

3350 –Wellness: **Nutritional and Physical**

Recommendations:

*Policy 3320 Snacks, Treats and Competitive Foods (last updated in 2011) - **Delete** on the basis that portions not covered in this updated policy either belong in Policy 3600 Distribution & Posting of Promotional Materials (which mainly addresses fundraising); or Policy 3331 Child Nutritional Programs (which mainly addresses unpaid meals)

*Policy 3310 Food & Drink in the Schools (last updated in 1986) - **Delete** because the portions that don't contradict this policy can be easily added to this policy (see 3.4.3).

General Administration Washington County School District - Adopted 3-21-06; revised 11-8-11; **revised 5-1-20**

1. Purpose:

The Washington County School District is committed to providing a school environments **which that** promotes ~~and protects children's~~ **student** health, well-being, and ability to learn ~~by supporting through~~ **fostering the lifelong habits** of healthy eating and physical activity. **Schools shall offer nutritional and physical activity programs that are in compliance with the standards set forth by Federal Regulation, Utah Administrative Code, and State Board Rule.**

2. Policy:

To the maximum extent practicable, all schools in ~~our~~ **Washington County School** District will participate in available federal school meal programs (formerly 2.5) **and sub programs, which are appropriated under United States Department of Agriculture (USDA) and administered by Food and Nutrition Services (FNS). The National School Lunch Program (NSLP) and School Breakfast Program (SBP) must comply with the standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served.**

~~2.4.~~ **2.1.** Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, and will provide clean, safe, and pleasant settings, ~~and as well as an~~ **adequate time for students to eat.**

~~2.2.~~ **2.1.1.** All students in grades K-12 will have **educational** opportunities **which** support, and encouragement ~~to be~~ **nutritional education and** physically activity on a regular basis.

2.1.2. ~~It is the policy of The Washington County School District that~~ **will provide transparency for the public and maintain integrity by having specific goals for nutrition education, physical activity, and other school-based activities that promote student wellness.**

~~2.1.~~ **2.1.3.** ~~The School District~~ **designees will engage** provide on-going opportunities for stakeholder involvement, **which may include:** students, parents, **Community Councils,** teachers (including **PE/Health**), food service professionals, health professionals, **administrators,** and other interested

community members, in developing, implementing, monitoring, and reviewing **this** District-wide nutrition and physical activity **Policy**ies.

~~2.3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.~~

2.1.4. Foods and beverages sold on the school campus during the school day must be consistent with the nutrition standards as per USDA Smart Snacks in School and Standards for Selling Foods Outside of the Reimbursable Meal in Schools (R277-719).

2.1.5. Foods and beverages marketed in schools shall only consist of those foods and beverages that are allowed to be sold on the school campus and that are consistent with this policy.

2.1.6. Annual training for food and nutrition services staff will be provided annually in accordance with USDA Professional Standards and [Federal Rules and Regulations](#)

2.1.7. The District will follow applicable State rules and requirements outlining professional development and licensing requirements for physical education instruction.

2.1.8. All staff shall be encouraged to model healthy eating and physical activity behaviors.

~~2.5. To the maximum extent practicable, all schools in our District will participate in available federal school meal programs.-(moved)~~

~~2.6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.-(moved)~~

2.2. Definitions:

2.2.1. "Competitive Foods" means all food and beverages, other than meals reimbursed under programs authorized by federal child nutrition laws, available for sale to students on the school campus during the school day.

2.2.2. "School campus" means all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

2.2.3. "School day" means the period from the midnight before to 30 minutes after the end of a school's calendared class time.

3. Procedure:

~~3.1 School Community Councils will serve as the School Health Councils. The School District and/or individual schools within the district will create, strengthen, or work within existing community councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.-(2.1.3 & 3.11)~~

~~3.2 Nutritional of Foods and Beverages Sold and Served on Campus School Meals. Meals served through the National School Lunch and Breakfast Programs will: (3.7)~~

~~3.4-3.1. Federal Meal Programs: Include the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).~~

~~3.1.1. Breakfast: Schools should encourage all children to have breakfast, either at home or at school.~~

~~3.4-3. 3.1.2. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.~~

~~3.4-2. 3.1.3. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.~~

~~3.1.4. Breakfast in the classroom may be counted as instructional time (R277-419).~~

