health and reducing childhood obesity, the district will also establish nutrition guidelines for all foods available at school during the school day.

I. Goals for Nutrition Education.²

- A. The school district shall provide nutrition education programs as required by state law and regulations of the State Board of Education. In particular, the district shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Framework of Standards and Learning Opportunities.³

II. Goals for Physical Activity.⁴

- A. Recess is an important parts of a child's day and should only be completely restricted as a consequence for misbehavior at recess. Teachers are also encouraged to give their students short breaks during the day so that students can move and refresh their minds. Movement is important for growing children and improves their mental activity.
- B. Physical education classes are an important part of childrens' mental, physical and social growth and development as well as their overall wellness. Classes should be planned to maximize student movement and to develop life long skills and activities as well as competitive team sports and skills. The school should try to increase PE time as much as possible.

III. Goals for Other School Based Activities.⁵

- A. The district shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 10 of the Child Nutrition Act and section 9(f)(1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.⁶
- B. The district shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.

- C. The district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.

IV. Nutrition Guidelines.⁷

- A. Foods served during the hot lunch program shall meet or exceed the nutritional guidelines for federal hot lunch programs. When practical the program will serve fresh fruits and vegetables, whole grain breads, and food that is grown or produced locally. The program should avoid serving packaged food that is prepared ahead of time or food that has a high sugar or high fat content or artificial ingredients.
- B. The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organizations sponsoring the sale.⁹
- C. At special events or celebrations, treat foods such as cookies, ice cream and cake are allowed provided they are served after lunch has been eaten.

V. Policy Implementation.¹⁰

- A. The principal shall monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
- B. The principal shall report at least annually to the board on the district's compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.
- C. The school shall establish a Wellness Committee to work with food service personnel to make suggestions for increasing the nutritional value of food served. The Wellness Committee shall also establish guidelines and recommendations for food sold on school grounds and at school events in order to assure that nutritional foods are sold.
- D. The principal and hot lunch administrator should work to make all parents aware that their children may be eligible to receive a free or reduced meal and how to enroll in the program. And, all students should be encouraged to eat the school lunch through pricing and creative promotions.