

RICHFIELD PUBLIC SCHOOLS

WELLNESS

I. PURPOSE

The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

II. GENERAL STATEMENT OF POLICY

- A. The School Board recognizes that nutrition and physical activity are essential components of the educational process and that good health fosters student attendance and education. Therefore, students shall be provided access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- B. The school environment should promote students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. The School Board recognizes that nutrition promotion and education, physical activity, and other school-based activities that promote student wellness are essential components of the educational process and that good health fosters student attendance and academic performance.
- D. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- E. The District will establish goals for nutrition education and promotion; physical education and activity; and will establish connections between nutrition education, school meal programs, schoolyard gardens and related community services to foster lifelong habits of healthy eating and physical activity.
- F. The School Board endorses and the school district adheres to the USDA nutrition guidelines to promote student health and to prevent and reduce childhood obesity, eating disorders and chronic disease.
- G. The school district encourages the involvement of parents, students, representatives of the school food authority, teachers, school health professionals, the school board, school administrators, and the general public in the development, implementation, and periodic review and update of the school district's wellness policy.
- H. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health

and nutrition needs of students; try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant setting and adequate time for students to eat.

- I. The District will inform and update the public (including parents, students, and others in the community) about the content and implementation of the District Wellness policy in accordance with policy guidelines.
- J. The Chief HR and Administrative Officer has responsibility to ensure that each school complies with the District Wellness Policy. The Wellness Policy will be measured periodically on the extent to which school are in compliance, the progress made in attaining nutrition and physical activity goals, and the extent to which the District Wellness policy compares to model Wellness policies. The results of this assessment will be made available to the School Board and the public.

III. Legal References

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)	
7 C.F.R. § 210.10 (School Lunch Program Regulations)	7
C.F.R. § 210.10 (School Lunch Program Regulations)	
7 C.F.R. § 220.8 (School Breakfast Program Regulations)	7
C.F.R. § 220.8 (School Breakfast Program Regulations)	
42 U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)	4 2
U.S.C. § 1771 et seq. (Child Nutrition Act of 1966)	
42 U.S.C. § 1751 et seq. (National School Lunch Act)	4 2
U.S.C. § 1751 et seq. (National School Lunch Act)	
42 U.S.C. § 1758b (Local School Wellness Policy)	
42 U.S.C. § 1758b (Local School Wellness Policy)	
Minn. Stat. §121A.215 (Local School District Wellness Policy)	
Minn. Stat. §121A.215 (Local School District Wellness Policy)	7
C.F.R. § 210.10 (School Lunch Program Regulations)	
	7
C.F.R. § 220.8 (School Breakfast Program Regulations)	
ADOPTED BY THE BOARD OF EDUCATION: April 3, 2006	April
3, 2006	
REVIEWED BY THE BOARD OF EDUCATION: May 18, 2015, June 12, 2017	

RICHFIELD PUBLIC SCHOOLS
ADMINISTRATIVE GUIDELINES
WELLNESS

NUTRITION AND ENVIRONMENTAL GUIDELINES

The Administrative Guidelines outlined within this document are intended to create a school environment that protects and promotes the health of our students. Our commitment is to provide nutrition education and regular physical activity, as well as access to nutritious foods for all students.

I. USDA SCHOOL MEALS AND SNACKS

School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. All schools shall participate in the USDA school breakfast and school lunch programs. Schools eligible for the Fruit and Vegetable program will apply to implement this program. The schools will make every effort to eliminate any social stigma attached to, and prevent the over-identification of, students who are eligible for free and reduced-priced meals. Food and nutrition services will utilize electronic identification and payment systems and promote the availability of school meals to all students.

A. USDA Standards for Meals and Food Service Staff

- All foods and beverages made available on campus (including concessions, school stores, a la carte cafeteria items, etc.) during the school day shall be consistent with the current USDA Dietary Guidelines for Americans and applicable federal rules and regulations.
- The Director of Food and Nutrition Services shall ensure that all reimbursable meals meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
 1. All such items shall be appropriate to the school setting.
 2. In the event a written complaint is filed regarding the approval or disapproval of any item, the School Board and the Director, after review, shall make the final determination.

