

**BOARD POLICY OF THE  
WASHINGTON COUNTY BOARD OF DEVELOPMENTAL DISABILITIES**

**WELLNESS**

**Purpose**

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all students in the school. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

**Policy:**

**I. Nutrition Education and Promotion**

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curriculum. Nutrition education lessons and activities are age appropriate and meet the cognitive abilities of every student.
- Nutrition curriculum is behavior focused and interactive skills based.
- Nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens;
- The nutrition education program will be linked to school meal programs and cafeteria nutrition promotion,
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- Staff will only use approved nutrition curriculum in the classroom. They will provide nutritional education by teaching, encouraging, and supporting healthy eating by students.
- Nutrition education will be provided to families via handouts, newsletters, postings on the website, presentations, and workshops. The school menu will be sent home monthly.
- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos);
- Teachers and school staff will be encouraged to participate in the school breakfast and lunch program to serve as role models during meal times. The School will encourage nontraditional breakfast service to increase participation such and breakfast in the classroom
- Families will be requested to pack lunches and snacks that meet district nutrition standards and will be provided with written guidance on how to accomplish this.

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Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

**II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds**

**A. USDA School Meals**

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast, school lunch and summer food programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- The school meal programs will be administered by a team that will include food Service Administrator and kitchen staff. All cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, food safety, personal hygiene annually.
- All menus will be provided monthly and available on the school website.
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision.
- Rules for safe behavior will be consistently enforced;
- Lunch will be scheduled between 11a.m. and 1p.m.; a recess period will follow.
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- Information on the nutritional content and ingredients of meals will be found on menus, in school newsletters and on the district web-site. Parents and students will be informed that information is available and information shall be kept up-to-date;
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals. Schools will use nontraditional breakfast service to increase participation, such as breakfast served in the classroom

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B. Competitive Foods and Beverages

All foods and beverages *sold* on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. *All* competitive foods must comply with the district's nutrition standards, as well as all applicable state and applicable USDA standards.

**III. District Nutrition Standards:**

The Institute of Medicine's nutrition standards for competitive foods/beverages in schools has been adopted by the district. A summary of the standards is below.

A. Foods

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below:

- Packaged items shall not exceed one serving per package/200 calories;
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;
- Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30grams of total sugars per 8 oz. serving;
- Items shall contain less than or equal to 200mg of sodium per packaged portion;
- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion).

*Whole fruits, vegetables, nuts and seeds are preferable to processed food items.*

B. Beverages

The only beverages allowed to be sold outside of school meals include:

- Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of total sugars per 8 oz);
- 100% fruit/vegetable juice in 4 oz portions for elementary and middle school, and 8 oz portions for high school;
- Plain water

C. Additional Foods Available to Students Fundraising

- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the guidelines of the **USDA Smart Snacks Rule** and cannot be sold for immediate consumption or accessible to the students during the school hours. When out-of-school fundraising events involve food, items sold must meet the nutrition standards for a la carte items sold in the cafeteria OR the district's nutrition standards for competitive foods.

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- Fundraising activities that promote physical activity are encouraged.
- Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.)

**D. Celebrations**

- Celebrations that involve food will be limited to one per month. Only foods that meet district's nutrition standards will be allowed at school celebrations;
- Fresh fruits and vegetables will be encouraged.
- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;
- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

**E. Access to Drinking Water**

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, and water cups will be available near water fountains. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.
- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
- School staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

**F. Healthy Snacks**

- Foods of Minimal Nutritional Value will not be available at any time during the school day
- Foods will not be fried
- Foods will not contain added sugar as the first ingredient.
- Foods will provide minimal to no trans fat
- A minimum of 75% of snack items will contain < 35% of calories from total fat, < 35% sugar by weight < 10% calories from saturated fat.
- Fresh fruit will be available on a regular basis
- Items will provide 200 calories per serving.

**IV. Other**

**A. Food used as reward or punishment**

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

**B. Field Trips**

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Field trips held over the lunch periods are not counted as participating in the NSLP for that day, so are exempted from foods of Minimal Nutritional Value (FMNV) during class trips. The Wellness committee sees many of these field trips as an opportunity to reinforce the nutritional messages that are being taught in school with the choices that are being made.

**C. Physical Activity**

All students will have opportunities for physical on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. The school will provide opportunities for developmentally appropriate physical activity during the school day. The use of the swimming pool, gym and outdoor walking path will be available to all students and staff. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) "energy release" physical activity breaks will be provided between classes in elementary school, for example, programs such as Take 10! And ABC for Fitness will be used to incorporate short activity breaks into the day.

Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

**D. Recess**

All school students will have at least 20 minutes a day of supervised recess before or after lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district (this may vary regionally). In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines, developed by the school's Wellness Committee, to ensure adequate physical activity for students.

**V. Evaluation and Enforcement**

This wellness policy was developed by the District Wellness Committee, a group comprising individuals from the following groups: parents, teachers, students, school administration, food service director and staff, nutritionist, Board of Education, Health Services, and Health and Physical Education staff. The committee is active—meetings are held four times during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report is/will be prepared after each meeting for the superintendent evaluating the implementation of the policy and regulations and include recommended changes or revisions.

The Committee shall also undertake additional tasks as consistent with the wellness policy to promote the wellness guidelines issued by the USDA for the Employees of WCBDD. All meeting dates and times will be posted on the school district's website and meetings will be open to the public.

The principal of each school will ensure compliance within the school and will report on compliance to the superintendent, who will provide a report to the school board and the wellness committee. The superintendent will identify a coordinator who will ensure that each school implements the policy and will collect, summarize and report on evaluation data to the committee. The following

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information will be included in an annual report: (1) school wellness policies; (2) the progress made in attaining the goals of the policy; (3) any recommend changes to the policy; (4) a detailed action plan for the following school year to achieve annual goals and objectives; and (5) any additional information required by the USDA. The annual report shall be posted on the school district website and mailed to all district families before the start of the following school year.

Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

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