

Hector School District Wellness Policy

The Hector School District and individual campuses will create, strengthen, or work within existing Nutrition and Physical Activity Advisory Committee to develop, implement, monitor, and review and as necessary, revise school nutrition and physical activity policies. This committee will also serve as a resource to school sites for implementing these policies. Participants should include board members, administrators, food service personnel, teachers, parents, students, and community members. The purpose of this committee will be as follows:

- Raise awareness of the importance of nutrition and physical activity
- Assist in development of local policy
- Begin the implementation of standards developed by the committee with the Department of Education and Department of Health approval
- Goals and objectives incorporated into annual school planning and reporting process

I. Health and Safety

Our school district will be committed to provide a healthy and safe school environment.

- Establish guidelines for a safe environment
- Maintain playground facilities in proper working order
- Review and practice crisis plan
- Provide professional development for staff
- Provide safe access across traffic areas
- Provide information on tobacco and drug abuse
- Provide resources concerning drug treatment

Our school district will communicate health and safety guidelines to the public.

- Post informational notices on campus
- Distribute parent pamphlets

Fundraising

Our school district will follow healthy guidelines when participating in fundraising events.

- Encourage fundraising events that promote physical activities
- Recommend that fundraising activities attempt to meet nutritional standards and other guidelines set by Act 1220 and the district.

Our school district will follow nutrition guidelines in individual classrooms.

- Snacks served during the school day will make a positive contribution to children's diet and health.
- Snacks that are served will be from the ADE Snack Pattern for Snack Served During the Declared School Day guidelines.
- Classes will not use food or beverages as rewards for academic performance or good behavior.
- Celebrations that involve food during the declared school day will be limited to no more than nine times per year as determined by building supervisors'.

Our school district will restrict access to food of minimal or low nutritional value.

Elementary School

- Students will not have access to vended food and beverages anytime, anywhere on school premises during the declared school day.
- School food service can make available extra milk for sell.
- School administrators or staff, students or student groups, parents or parent groups, or any other person, company or organization may not sell, give away, or use as rewards, any FMNV (Foods of Minimal Nutritional Value) foods or beverages. Exceptions to this requirement are listed below.
- School will not withhold food or beverages as a punishment.

High School

- Students will not be served, have access to vending machines or competitive foods and beverages anytime, anywhere on school premises during the declared school day until 30 minutes after the last lunch period. This does not

apply to extra milk, meal components or fresh fruits and vegetables made available by the school food service.

- School will not withhold food or beverages as a punishment
- 50% of vending machine choices will meet nutritional value content.
- Carbonated beverages will be restricted to no more than 12 ounces per vended container.
- School administrators or staff, students or student groups, parents, or parent groups, or any other person, company or organization may not sell, give away, or use as rewards, any FMNV foods or beverages. Exceptions to this requirement are listed below.

Exceptions to limiting access to foods and beverages in all school:

- **Parents Rights** – This policy does not restrict what parents may provide for their own child’s lunch or snacks. Parents may provide FMNV or candy items for their own child’s consumption, but they may not provide restricted items to other children at school.
- **School Nurse** – This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.
- **Special Needs Students** – This policy does not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need).
- **School Events** – Students may be given any food and/or beverage items during the school day for up to nine different events each school year to be determined and approved by school officials. These items may not be given during meal times in the areas where school meals are being served or consumed.
- **Snacks During the Declared School Day** – Snacks may be provided or distributed by the school as part of the planned instructional program, for example, afternoon snack for kindergarten students who eat early lunch. Snacks will meet the United States Department of Agriculture Child and Adult Care Snack Patterns.
- **Foods for Instructional Purposes** – Foods integrated as a vital part of the instructional program are allowed at any time. Examples include edible manipulatives such as a square of cheese to teach fractions, a nutrition food experience, food production in family and consumer science units, and food science units.

- Field Trips – School approved field trips are exempt from the nutrition policy. A school official must approve the dates and purposes of the field trips in advance.
- Athletic, Band and Other Competitions – The nutrition policy does not apply to students who leave campus to travel to athletic, band or other competitions. The school day is considered to have ended for these students. School activities athletic functions, etc. that occur after the normal school day are not covered by the policy.

Nutrition

It is the intent of our school district to help students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. The school district will prepare, adopt, and implement a coordinated plan to encourage health eating.

Our school district will allow mealtime and scheduling to reflect good health practices.

- A food service program that employs well-prepared staff who efficiently serve appealing choices of nutritious foods.
- The school should engage students and parents through surveys in selecting food sold through the school meal program in order to identify new, healthful, and appealing food choices.
- Students will have at least 10 minutes after sitting down for their breakfast meal.
- Students will have at least 20 minutes after sitting down for their lunch meal.
- Students will have access to hand washing or sanitizing before meals and snacks.
- Students will be discouraged from sharing food and beverages with one another during meal and snack times.

School Meals

Meals served through the National School Lunch and Breakfast Program will:

- be appealing and attractive to children
- be served in clean and pleasant settings

- meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations

Breakfast

The school will encourage that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn.

- The school will operate the School Breakfast Program.
- The school will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation.
- The school will encourage parents to provide a healthy breakfast for their children through newsletters, articles, take-home materials, or other means.

Nutrition Education

It is the intent of our school district to integrate nutrition topics within the sequential, coordinated health education program taught at every grade level, K-12. The focus will be:

- students' eating behaviors
- nutritional knowledge
- principles of healthy weight management
- use and misuse of dietary supplements
- safe food preparation, handling, and storage

III. Physical Activity Opportunities and Physical Education

It is the intent of our school district to provide the opportunity for all students to be aware of the skills necessary to perform a variety of physical activities; to maintain physical fitness; to regularly participate in physical activity and to understand the short – and long-term benefits of physical activity.

Students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive at a minimum a total of 150 minutes per week of physical activity.

Elementary School

- Students will receive at a minimum of 150 minutes per week of physical activity. The 150 minutes will include 60 minutes of scheduled physical education. The additional physical activities may include additional scheduled physical education classes, physical activity during the regular school day through activities such as daily recess periods, walking programs, intramurals, the integration of physical activity into the academic curriculum, lifestyle wellness education, and organized physical activity courses.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- Students will have at least 30 minutes daily of supervised recess during which the school should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Students will have opportunities and encouragement to participate in before and after school physical activities, such as clubs and sports.

High School

- Students will be required to take one semester of physical education to comply with current Standard of Accreditation.
- Students will have opportunities and encouragement to participate in before and after school physical activities, such as clubs and school sports.

Physical Educators

- All physical education K-12 will be taught by a certified physical education teacher.
- Physical education teachers will have a physical education certification appropriate for grade level being taught.
- For grades K-6 the district will employ at least one certified full-time equivalent teacher (FTE) for every 500 students.
- Physical education classes in grades K-12 will have a maximum student to adult ratio of 30:1.
- Teachers and other school personnel will not use physical activity or withhold physical activity as punishment.