~~3.1.5. For grades K-12, dietary specifications for calories, sodium, and saturated fat are in place to limit the risk of chronic diseases. The National School Lunch Program (NSLP) and School Breakfast Program (SBP) regulations establish five age/grade groups: two preschool age/grade groups (ages 1-2 years and 3-5 years) and three age/grade groups for K-12 students (grades K-5, 6-8, and 9- 12).~~

~~3.1.5.1. The SBP requires three food components, each with daily and weekly minimums, including:~~

- ~~1. Fruits (Vegetables may be offered in place of fruit)~~
- ~~2. Grains 3 (Meats/Meat Alternates may be offered in place of Grains)~~
- ~~3. Fluid Milk~~

~~For a chart detailing SBP meal pattern requirements refer to: [School Breakfast Meal Pattern Requirements](#)~~

~~3.1.5.2. The NSLP requires five food components, each with daily and weekly minimums, including:~~

- ~~1. Fruits~~
- ~~2. Vegetables (including a grades K-12 weekly requirement for vegetable variety with minimum requirements for each of the 5 vegetable subgroups, including: dark green, red/orange, beans/peas (legumes), starchy, and “other” vegetables)~~
- ~~3. Grains 2~~
- ~~4. Meats/Meat Alternates~~
- ~~5. Fluid Milk~~

~~For a chart detailing NSLP meal pattern requirements refer to: [Meal Pattern Chart](#)~~

~~**3.2. Special Diets:** Schools are required to make reasonable modifications and accommodations to meals and snacks for students with disabilities who have dietary restrictions. Modifications must meet meal pattern requirements for meals to be reimbursable.~~

- ~~3.2.1. be appealing and attractive to children;~~
- ~~3.2.2. be served in clean and pleasant settings;~~
- ~~3.2.3. meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;~~
- ~~3.2.4. offer a variety of fruits and vegetables;~~
- ~~3.2.5. serve only low-fat dairy products. (cut previously mentioned)~~

3.3. **Food Choices:** Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. **Whenever possible, schools are encouraged to source fresh fruits and vegetables from local farmers.**

~~In addition,~~ **3.3.1.** Schools ~~should~~ **shall** share information about the nutritional content of meals with parents and students.

~~3.3.1. Foods and beverages available during the school day should minimize use of trans and saturated fats, sodium and sugar as defined by the Dietary Guidelines for Americans.~~

~~3.3.2. Food and beverage providers should offer modest portion sizes age appropriate for elementary, middle, and high school students, respectively. An age appropriate diet is one that provides adequate nutrition and is appropriate for a child's state of development.~~

~~3.3.3. If foods are available, they should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low fat or nonfat dairy foods. (moved & updated to 3.7)~~

~~3.6.~~ **3.4. Environment:** Any eating area must be clean and pleasant and allow a reasonable amount of time for students to eat. Meal time is recognized as an integral part of the school day that allows students to enjoy eating, and to explore and try healthy options, as well as socialize.

~~3.6.~~ **3.4.1. Meal Times and Scheduling Schools:** ~~3.6.2. should schedule meal periods at appropriate times, e.g.,~~ Lunch should be scheduled between 10:30 a.m. and 1:00 p.m.

~~3.6.1. provide~~ **3.4.1.1.** Elementary students **shall be offered** ~~with~~ at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Secondary schools will provide adequate mealtime.

~~3.3.4. School Health Councils should be engaged in choosing the competitive food selections for their local schools. (covered in 3.3 replaced "Health Councils" with "Community Councils")~~

~~3.3.5.~~ **3.4.2.** Drinking water and hand-washing facilities should be conveniently available for students at all times.

3.4.3. In order to maintain the cleanliness and the desired appearance of all District facilities, it is necessary to limit other types of drinks and food to only designated areas, such as the cafeteria. Food

and beverages may not be taken into the auditoriums. (Summary of entire 3310 Policy Food and Drink in the Schools.)

3.4.4. Exceptions as per 3.9., as well as those in accordance with a student's Individual Education Plan (IEP), 504 Plan and/or Health Care Plan are allowed.

