

FRONTIER REGIONAL/UNION#38 SCHOOL DISTRICTS

WELLNESS POLICY

The Frontier Regional/Union #38 School Districts are committed to providing students with learning environments that support and promote wellness including good nutrition, and an active lifestyle. There is a well documented positive relationship between wellness and the capacity of students to develop and learn. The entire school environment shall be designed to promote health and wellness and to positively influence students' beliefs and habits. School staff shall be encouraged to model healthy eating and physical activity as a valuable part of daily life.

This policy is designed to meet the requirements of the Child Nutrition and WIC Reauthorization Act of 2004 (Section 204 of Public Law 108 - 265). This policy-

1. Includes nutrition guidelines for all foods available during the school day in order to promote student health; (See appendix I)
2. Includes goals for nutrition education, physical activity and other school-based activities; (See appendices II, III, and IV)
3. Establishes a plan for measuring implementation and designates the school principal or his/her designee as the primary individual responsible for overseeing its implementation.

Plans for measuring implementation

It is expected that on an annual basis each school faculty, under the guidance of their school principal, will evaluate their progress in implementing this policy. The plan is to move toward long term goals.

Approved:

CONWAY GRAMMAR: 6/15/06

DEERFIELD ELEMENTARY: 6/13/06

FRONTIER REGIONAL: 6/13/06

SUNDERLAND ELEMENTARY: 6/20/06

WHATELY ELEMENTARY: 9/11/06

IMPLEMENTATION INDEX
APPENDIX I

Nutrition Guidelines

Goal

To encourage and empower students to make healthy nutritional choices.

Current Practice	Short Term Goals	<u>Long Term Goals</u>
<p>All school meals comply with federal laws and USDA regulations and policies.</p> <p>Schools make a proactive effort to encourage students to make nutritious food choices.</p> <p>Students are provided adequate time and space to eat meals in a pleasant and safe environment according to federal guidelines.</p> <p>All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that provide strategies for providing tasty, appealing and healthy school meals, nutrition education strategies including coordination of classroom and cafeteria activities; and effective promotional techniques to encourage healthy eating habits.</p> <p>Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals.</p> <p>Vending machines are timed out during the school day or are stocked with healthful offerings.</p>	<p>The overall school environment encourages students to make healthy choices.</p> <p>Students, parents, school staff and community members are encouraged to offer healthy food and beverage options at celebrations and meetings.</p> <p>School-based organizations shall be encouraged to raise funds through the sale of items other than food.</p>	<p>The school promotes healthy food preparation methods, and health-enhancing nutrition practices.</p> <p>The school staff is encouraged to model healthy nutritional choices.</p> <p>Schools shall feature and encourage students to eat more fruits, vegetables, whole grains, and low-fat dairy products.</p> <p>Advertising of unhealthy foods or beverages on school grounds is prohibited.</p> <p>Candy, junk foods, and sweetened beverages are not sold as fundraisers.</p> <p>Classroom parties provide healthful offerings.</p>

APPENDIX II

Nutrition Education

Goal

To provide students with the basic knowledge and skills necessary to adopt healthy eating habits.

Current Practice	Short Term Goals	<u>Long Term Goals</u>
<p>Students will acquire knowledge to help them make healthy nutritional choices.</p>	<p>Nutrition education is based on the most recent USDA <i>Dietary Guidelines for Americans</i>. Active learning experiences are provided for students.</p> <p>Attractive, current nutrition education materials are prominently displayed in the dining area/cafeteria or other prominent area in the school and are changed periodically throughout the year.</p> <p>Classroom reward or incentive programs involving food items meet the USDA <i>Dietary Guidelines for Americans</i>, and contribute to the development of lifelong healthy eating habits.</p> <p>School administrators inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students.</p>	<p>Consistent nutrition messages are conveyed throughout the school.</p> <p>All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime.</p> <p>Nutrition education is incorporated into subject areas including math, science and social sciences.</p> <p>Nutritional information for school lunches will be posted in each cafeteria.</p> <p>Parents shall be provided information to help them incorporate healthy eating and physical activity into their student's lives. This information may be provided in the form of handouts, posting on the school/district website, information provided in school/district newsletters, presentations that focus on nutrition and healthy lifestyles and any other appropriate means available for reaching parents.</p>

APPENDIX III

Physical Activity

Goal

To encourage physical activity on a daily basis in order to promote health and well being.

Current Practice	Short Term Goals	<u>Long Term Goals</u>
<p>Physical activity should be included in a school's daily education program. Physical activity should include regular instructional physical education as well as co-curricular activities, and for elementary students, outdoor recess.</p> <p>School facilities are made available to student groups after school hours to promote physical activity.</p>	<p>Schools provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.</p> <p>All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.</p> <p>Because students should engage in a minimum of 60 minutes of physical activity a day, the physical education program shall actively engage families as partners in providing physical activity beyond the school day.</p> <p>Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a consequence for inappropriate behavior.</p> <p>Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Physical activity opportunities are offered in the classroom.</p>	<p>Schools are encouraged to limit extended periods of physical inactivity. When activities such as mandatory testing make it necessary for students to be inactive for long periods of time, students are offered periodic breaks during which they are encouraged to stand and be moderately active.</p>

APPENDIX IV
Healthy and Safe Environment

Goal

To provide a healthy and safe school environment for all.

Current Practice	Short Term Goals	<u>Long Term Goals</u>
<p>Each school district site shall be in compliance with drug, alcohol and tobacco free policies.</p> <p>Food safe practices will be implemented in order to create an environment that is safe for all students including those with food sensitivities and/or allergies.</p>	<p>School building and grounds, structures and equipment shall meet all current health and safety standards, including environmental air quality, hygienic practices, and in general be kept inviting, clean, safe and in good repair.</p>	

References

The following resources and documents were used in the development of the Frontier Regional/Union #38 School Districts Wellness Policy.

Model Local School Wellness Policies on Physical Activity and Nutrition, National Alliance for Nutrition and Activity, 2005.

www.schoolwellnesspolicies.org/WellnessPolicies.html

Oregon Local School Wellness Policy Sample Statements. October, 2005

School District Model Wellness Policy Language, Illinois Nutrition Education & Training Program, 2005.

Action for healthy kids, Arizona state team Arizona healthy school environment model policy, January, 2004

Sample policies to encourage healthy eating, National association of state boards of education. [http://www.nasbe.org/Healthy Schools/healthy_eating.html](http://www.nasbe.org/Healthy_Schools/healthy_eating.html)