

Poplar School District

INSTRUCTION

2510

Health and Wellness

Good health and wellness are positively correlated to success in school and contribute to the overall well-being of each student. The Board recognizes that improving health and wellness is a vital community interest. The Poplar School District aspires to be a model school district that demonstrates a culture of comprehensive health and wellness. Therefore, the District will collaborate with the community in developing and implementing community and school standards for health and wellness in each of the following areas:

- Nutrition (to include guidelines for reimbursable school meals and other food available at school, school dining areas and nutrition education);
- Physical activities and access to fitness opportunities and facilities;
- Mental health;
- Indoor environmental health;
- Access to health care;
- Advertising that supports healthy decisions;
- Employee health and wellness;
- Professional development for teachers about health and wellness;
- Education for students about health and wellness; and
- Student health issues that arise in the school setting.

The Board directs the Superintendent/designee to establish a Health and Wellness Leadership Council.

This council shall include community and District leaders and experts on health and wellness, parents and students. After initial subcommittee work to develop standards for the components above, the Health and Wellness Leadership Council will review those standards and assess the District's current status in each area and develop recommendations for implementation. This council will meet at least annually to review progress toward standards in various components of the health and wellness initiative and will be responsible for reporting progress to the Superintendent and the Board.

Legal Reference: The Child Nutrition and WIC Reauthorization Act of 2010

Policy History:

Adopted on:

Revised on: 11 July 2016

**Poplar School District
Administrative Regulation**

INSTRUCTION

AR 2510

Wellness

Nutrition Guidelines for All Foods Available on Campus

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk – white or flavored
- ensure that half of the served grains are whole grain.

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are receiving free and reduced-priced school meals.

Meal-Times and Scheduling

Schools will:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- provide students access to hand washing or hand sanitizing before they eat meals or snacks
- provide dining areas that have enough seating space for all students assigned to a lunch period.

Rewards

Schools are encouraged not to use foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

Ala Carte and All Vending Machines

Beverages

- will exclude items that qualify as a meal component under the guidelines of the National School Breakfast and Lunch Program
- will only include 100% fruit juice, water, flavored zero calorie water, low-fat white and flavored milk (skim and 1%)
- all beverages will not exceed 16oz in size except for water

Snacks

- will be less than 35% calories from fat
- will be less than 10% saturated fat
- will contain no trans fat
- will be no more than 35% total weight from sugar
- will be 300 calories or less per item

Physical Activity

Schools will provide opportunities for physical education and structured activities that are taught by a certified physical education teacher. Programs for students with disabilities, special health-care needs and in alternative educational settings shall accommodate their individual needs.

School administrators shall minimize the use of physical education facilities for noninstructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes.

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end, schools will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities; and,
- discourage sedentary activities, such as watching television.

Physical Activity and Punishment

Teachers and all other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Other School Based Activities that Promote Student Wellness

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will:

- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the school's nutrition standards;
- provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and share information about school based and community physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework; and
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day.

Monitoring and Procedural Review

The superintendent or designee will ensure compliance with established nutrition and physical activity wellness procedures.

Cross Reference: BP 8200
 AR 8200