~~3.4. Breakfast. Schools should encourage all children to have breakfast, either at home or at school. In order to meet their nutritional needs and enhance their ability to learn:~~

~~3.4.1. Schools will, to the extent possible, operate the School Breakfast Program.~~

~~3.4.2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.~~

~~3.4.3. Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program. (included in 3.1 all of the above)~~

3.5. **Free and Reduced-priced Meals:** Schools will make every effort to **protect student privacy**, eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

3.5.1. Unpaid Balances: Students with unpaid balances will be given a nutritious meal. Refer to District Policy 3331 Child Nutrition Programs for information regarding the expectations for payment and collection of meal charges.

~~3.5.1.~~ **3.5.2. Summer Meal Programs** will be advertised in the community and available from year-to-year based on the needs of the community and individual school participation. [Summer meals](#) must be consumed on ~~site school campus~~.

3.6. Nutritional Education: The Utah Core Standards for Health Education grades K-12 serves as a comprehensive sequential curriculum for teaching students the skills necessary to make educated nutritional decisions. These standards may also be integrated into other subject areas. [Utah State Board of Education Utah Core State Standards for Health Education Utah Health Terms and Law and Policy for Health](#)

3.6.1. Participatory interactive programs through the USDA and Health and Human Services (HHS), including Choose [MyPlate](#), [Team Nutrition](#), and [The Dietary Guidelines for Americans](#) are encouraged.

3.7. Smart Snacks/Foods and Beverages Sold on Campus Outside the Reimbursable School Meal Programs: Healthier choices are easier when Smart Snacks are available. Federal USDA Smart Snacks nutritional standards apply to the sale of **all** competitive foods sold on campus during the school day. This includes food items available via: school meals, à la carte, vending machines, school stores, and any other venues where food is sold to students during the school day.

3.7.1. Profits from competitive foods shall accrue either to a non-profit school account or to the non-profit school food service account. (RR277-719)

3.7.2. Guidelines as per the Healthy, Hunger-Free Kids Act of 2010: To qualify as a [Smart Snack](#), a snack or entrée must first meet the general nutrition standards.

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats.
- Caffeine is prohibited at the elementary to middle school levels

3.7.2.1. The [Smart Snacks calculator](#) may be used to verify that competitive foods sold meet nutritional standards.

3.7.2.2. For current revisions to the [Smart Snack rule](#).

3.7.3. Vending Machines: The Food and Drug Administration (FDA) requires labeling of all foods, including those in a vending machine. It is the responsibility of the vending machine owner to ensure that snacks sold in the vending machines consist of:

Calories:	200 calories or less
Sodium:	200 mg or less
Total Fat:	35% of calories or less
Saturated Fat:	Less than 10% of calories
Trans Fat:	0 g
Sugar:	35% by weight or less

3.7.4. Fundraising: For the purposes of this policy this section addresses only foods and beverages that meet the USDA Smart Snacks in Schools standards which may be sold through fundraisers *on the school campus during the school day*.

3.7.4.1. For infrequent school-sponsored fundraisers, a school is allowed a maximum of three per year that are exempt from meeting the Smart Snacks criteria. Fundraising activities that take place outside of school are exempt from Smart Snacks standards. The District will comply with all provisions of District Policy 3600 as they apply to fundraisers.

3.8. Food and Beverage Marketing: The District will promote healthy food and beverage choices to improve student health and reduce obesity, as well as will promote the participation in the school meal program by allowing the marketing of only those foods and beverages that meet the criteria to be sold on the school campus during the school day.

3.8.1. Consistent nutritional promotional materials shall be across various settings in the school. The District will comply with all provisions of District Policy 3600 as they apply to marketing and promotional materials.

3.9. Celebrations and Rewards: Foods and beverages are allowed during classroom celebrations, parties, and special events or as rewards for academic achievement or positive classroom behavior. These items *are not sold* to students, but rather are offered by teachers or parents.

3.9.1. Schools and parents are encouraged to work together to be role models and ensure that such snacks/treats support good health and comply with food safety standards. The District only allows items which are store purchased. Caution must be given to any item containing peanuts or peanut byproducts.

3.9.2. The District encourages that nonfood rewards be considered, including extra time for recess (or other physical activity), stickers, or a note of recognition from a teacher or principal.