The Director of Food and Nutrition Services shall be responsible for the school district's food service program. Duties shall include monitoring nutrition guidelines

and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans. The school meal programs will be administered by a dietician or nutritionist with school meal experience. If the district does not employ staff with this expertise, consultants will be used. The schools shall provide the opportunity for continuing professional development for all food and nutrition service personnel. All food and nutrition service staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;

All menus will be reviewed by the Director of Food and Nutrition. When this is not feasible, sample USDA menus or USDA software for menu review may be used.

The schools shall make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.

B. Meal Environment

- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced.
- The High School is a limited open campus. It is a closed campus, meaning students are not permitted to leave the school grounds during the school, to all 9th and 10th graders. Students in 11th and 12th grades may apply to be eligible to leave the campus during the day and may be approved based on parent approval and qualifying standards determined at the high school level.
- Schools will make every effort to provide students with sufficient time to eat after sitting down (approximately 20 minutes) for school meals and will schedule meal periods at appropriate times during the school day.
- The elementary schools, grades K-5, are encouraged to schedule recess time before lunch when possible.
- Tutoring, club, or organizational meetings or activities will not be scheduled during mealtimes, unless students may eat during such activities.
- The schools shall work to provide students access to hand washing or hand sanitizing before they eat meals or snacks and teachers, food and nutrition and school staff will remind students to make use of them.
- Information on the nutritional content and ingredients of meals will be found on menus, in school newsletters and/or the district web-site. Parents/guardians and students will be informed that information is available and information shall be kept up-to-date.

C. Meal Promotion

- Participation in school meal programs will be promoted. Parents/guardians will be notified of the availability of the breakfast, lunch and summer food programs and will be encouraged to determine eligibility for reduced or free meals. The District will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the cafeteria or “grab-and-go” breakfast in the classroom.
- Foods served as part of the Before and Aftercare (childcare) programs run by the school must meet USDA standards if they are reimbursable under a school meals program. Otherwise they must meet the nutrition standards for competitive foods (see Part B). Foods served as part of the Before and Aftercare (child care) programs run by an outside organization (e.g., YMCA) must meet the district’s nutrition standards for competitive foods.

II. FOOD AND BEVERAGES OUTSIDE REIMBURSABLE MEALS

A. Competitive Foods and Beverages

All foods and beverages *sold* on school grounds to students outside of reimbursable school meals are considered “*competitive foods*.” Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers during the school day*.

All competitive foods must comply with the USDA Smart Snacks in School standards (See Wellness Attachment), as well as all applicable state standards. Foods *served* as part of the Before and Aftercare (child care) programs and clubs must also comply with these nutrition standards *unless* they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

Competition for food sales with the School Lunch Program is prohibited by the School District’s participation in the federal school lunch program. Competition of non-nutritious food sales with the School Lunch Program during the school day is prohibited. The school principal shall regulate the hours of operation of any vending machine, school store or concession stands. The food and beverage products dispensed by vending machines or concession stands operated on campus outside the regular school day shall strive to provide nutritious substitutions for high sugar and fat content items as evaluated by the Food and Nutrition Services Director.

The schools shall encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, and after school, such as through vending machines, fundraising events, concession stands, and student stores.

*School day is defined by the USDA as the period from midnight before, to 30 minutes after the end of the official school day.

B. Other Foods and Beverages Made Available to Students

Student wellness will be a consideration for all foods served to students on the school campus, including those foods provided through:

1. Celebrations and parties. Food and beverages will not be part of classroom celebrations, parties or student birthday recognition events. The District will make available to parents a list of non-food celebration ideas.
2. Any classroom snacks will follow USDA Smart Snacks in School guidelines.

C. Rewards and Incentives

The use of food or beverages as a reward should follow USDA Smart Snacks in School Guidelines (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverage as a punishment.

D. Fundraising

The sale or distribution of food and beverage products by individuals for consumption during the school day, as a fund raising activity, shall follow USDA Smart Snacks in School Guidelines. However, preorders for distribution and consumption after school may be allowed at the discretion of the school principal. Non-food fundraising is promoted and activities that promote physical activity are encouraged. The District will make available to parents and teachers a list of healthy fundraising ideas.

E. Access to Drinking Water

- Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Water jugs and cups will be available in the cafeteria if water fountains are not present, Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water from home into the classroom.
- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs). The District prohibits the selling of food and beverages containing caffeine and non-nutritive sweeteners to elementary, middle and high school students.
- School staff will be encouraged to model drinking water consumption.

- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

III. NUTRITION EDUCATION AND PROMOTION

The Healthy Hunger – Free Act (The Act) requires that wellness policies include goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the school district determines appropriate.

- A. The District will encourage and support healthy eating by students and engage in nutrition education and promotion that is:
1. Offered as part of a sequential and comprehensive K-12 program designed to provide students with knowledge and skills necessary to promote and protect their health.
 2. Part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social science and elective subjects, where appropriate.

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media. The schools shall model, encourage and support healthy eating by students and engage in nutrition promotion.

1. Nutrition promotion can include participatory activities such as contests, promotions, farm visits, and experience working in school gardens. Nutrition promotion shall be designed to be enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.
2. The nutrition education program may be linked to school meal programs, school gardens, food and nutrition promotion, after-school programs, and farm-to-school programs.
3. Nutrition education may be offered in the cafeteria as well as the classroom, with coordination between the food and nutrition services staff and teachers.
4. Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and proper portion sizes.

5. Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar.
6. Staff members responsible for nutrition education will participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach the guidelines).
7. Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interest is prohibited.
8. Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations and/or workshops. The school menu will be posted online.
9. Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Specifically the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, and analysis of health information
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake, body image and food safety.

IV. OTHER

A. Marketing

School –based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy;
- Smarter lunchroom techniques will be used to encourage fruit, vegetable, dry beans and pea choices.
- Examples of marketing techniques include:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, message boards, scoreboards, or uniforms
- Advertisements in school publications or school mailings
- Sponsorship of school activities, fundraisers, or sports teams;
- Educational incentive programs such as contests, or programs that provide schools with supplies of funds when families purchase specific food products
- Free samples or coupons displaying advertising of a product

V. PHYSICAL ACTIVITY

A. Physical Education

All K-12 students will receive physical education. Physical Education will be based on the Minnesota Physical Education Standards Fall 2017 and coordinated with the National Health Education Standards (K-12). All K-12 students will receive physical education, 60 minutes per week for elementary school students, 47 minutes daily for middle school students for 1 trimester per year, 50 minutes daily for high school students with 1 full year (2 semesters) required for graduation. All physical education classes (K-12) are taught by licensed teachers who are certified or endorsed to teach physical education at a teacher to student ratio of no greater than 40:1. Physical education programs will meet the needs of all students, including students with disabilities, special health-care needs, and students in alternative educational settings, and actively teach cooperation, fair play, and responsible participation.

Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- Physical education classes will count toward graduation and GPA.
- Waivers, exemptions, or substitutions for physical education classes will not be granted
- The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment
- All physical education classes will be taught by a qualified physical education teacher and at least 80% of time will be spent in moderate to vigorous activity.
- The school will provide adequate space/equipment and conform to all safety standards.
- Physical education staff will receive professional development on a yearly basis.

B. Physical Activity

All students will have opportunities for physical activity beyond physical education class. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Opportunities for physical activity shall be incorporated into other subject lessons, where appropriate. Classroom teachers shall provide short physical activity breaks between lessons or classes, as appropriate. The district encourages teachers to serve as role models by being physically active alongside the students. The district offers extra and co-curricular activities. Through formal joint or shared-use agreements, indoor and outdoor physical activity facilities are spaces that will be open to students, families, and the community outside of school hours.

C. Recess

All elementary school students will have supervised recess before or after the lunch period, during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district. In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines to ensure adequate physical activity for students.

D. Physical Activity Programs

Elementary, middle, and high school will offer extracurricular physical activity programs, such as physical activity clubs and intramural programs. High school and middle school will offer interscholastic sports programs to all students.

E. Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. For example, crossing guards may be stationed around the school to facilitate safe walking and biking school commutes, and bike racks will be available. The School District will work together with local public works, public safety, and/or police departments in those efforts.

VI. WELLNESS LEADERSHIP AND COMMUNITY INVOLVEMENT

This wellness policy was developed by the District Health, Safety and Wellness Committee, a group comprised of individuals from the following groups: parents/guardians, principals, teachers, food and nutrition service personnel, health service personnel, school board members, school administrators, and other interested persons (such as local public health). Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other related issues. Meetings are held 4 times during the school year. All meeting dates are posted on the district website and are open to the public.

