

Gobles Public Schools

Bylaws & Policies

8510-Wellness

As required by law, the Board of Education establishes the following wellness policy for the Gobles Public Schools.

The Board recognizes that good nutrition and regular physical activity affect the health and well being of the District's students. Furthermore, research concludes that there is a positive correlation between a student's health and well being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the students' development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition habits:

- A. With regards to nutrition education, the District shall:
 1. Nutrition education shall be included in the sequential, comprehensive Health curriculum in accordance with the curriculum standards and benchmarks established by the State.
 2. Nutrition education standards and benchmarks shall be age-appropriate and culturally relevant.
 3. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.
 4. Nutrition education posters, such as the Food Pyramid Guide, will be displayed in the cafeteria.
 5. The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.
 6. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.
 7. Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.
 8. *Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.*

- B. With regard to physical activity, the District shall:
1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the standards and benchmarks established by the State.
 2. Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate (motor skills and social skills as well as knowledge) *knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.*
 3. The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- C. With regard to other school-based activities the District shall:
1. The school shall provide attractive, clean environments in which the students eat.
 2. The schools may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
 3. Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
 4. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
- D. With regard to nutrition promotion, the District shall:
1. *Encourage students to increase their consumption of healthful foods during the school day;*
 2. *Create an environment that reinforces the development of healthy eating habits, including offering the following healthy foods that comply with the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in School nutrition standards:*
 - a. *a variety of fresh produce to include those prepared without added fats, sugars, refined sugars, and sodium*
 - b. *a variety of vegetables daily to include specific subgroups as defined by dark green, red/orange, legumes, and starchy*
 - c. *whole grain products-half of all grains need to be whole grain-rich upon initial implementation and all grains must be whole grain-rich within two (2) years of implementation*
 - d. *fluid milk that is fat-free (unflavored and flavored) and low-fat (unflavored)*
 - e. *meals designed to meet specific calorie ranges for age/grade groups*
 3. *Eliminate trans-fat from school meals*
 4. *Require students to select a fruit or vegetable as part of a complete reimbursable meal*
 5. *Provide opportunities for students to develop the knowledge and skills for consuming healthful foods*

The District nutrition department will promote and encourage Farm to School efforts in order to provide the healthy foods identified above.

All foods and beverages sold to students as fund raisers outside of the school meals program during the regular and extended school day for consumption on the school campus shall meet the USDA Competitive Food regulations, the Alliance for A Healthier Generation's Competitive Foods And Beverages Guidelines, and the USDA Smart Snacks In School nutrition standards.

Furthermore, with the objectives of enhancing student health and well being, and reducing childhood obesity, the following guidelines are established:

- A. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages, including but not limited to the USDA Dietary Guidelines for Americans and the USDA Smart Snacks In School nutrition standards, as well as to the fiscal management of the program.
- B. As set forth in Policy 8531, entitled Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).
- C. *The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks In School nutrition standards to be consumed on the school campus during the school day is prohibited.*
- D. The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritious value.
- E. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.
- F. All foods available to students in the dining area during school food service hours shall comply with the current USDA Dietary Guidelines for Americans, including competitive foods available to student a la carte or from vending machines.
- G. The food service program shall be administered by a qualified nutrition professional.
- H. The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.
- I. All food service personnel shall receive pre-service training in food service operations.
- J. Continuing professional development shall be provided for all staff of the food service program.

The Superintendent shall develop administrative guidelines necessary to implement this policy, including, but not limited to, the manner in which the implementation of this policy shall be regularly evaluated by the principal of each school. The Board designates the Superintendent as the individual charged with operational responsibility for verifying that the District meets the goals established in this policy.

The Superintendent shall appoint a District Wellness Committee that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, and school administrators to oversee development, implementation, evaluation, and periodic update of the wellness policy. The Wellness Committee shall be an ad hoc committee with members recruited and chosen annually.

The Wellness Committee shall be responsible for:

- a. Assessment of the current environment*
- b. Review of the District's Wellness Policy*
- c. Recommendation for the revision of the policy, as necessary.*

Before the end of each school year, the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary.

The Superintendent shall report on the District's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

42 U. S. C. 1751, Sec. 204

42 U. S. C. 1771

7 C. F. R. Parts 210 and 220

@Neola 2014