

Students 5550 - Regulation

Additional Wellness Goals, Nutrition Guidelines and Implementation Plan

The Coordinated School Health Policy establishes a mission of providing a curriculum, instruction, and experiences in the environment of a health-promoting school community, to instill habits of lifelong learning and health. The School Wellness Policy authorizes the Superintendent to establish such further goals and nutrition guidelines as are determined appropriate to meet the stated mission and **in accordance with the State of Nebraska Policy on Coordinated School Health**. This regulation sets forth additional goals and nutrition guidelines as appropriate to meet the District's school wellness mission and implement the School Wellness Policy.

Nutrition Education to promote CSH

The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 10. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.
2. Display Nutrition Education Materials: The cafeteria shall display posters or other communications suitable to the ages of students served that promote healthy nutrition - choices (e.g., display food pyramid). Educators are encouraged to incorporate such communications in their classrooms as well.
3. Nutrition Health Events: Educators are encouraged to search for and take advantage of events that promote nutrition education. Activities may include:
 - a. health fairs
 - b. traveling health exhibits
 - c. field trips to farm or food production facilities
 - d. school greenhouse activities
 - e. health speakers (school assemblies or class speakers on nutrition)
4. Community:
 - a. Parents are welcome to join their children at school lunch as appropriate.
 - b. School communications to parents will periodically include information on health nutrition, such as by including information about healthy snacks for children. **The district will annually incorporate CSH-related information into its annual report and offer an annual summary of information to meet measurable implementation requirements for CSH.**
5. Staff: **Research demonstrates students are more likely to internalize healthy habits when the adults around them are healthy role models. Our employees are encouraged to be healthy role models for children, including by the following means:**
 - a. **Participate with, model and demonstrate classroom physical activity breaks.**
 - b. **Model consumption of healthful foods and beverages. Employees should not consume food and beverage of minimal nutritional value in the presence of students during the regular school day.**
 - c. **Norris is a tobacco-free campus (Policies 1270, 4139)**

Physical Activity to promote CSH

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Health and physical education will be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 10. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.

2. Physical Activity during the School Day: Research demonstrates a strong correlation between physical activity and mental alertness. Teachers are encouraged to institute regular, routine physical activity breaks of short duration & moderately vigorous during class periods in order to promote an optimal academic environment.

Elementary & Intermediate students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors.

Middle School and High School students will have the opportunity for physical activity during their lunch period. Areas for promoting physical activity during lunch will be designated by the administration.

3. Punishment: Physical activity will not be applied or 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.

4. Physical Activity Health Events: 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)

Other School Activities to Promote Student Wellness

The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The administration establishes the following additional goals and actions to achieve such goals:

1. Extracurricular Programs: The District will offer athletic and other activity programs subject to and in compliance with the bylaws of the Nebraska School Activities Association. Secondary school students will be offered the opportunity to participate in intramural sports activities commensurate with their interests and school resources.

2. Advertising: The administration will monitor advertising that occurs in the school and endeavor to limit messages that promote foods of minimal nutritional value.

3. Professional Growth:

- a. Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the CSH 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.

- b. The District will provide ongoing training and development for **nutrition services staff** related to nutrition and wellness goals and activities.

4. Community Resources: the administration will endeavor to coordinate the school wellness program efforts with those available from medical and other community organizations.

5. Nutrition Guidelines: the established nutrition guidelines for foods available in each school building during the school day are as follows:

- a. school breakfast and lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and
- b. no foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch.

The administration establishes the following actions to meet Nutrition Guidelines:

1. Conditions for School Meals:

Students will be provided adequate time to eat. **Meal schedules will be determined by building administration in conjunction with Nutrition Services.**

2. Selection of School Meals:

School meals shall at a minimum meet nutrition requirements established by state and federal law and applicable code.

3. Closed Campus.

To encourage students to eat a nutritious lunch, students will not be permitted to leave school during the school day for the purpose of lunch.

4. Vending & a la carte [competitive foods]:

The district shall meet or exceed minimum requirements established by state and federal law and applicable code.

6. Foods available during the school day:

Water: Students will be allowed access to water during the school day. Water fountains are available. Educators **are encouraged to allow** students to bring water bottles to classes.

Classroom Celebrations: Staff are discouraged from offering food-based classroom celebrations. Foods of minimal nutritional value should not be used for classroom celebrations. **Any classroom celebrations including food must take appropriate precautionary measures related to food sensitivity and food allergy concerns.**

7. Fund-raising:

- a. **To support children's health and school nutrition-education efforts, school fundraising activities that take place during the school day will not involve food**

or will use only food that meets the above nutrition and portion size standards for foods and beverages sold individually.

- b. Food-based fundraisers sponsored by external agencies and sold by students are not endorsed by the school and are not to occur during the regular student day.

8. School activities/events: concession stands at school activities and events will include healthful food choices.

9. Definition of Foods of Minimal Nutritional Value: for purposes of this regulation, "foods of minimal nutritional value" has the same meaning as in the federal regulations for the National School Lunch program, including pop/soda, candy, and energy drinks.

Definition of Healthy Foods: For purposes of this regulation, "healthy foods" means foods that are not foods of minimal nutritional value, and that are low in fats, sodium and sugars, and high per serving in the nutrients which are needed to meet Recommended Daily Intakes.

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