

# **Boswell Public School**

## **Wellness Policy**

The Boswell Public School District recognizes the relationship between academic achievement and student health and wellness. This policy reflects the Boswell School District Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle. The board recognizes the District role as part of the larger community, to model and actively practice the promotion of family health, physical activity, and good nutrition.

### **District must have a 24/7 Tobacco Free Policy**

The Board of Education understands the concern of parents, educators, students, and community members regarding the adverse effects of tobacco and second hand smoke. Boswell Public Schools wants to provide a safe and healthy environment for our students, staff, and community and set the proper example for our students. Therefore, tobacco in any form will not be used by anyone, anywhere, anytime (including non-school hours and days) on school grounds, property, vehicles and during any school sponsored functions held off campus.

This policy is intended to improve the health and safety of all individuals using the schools.

"Tobacco" is defined as cigarettes, cigars, pipe tobacco, snuff, chewing tobacco and all other kinds and forms of tobacco prepared in such a manner to be suitable for chewing, smoking or both, and include cloves, e-cigarettes, vapor devices or any other product packaged for smoking or the simulation of smoking.

This regulation applies to employees of the school district, students, and visitors. This regulation also applies to all public school functions (ballgames, concerts, etc.) and any outside agency using the district's facilities, including stadiums. This regulation is in effect 24 hours per day, seven days per week.

### **Enforcement**

The success of this regulation will depend upon the thoughtfulness, consideration and cooperation of smokers and non-smokers. All individuals on school premises share in the responsibility for adhering to and enforcing this regulation. All students will receive instruction on avoiding tobacco use. Ultimately, each site administrator will take appropriate steps to enforce the regulation.

Students found in violation of the policy will have their parents contacted for a first violation. Second offense will include disciplinary action, to include, but not limited to community service and tobacco education programs.

Staff members who violate the regulation shall be subject to disciplinary action in accordance with the employee bargaining agreements.

Visitors who violate the policy shall be subject to a verbal request to the individual to stop. If the person refuses to stop, the individual will be requested to leave. If the person refuses to leave, they will be referred to local authorities.

The district will not accept donations of gifts, money, or materials from the tobacco industry. This district will not participate in any type of services that are funded by the tobacco industry.

### **Coordinated School Health**

The district will adopt the Coordinated School Health Program model that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinated school health activities. This model will help create a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.

The Coordinated School Health Program includes the following eight components: Health Education; Physical Education; Health Services; Family and Community Involvement; Counseling, Psychological, and Social Services; Nutrition Services; Healthy School Environment, and Health Promotion for Staff.

### **Nutrition**

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet United States Department of Agriculture (USDA's) requirements as well as follow principles of the Dietary Guidelines for Americans.

The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar, and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards.

- Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
- Meals served through the Child Nutrition Programs will: Be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe, and pleasant setting.
- The Child Nutrition Program will pursue partnerships with local/regional farms to facilitate a Farm-to-School program. Meals served within the federally reimbursable

meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.

- Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.
- Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education, and nutrition standards for preparing healthy meals.
- Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.
- Safe, unflavored, cool drinking water will be offered at no charge throughout the school day. Only low or non-fat varieties of milk will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.
- Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.
- Students are provided only healthy food and beverage options for food beyond the school food services (vending machines, school stores, and food/beverages for snacks and celebrations).
- Food, beverages, and candy will not be used to reward or punish academic performance or student behavior.

### **Nutrition Education**

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

- Nutrition education will be provided in all grades and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects, such as math, science, language arts, social sciences, and elective subjects.
- Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
- Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.
- Nutrition resources that include learning opportunities which enhance health will be made available for staff.

- Nutrition education is provided to families and the community through communications with parents, educational workshops, homework materials, screening services, and health-related exhibitions and fairs.
- Healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria, and communications with parents.

**Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs (Competitive Foods) from the Institute of Medicine (IOM)**

- Students will be provided only healthy food and beverage options in vending machines, school stores, and food/beverages for snacks and celebrations. These foods and beverages will meet the following standards:
  - Fruits, vegetables, whole grains, and related combination products (contain a total of  $\geq 1$  serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy
    - Snack foods offered to high-school students in after-school settings and activities are not required to meet this standard.
  - Foods low in calories:
    - Snacks are  $\leq 200$  calories per portion as packaged and à la carte entrée items do not exceed calorie limits on comparable National School Lunch Program (NSLP) items
  - Foods low in fat:
    - No more than 35% of total calories from fat
    - Exceptions to the standard are:
      - Nuts and seeds: fat content will not count against the total fat content of the product
    - Less than 10% of total calories from saturated fats
    - Zero trans fat ( $< 0.5\text{g}$  per serving)
  - Foods low in added sugar:
    - Snacks, foods, and beverages provide  $\leq 35\%$  of calories from total sugars per portion as packaged
    - Exceptions to the standard are:
      - 100 % fruits and fruit juices in all forms without added sugars
      - 100 % vegetables and vegetable juices without added sugars
        - 4-oz. portion as packaged for elementary/middle school
        - 8-oz. (2 portions) for high school
      - Unflavored nonfat and low-fat milk and yogurt