The Chief Human Resources and Administrative Officer is charged with operational responsibility for ensuring that the District meets the requirements of the wellness policy.

The Principal of each school will develop an annual action plan to implement the District Wellness Policy, ensure compliance within the school and will report annually to the Chief Human Resources and Administrative Officer regarding compliance.

VII. POLICY IMPLEMENTATION AND PUBLICATION

After approval by the school board, the wellness policy will be implemented throughout the school district and an on-going District Health, Safety and Wellness Committee with community-wide representation will be maintained.

The District will post the Wellness Policy on its website. Information including the following shall be posted on the school district website before the start of the following school year.

VIII. ANNUAL REPORTING

The Chief Human Resources and Administrative Officer will annually inform the public about the content and implementation of the Wellness policy and make the Policy and any updates to the policy available to the public. The report shall be posted on the District website and provide the following information:

- The extent to which each school is in compliance with the wellness policy;
- Progress made in attaining the goals of the Policy
- Triennial assessment findings
- Web link of the Wellness Policy
- Contact details for committee leadership and information

Triennial Assessment

At least once every three years, the District will evaluate compliance with the Wellness Policy to assess the implementation of the Policy and create a report that includes the following information:

- The extent to which schools under the jurisdiction of the District are in compliance with the Wellness Policy
- The extent to which the District's Wellness Policy compares to model local wellness Policies; and
- A description of the progress made in attaining the goals of the District's Wellness Policy

The Food and Nutrition Services Supervisor will be responsible for conducting the triennial assessment. The triennial assessment report shall be posted on the school district website and made available to the public

Recordkeeping

The school district will retain records to document compliance with the requirements of the Wellness Policy. The records to be retained include, but are not limited to:

- The District's written Wellness Policy
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school Wellness Policy and triennial assessment available to the public.
- Documentation of the triennial assessment of the local school Wellness Policy for each school under the District's jurisdiction efforts to review and update the Wellness policy (including an indication of who is involved in the update and methods the District uses to make stakeholders aware of their ability to participate on the Wellness Committee)

Legal References:

29 U.S.C. § 794 (Section 504 of Rehabilitation Act of 1973, as Amended)

42 U.S.C. § 1751 *et seq.* (Richard B. Russell National School Lunch Act)

42 U.S.C. § 1771 *et seq.* (Child Nutrition Act of 1966)

42 U.S.C. § 12101 *et seq.* (Americans with Disabilities Act of 1990, as amended)

P.L. 108-265 (2004) 204 (Local Wellness Policy)

7 U.S.C. § 5341 (Establishment of Dietary Guidelines)

7 C.F.R. § 210.10 (School Lunch Program Regulations)

7 C.F. R. § 220.8 (School Breakfast Program Regulations)

42 U.S.C. § 1758b, Section 9A, Section 204 (Healthy Hunger -Free Kids Act of 2010)

7 CFR Parts 210 and 220 (Final Rule July 2016)

ADOPTED BY THE BOARD OF EDUCATION: May 18, 2015

REVIEWED BY THE BOARD OF EDUCATION: May 18, 2015, June 12, 2017

Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i> (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i> (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; <i>or</i> (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	

Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have \leq 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.
Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have $<$ 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served (\leq 0.5 g per portion).	

<p>Sugar</p>	<p>Acceptable food items must have \leq 35% of weight from total sugar as served.</p>	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.
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	<p>Standard</p>	<p>Exemptions to the Standard</p>
		<ul style="list-style-type: none"> • Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
<p>Sodium</p>	<p>Snack items and side dishes sold a la carte: \leq 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: \leq200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: \leq480 mg sodium per item as served, including any added accompaniments.</p>	

Calories	<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤ 350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	<p>Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.</p>	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> Plain water or plain carbonated water (no size limit); Low fat milk, unflavored (≤ 8 fl oz); Nonfat milk, flavored or unflavored (≤ 8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
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	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤ 8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz); • Other flavored and/or carbonated beverages (≤ 20 fl oz) that are labeled to contain ≤ 5 calories per 8 fl oz, or ≤ 10 calories per 20 fl oz; and • Other flavored and/or carbonated beverages (≤ 12 fl oz) that are labeled to contain ≤ 40 calories per 8 fl oz, or ≤ 60 calories per 12 fl oz. 	
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Our District's WellSAT Scorecard

