



Book	Policies and Regulations
Section	2000 Student Services
Title	Wellness
Code	2750 Regulation
Status	Active
Adopted	April 1, 2006
Last Revised	December 11, 2020

## **STUDENTS**

## **Regulation 2750**

### **Student Welfare**

### **Wellness**

### **Wellness Committee**

The district shall maintain a District-wide Wellness Committee. The Committee shall meet a minimum of two (2) times annually and include a representative from the following groups:

- School Administrator
- School Board; Board of Education member
- School Food Authority; Director of Child Nutrition
- School Health Professional; Director of Health Services
- Physical Education teacher
- Parent
- Student

The General Public will be invited through the District Newsletter.

Responsibilities of the Wellness Committee may include, but not be limited to:

- Implementation of District nutrition and physical activity standards;
- Integration of nutrition and physical activity in the overall curriculum.

The Wellness Committee will be responsible for preparing an annual report with updates to the general public through the district newsletter.

The Superintendent and/or designee(s) will convene the Wellness Committee and facilitate the development of and updates to the wellness regulation and will ensure each school's compliance with the regulation.

### **Annual Notification**

The District will actively inform families and the public each year of basic information about this regulation, including its content, any updates to the regulation and implementation status. The District will make this information available via the district website and/or district-wide communications. This will include a summary of the District's events or activities related to wellness regulation

implementation. Annually, the District will also publicize information on how the public can get involved with the school wellness committee.

### **Triennial Assessment**

At least once every three years, the District will evaluate compliance with the wellness regulation to assess the implementation of the regulation and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness regulation;
- A description of the progress made in attaining the goals of the District's wellness regulation;
- A description of how well the local school wellness regulation compares to model wellness regulations; and
- The position/person responsible for managing the triennial assessment and contact information with this wellness regulation.

The Committee, in collaboration with the individual schools, will monitor the school's compliance with this wellness regulation. The District will notify households/families of the availability of the triennial progress report.

### **District Nutrition Standards During the Instructional School Day**

The District strongly encourages the sale or distribution of nutrient-dense foods. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following nutrition standards governing the sale of food, beverages, candy and snacks on school grounds during the instructional school day.

#### **Food Service Provider**

- The Federal Healthy Hunger-Free Kids Act (HHFKA) will be followed for all school meals (breakfast and lunch) and ala carte items.
- Food will be offered in portion sizes that are age-appropriate for elementary, middle and high school students and that meet the USDA Requirements for Federal School Meals Programs.
- Snack items sold by the food service provider must meet the guidelines for HHFKA.
- A pin system shall be used by all students to protect the identity of students who receive free or reduced-price meals.
- Parents are able to access and view a list of food items their student has purchased through the Parent Portal.

### **Competitive Foods and Beverages**

The District is committed to providing foods and beverages to students on the school campus during the school day to support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools, can be found on the United States Department of Agriculture website.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

### **Food and Beverage Marketing in Schools**

The District is committed to providing a school environment that provides opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. The District strives to teach students how to make informed choices about nutrition, health, and physical activity.

### **Fundraising Activities**

Each Wentzville School District School will be limited to five (5) food-related Fundraising Days per instructional school year. Items sold on these days are not required to meet the "SMART SNACKS" guidelines.

### **Food Items Sold Before or After the Instructional School Day**

- Per HHFKA the instructional school-day starts at midnight and extends until 30 minutes after the last bell.
- Items sold 30 minutes after the last bell do not need to meet "SMART SNACKS" guidelines. This includes concessions and other food sales.

## **Celebrations and Food Sharing**

- The District encourages non-food items to be used for birthday and/or classroom celebrations.
- If food and/or beverage items are utilized, parents are encouraged to purchase all food from the WSD Child Nutrition Department.
- If food and/or beverage items are utilized for celebrations and not purchased from the WSD Child Nutrition Department, items must be store-bought and brought to school in their original packaging. For food safety reasons and due to possible allergic reactions, homemade food items are not allowed for distribution.
- School staff will promote a "no sharing/no trading" environment in all areas of a school setting to prevent students from trading food and/or beverages.
- Foods and/or beverages brought in by the individual for personal consumption during the instructional school-day are not required to meet HHFKA standards. Parents and teachers are strongly encouraged to meet the "SMART SNACKS" guidelines.

## **Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

## **Nutrition Education**

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction;
- Includes enjoyable, developmentally appropriate culturally relevant and participatory activities.

## **Physical Education and Physical Activity**

The District shall offer physical activity and physical education opportunities that include the components of a quality physical education program. Physical Education shall equip students with the knowledge, skills, opportunities and values necessary to lead a lifelong physically active lifestyle. The District's physical education curriculum shall be aligned with the Missouri standards. The District shall provide a comprehensive learning experience for developing and implementing lifelong behaviors regarding physical activity, health and nutrition behaviors.

## **Recess**

All elementary schools will offer recess every day during the school year. Outdoor recess will be offered when the weather is feasible for outdoor play.

## **Before and After School Activities**

The District will offer opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. The District will encourage students to be physically active before and after school by providing scholastic sports, intramurals, and/or physical activity clubs.

## **Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting. District schools are encouraged to coordinate content across curricular areas that promote student health. All school sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity through the school year.