- Flavored nonfat and low-fat milk ( $\leq 22\text{g}$  of total sugars per 8-oz. serving)
      - Flavored nonfat and low-fat yogurt ( $\leq 30\text{g}$  of total sugars per 8-oz. serving)
    - Foods low in Sodium:
      - Snacks have  $\leq 200\text{mg}$  sodium per portion as packaged or have  $\leq 480\text{mg}$  per entrée portion as served for à la carte items
    - Caffeine-free foods and beverages:
      - An exception is naturally occurring trace amounts of caffeine
    - Water without flavoring, additives, or carbonation
    - Plain, potable water is available at all times for free
- \*\*High School only after-school hours

\*\*At least 50% of available beverage choices must meet the criteria above

- The remaining available beverage choices must follow the criteria below:
      - Sugar-free, made with nonnutritive sweeteners or  $<5$  calories per portion as packaged
      - Caffeine-free
      - Not vitamin- or nutrient-fortified (includes but not limited to vitamin waters, energy drinks, sports drinks)
      - With or without carbonation or flavoring
    - Examples of Foods and Beverages that Meet Criteria Include:
      - Individual fruits-apples, pears, oranges
      - Fruit cups packed in juice or water
      - Vegetables-baby carrots, broccoli
      - Dried or dehydrated fruits-raisins, apricots, cherries
      - Low-fat, low-salt, whole grain crackers or chips
      - Whole grain, low sugar cereals
      - 100% whole grain mini bagels
      - 8-oz servings of low-fat, fruit-flavored yogurt with  $\leq 30\text{g}$  of total sugars
      - Low sodium, whole grain bars containing sunflower seeds, almonds, peanuts or walnuts
      - Unflavored nonfat and low-fat milk
      - Flavored nonfat and low-fat milk ( $\leq 22\text{g}$  of total sugars per 8-oz. portion)
      - 100% fruit juice or low-sodium 100% vegetable juice
      - 8-oz servings of low-fat or nonfat chocolate or strawberry milk with  $\leq 22\text{g}$  of total sugars

## **Physical Education**

The Boswell School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. The District supports quality physical activity throughout the school day.

- Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.
- Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment.
- Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess.
- Students participating in Physical Education will be moderately to vigorously active for greater than 50% of PE class time.
- Availability of proper equipment and facilities that meet safety standards are required.
- Elementary students will participate in 20 minutes of daily recess and 150 minutes of Physical Activity per week. Physical Activity will be through daily recess, daily physical activity integrated in the school day and Physical Education time.
- Only medical waivers/exemptions from participation in physical education will be allowed.
- The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
- District schools will have a walk or bike to school initiative. Schools should engage parents in organizing adult supervised groups to facilitate safe walking and biking.
- Training for teachers on integrating physical activity into the curriculum will be provided.

## **Fundraising**

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs. Healthy food and beverage criteria are outlined within this policy under *Nutrition Guidelines and Standards for Other Foods and Beverages Outside of School Meal Programs* and will be applied to fundraising items.

- All fundraisers sponsored by the school will be supportive of healthy eating.

- Fundraising activities, including activities run by clubs, groups and organizations, will support children’s health and reinforce positive nutrition behaviors.
- Our district only permits health-promoting fundraising efforts such as healthy foods and beverage options, non-food items, physical activity-related options, or community service options.

### **School Gardens**

The District allows school gardens and dedicates resources (i.e. land, water, containers, raised beds, etc.) for school gardens and/or community gardens. The District supports the incorporation of school or community gardens into the standards based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The district will support the sustainability of school gardens through activities that could include: fundraising, solicitation of community donations, and the use of existing resources.

### **Staff Wellness**

The District highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

### **Access to Facilities for Physical Activity after School Hours**

Students, parents, and other community members will have access to, and be encouraged to use, the schools outdoor physical activity facilities outside the normal school day. *(Senate Bill 1882 ensures greater liability protection for schools who choose to open their facilities for recreational use)*

### **Community/Family Involvement**

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being. The district support parents’ efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

### **Marketing of food and/or beverages**

School-based marketing should be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages

is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

### **Monitoring and Evaluation**

An assessment of the District's Wellness Policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, a wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District will seek input from stakeholders on the development and seek recommendations based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.