

DISTRICT WELLNESS POLICY

BOARD OF EDUCATION

DUNMORE SCHOOL DISTRICT

Dunmore School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe and health promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high quality physical education, and extracurricular activities – do better academically. This policy outlines the District's approach to ensuring environments and opportunities for all students to practice health eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that.

- Students in the District have access to healthy foods throughout the school day, both through reimbursable school meals and encouraging that other foods available throughout the school campus remain in accordance with Federal and state nutrition standards.
- Students receive nutrition education that helps them develop lifelong health eating behaviors;

- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all student, staff and schools in the District.

School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee that meets at least once per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The committee membership will represent all school levels (elementary and secondary schools) and include representatives of the school nutrition program, school health services staff, school administrators, superintendent, principal, school board members for approval; and the general public, if possible.

Leadership

The Food Service Director will convene the District Wellness Committee and facilitate development of any updates to the wellness policy, and will ensure each school compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will manage and coordinate the execution of the wellness policy.

This wellness policy can be found on the districts website, district office, and at

Each of the school food service departments.

Recordkeeping

The District will retain records to document compliance with the requirements

Of the wellness policy at the high school and at the District Office.

Documentation maintained in this location will include but will not be limited to:

- The written wellness policy
- Documentation of annual policy progress reports for the district;
- Documentation demonstrating compliance with public notification requirements, including;
 - (1) Methods by which the wellness policy, annual progress reports, and any Reviews or revisions are made available to the public; and (2) Efforts to Actively notify families about the availability of wellness policy.

Annual Progress Report

The District will compile and publish an annual report to share basic information

About the wellness policy and revisions that are made. This annual report will be published around the same time each year in August and will include the information from within the District.

The District will actively notify households/families of the availability of the annual report.

The District Wellness Committee will establish and monitor goals and objectives for the District's school

Triennial Progress Assessments

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

- The extent to which schools are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance For a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's Wellness policy.

The District Administrator and Director of Food Service are responsible for managing the triennial assessment.

Revisions and Updated the Policy

The District Wellness Committee will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or As District priorities change; community needs change; wellness goals are met; state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessments.

Community Involvement, Outreach, and Communications

through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state and Federal statutes and regulations. (The District offers reimbursable school meals that meet the USDA nutrition standards.)
- Promote healthy food and beverage choices.
- Offer a variety of fruits and vegetables;
- Serve low fat and fat free milk choices;
- Ensure that half of the served grains are whole grain;
- Beverages sold will be without added caloric sweetener
- All food sold individually will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat and zero trans-fat, have no more than 35% of its weight from added sugars, and will not contain more than 230 milligrams of sodium per serving for snack items.

Additions:

- Menus will be posted on the District website under the food service tab and in each school.
- School meals are administered by a team of child nutrition professionals
- The District child nutrition program will accommodate students with special dietary needs.
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating whenever possible.
- Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

Staff Qualifications and Professional Development

School nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.

- Water cups and pitchers will be available in the cafeteria for all meals;
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water pitchers, and other methods for delivering drinking water.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards. 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 are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

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 or exceed the USDA Smart Snacks nutrition standards.

The District is committed to being responsive to community input, which begins awareness of the wellness policy. The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

The Dunmore School District is committed to serving healthy meals to children, with a variety of fruits, vegetables, whole grains, and fat-free and low fat milk; moderate in sodium; low in saturated fat, and zero gram trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the District are committed to offering school meals

Celebrations and Rewards

All foods offered on the school campus will be encouraged to meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties. The District will encourage parents to provide items that meet or exceed the USDA smart snack standards.
- Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools

Nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to teachers, club leaders and coaches information on fundraising as well as tracking of the individual fundraisers by the activity director.

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. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

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

Nutrition Education

The District aims to teach, model, encourage, and support healthy eating by 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;
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and health food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities and nutrition related community services.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum essential topics on healthy eating.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards

Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

Physical Activity

Children and adolescents are encouraged to participate in 60 minutes of physical activity every day. A substantial percentage of students physical activity can be provided through a comprehensive, school-based physical activity program that included these components; physical education, recess, walk to school, and out of school time activities and the district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to and not as a substitute for physical education.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment if at all possible. The district will provide teachers and other school staff with alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow participation

for all students and will adapt physical education classes and equipment as necessary.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments.

Recess (Elementary)

- The elementary school will offer 30 minutes of recess on all or most days during the school year.
- Outdoor recess will be offered when the weather is feasible for outdoor play.
- In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.
- Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school.

Active Transport

The District will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work toward the same set of goals and

objectives promoting student well-being, optimal development, and strong educational outcomes.

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school sponsored activities and will receive information about health promotion efforts.

As described the District will use electronic mechanisms (such as email or displaying notices on the district's website", as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents", to ensure that all families are actively notified of opportunities to participate in school sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The District will have a staff wellness committee that focuses on staff wellness issues. Identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Adopted June, 2017