

## NUTRITION AND WELLNESS

The North Bend Central Public Schools Board of Education recognizes that education and activities designed to foster healthy lifestyles are important for students to achieve their full potential. Accordingly, The Board shall promote and monitor a local nutrition wellness program within the schools. The program shall:

1. Include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the Board determines is appropriate;
2. Include nutrition guidelines for foods available in each school during the school day; the objectives of the guidelines shall be to promote student health and to reduce childhood obesity;
3. Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools;
4. Establish a plan for measuring implementation of the local wellness policy, including designation of the Superintendent to be charged with operational responsibility for ensuring the wellness policy is effectively enforced; and
5. Involve parents, representatives of the school food services program, the Board, administrators and the public in the development of the school wellness policy and program.

The school district is committed to providing a school environment that enhances learning and the development of lifelong wellness.

**A. Goals for Nutrition Education and Promotion.** Nutrition education and healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- (a) The district shall provide for an interdisciplinary, sequential skill-based health education program.
- (b) Students shall have access to valid and useful health information and health promotion products and services. The cafeteria staff will display posters or other communications suitable to the ages of students served that promote

healthy nutrition choices (e.g., display “My Plate” and “My Tray”). Educators are encouraged to incorporate such communications in their classrooms as well.)

(c) School communications to parents will include information that promotes physical activity. Such communications may include information about the benefits of physical activity and nutrition to children and distribution of information about youth sports programs.

(d) Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.

(e) Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

**B. Nutrition Guidelines.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.

(a) School lunch/breakfast program policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.

(b) A la carte offerings to students will be nutritious and meet federal recommended guidelines.

(c) Food sales by organizations outside of normal school hours such as concession stands and bake sales will be exempt from the requirements of these regulations.

(d) The Food Services staff will support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

(e) Students will be provided adequate time to eat. In general students will, upon arrival in the cafeteria, have at least 15 minutes to eat breakfast and 20 minutes to eat lunch.

(f) Efforts shall be made to establish acceptable eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant adequate seating, and enforcement of student conduct rules and staff supervision.

**C. Goals for Physical Education and Physical Activity.** Physical education and physical activity are an essential element of each school’s instructional program. The program will provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

(a) Physical Education Program. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. 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.

(b) Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

(c) Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors.

(d) Physical activity will not be used as punishment and will not be withheld as punishment. This guideline shall not apply to extra-curricular activities. In no event will physical activity be used as a form of corporal punishment.

(e) Programs are available for morning and evening physical activity.

(f) Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include:

- a. Health fairs
- b. Traveling health exhibits
- c. Field trips to physical activity centers
- d. Physical activity speakers (school assemblies or class speakers representing sports figures, medical people)

#### **D. Goals for Other School-Based Activities Designed to Promote Student Wellness.**

(1) **Healthy and Safe Environment.** A healthy and safe environment for all, before, during and after school supports academic success. Safe communities promote healthier students and healthier students do better in school and make greater contributions to their community.

(a) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, and be kept inviting, clean, safe and in good repair.

(b) Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

(c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment-free environment.

(d) Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

(2) **Social and Emotional Well-Being.** Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

(a) The district will provide a supportive environment that includes guidance counseling, and encourages student, families and staff to request assistance when needed and links them to school or community resources.

(b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others.

(c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

(d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with health development.

(3) **Health Services.** An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

(a) Primary coordination of health services shall be through the district's School Nurse with the support and direction of the Administration and the Nebraska Department of Health and Human Services.

(b) The district shall collaborate with community health resources to promote health and wellness for students, families, staff and community.

(c) A coordinated program of health services shall be provided to students and staff and shall include communicable disease prevention information, health screening, community health referrals, and immunizations.

(4) **Family, School and Community Partnership.** Long-term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

(a) Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes. A Wellness Advisory Committee consisting of a designated Principal who shall serve as chair, the School Nurse, Food Services Manager, teachers, parents, and a Board of Education member shall advise the Board on the Nutrition and Wellness Policy and provide recommendations for implementing it effectively.

(b) Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. Professional development activities will include activities related to the integration of physical activities and nutrition education into the academic curriculum, information on how wellness impacts learning, and other wellness goals and activities.

(c) School staff shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

Legal Reference: The Child Nutrition and WIC Reauthorization Act of 2004; 42 USC 1751

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