3.9.3. Withholding food and beverages as a punishment is not allowed. (Comprehensive Framework for Addressing the School Nutrition Environment and Services; CDC Feb. 2019)

~~3.8.~~ **3.10. Physical Activity Opportunities and Physical Education:** Physical education is based on the Utah Core Standards for PE grades K-12. This evidence-based curriculum is required and includes instruction that is sequential and goal oriented. ~~The physical education program shall be designed to address stress, physical fitness, and encourage lifelong healthy habits, and active lifestyles.~~ [Utah Core Standards for Physical Education k-12](#)

3.10.1. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students and ensuring that there is an equal opportunity for all students to participate in physical education classes.

3.10.1.1. The District discourages substitutions or exemptions from PE, except those that are related to a disability or medical needs.

3.10.2. Physical activities will be encouraged in other content areas, extra-curricular activities, in the home and the community.

3.10.3. Physical activity shall not be used as a punishment (i.e.: running laps, push-ups, withholding recess, etc.).

~~3.8.1~~ 3.10.4. **Daily Recess:** All elementary school students will have at least 20 minutes a per day, not to include scheduled lunch time, but which can be structured to be a part of the physical education instructional time. ~~of supervised recess,~~

3.10.4.1. Recess should preferably be outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should give students periodic breaks during which they are encouraged to stand and to be moderately active.

~~3.8.2.~~ **3.10.5. Active Transportation:** All elementary, intermediate and middle schools (grades K-8) shall create and distribute a Safe Routes to School (SRTS) plan. This Utah Department of Transportation (UDOT) program promotes physical activity, such as walking and biking safely to school. Students, parents, school administrators, and communities shall be involved in the development of the safest routes to school.

~~3.10.5.1. The School A~~ District School Traffic Safety committee comprised of the required stakeholders will receive suggestions from school Community Councils, parents, teachers and other interested parties; and will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk to school, including working with the Utah Safety Council and Division of Family Services in providing school crosswalk safety training. ~~When appropriate, the District will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.~~ (Utah Code 53G-4-402)

~~3.9.~~ **3.11. Monitoring and Policy Review.** The Superintendent's or designee(s) will ensure compliance with established District wide nutrition and physical activity the Wellness Policy Policies. ~~In~~ At each school, the principal or designee should shall ensure compliance with those policies with the policy in his/her school and will report on the school's compliance to the School District Superintendent and/or designee.

3.11.1. The policy will be available via the District website. Updates to the policy will be based upon triennial assessments using The Wellness School Assessment Tool (WellSAT).

3.11.1.1. During the triennial assessment, a review will be conducted of each elementary school within the district that does not participate in the School Breakfast Program as to the school's reason for nonparticipation (UCA 53G-9-205). After two nonparticipation reviews, a local school board may, by majority vote, waive any further reviews of the non-participatory school.

~~3.7. Staff Wellness. Washington County School District highly values the health and well being of every staff member and encourage activities that support personal efforts by staff to maintain a healthy lifestyle.~~

~~3.7.1. The District and each work site are encouraged to establish volunteer committees to assist in identifying and supporting the health, safety and well being of site staff.~~

~~3.7.3. To the extent possible, employees shall be encouraged to engage in daily physical activity.~~

~~3.7.2. Each school and District site shall be in compliance with drug, alcohol and tobacco free policies.~~ (Policy 1401)

References:

-Board Rule R277-719 Standards for Selling Foods Outside of the Reimbursable Meal in Schools

-Child Nutrition Act of 1966

-Code of Federal Regulations: 7 CFR 210/220

-Federal Regulation 210.31 Local School Wellness Policy

- Richard B. Russell National School Lunch Act
- U.S. Department of Agriculture (USDA) and Food & Nutrition Service (FNS) Healthy, Hunger-Free Kids Act of 2010 (HHFKA)
- USDA FNS National School Lunch Program (NSLP)
- USDA FNS School Lunch Program (SLP)
- USDA FNS Smart Snacks in Schools
- Utah Administrative Code 53G-4-402
- Utah Administrative Code 53G-9-205
- Wellness School Assessment Tool (WellSAT: 3.0)