Section 1. Nutrition Education		Rating
NE1	There is a standards-based nutrition curriculum, health education curriculum, or other curriculum that includes nutrition.	1
NE2	All elementary school students receive nutrition education.	2
NE3	All middle school students receive nutrition education.	2
NE4	All high school students receive nutrition education.	2
NE5	Links nutrition education with the school food environment.	2
NE6	Nutrition education teaches skills that are behavior-focused.	2
NE7	Nutrition education is sequential and comprehensive in scope	2
Subtotal for Section 1	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 7. Multiply by 100. Do not count an item if the rating is "0."	100
	Strength Score: Count the number of items rated as "2" and divide this number by 7. Multiply by 100.	86

Section 2. Standards for USDA Child Nutrition Programs and School Meals		Rating
SM1	Addresses access to the USDA School Breakfast Program.	2
SM2	Addresses compliance with USDA nutrition standards for reimbursable meals.	2
SM3	School meals meet standards that are more stringent than those required by the USDA.	0
SM4	District takes steps beyond those required by federal law/regulation to protect the privacy of students who qualify for free or reduced priced meals.	2
SM5	USDA National School Lunch Program and School Breakfast Program standards are described in full (or a link to the standards is provided in the wellness policy)	2

SM6	Specifies strategies to increase participation in school meal programs.	2
SM7	Addresses students leaving school during lunch periods.	2
SM8	Ensures adequate time to eat.	2
SM9	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
SM10	Addresses school meal environment.	2
SM11	Nutrition information for school meals (e.g., calories, saturated fat, sodium, sugar) is available to students and parents.	2
SM12	Specifies how families are provided information about determining eligibility for free/reduced priced meals.	1
SM13	Recess (when offered) is scheduled before lunch in elementary schools.	1
SM14	Free drinking water is available during meals	2
Subtotal for Section 2	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 14. Multiply by 100. Do not count an item if the rating is "0."	93
	Strength Score: Count the number of items rated as "2" and divide this number by 14. Multiply by 100.	79

Section 3. Nutrition Standards for Competitive and Other Foods and Beverages		Rat ing
NS1	Addresses compliance with USDA minimum nutrition standards for all FOODS sold to students during the school day (commonly referred to as Smart Snacks)	2
NS2	Addresses nutrition standards for all FOODS sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs. Do not count snacks provided in before/aftercare (child care) programs)	0
NS3	Addresses nutrition standards for all FOODS AND BEVERAGES served to students while attending before/aftercare on school grounds.	2
NS4	Regulates food served during classroom parties and celebrations in elementary schools.	2
NS5	Addresses compliance with USDA nutrition standards for all BEVERAGES sold to students during the school day (commonly referred to as Smart Snacks)	1
NS6	Addresses nutrition standards for all BEVERAGES sold to students during the EXTENDED school day (includes regular school day plus after school programming and clubs).	0

NS7	Addresses foods and beverages containing non-nutritive sweeteners (High School)	2
NS8	Addresses foods and beverages containing caffeine at the high school level* *As of 2014, USDA Smart Snacks standards prohibit the sale of foods and beverages containing caffeine in elementary and middle schools.	2
NS9	USDA Smart Snack standards are described in full (or a link to the standards is provided in the wellness policy)	2
NS10	Addresses availability of free drinking water throughout the school day.	2
NS11	Regulates food sold for fundraising at all times (not only during the school day).	2
Subtotal for Section 3	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	82
	Strength Score: Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	73

Section 4. Physical Education and Physical Activity		Rating
PEPA1	There is a written physical education curriculum for grades K-12.	0
PEPA2	The written physical education curriculum is aligned with national and/or state physical education standards.	2
PEPA3	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA4	Addresses time per week of physical education instruction for all middle school students.	2
PEPA5	Addresses time per week of physical education instruction for all high school students.	2
PEPA6	Addresses teacher-student ratio for physical education classes.	1
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	District provides physical education training for physical education teachers.	2
PEPA9	Addresses physical education waiver requirements for K-12 students (e.g., substituting physical education requirement with other activities).	2
PEPA10	Addresses physical education exemptions for K-12 students.	2
PEPA11	Addresses physical education substitution requirements for K-12 students (e.g., substituting physical education requirement with other activities).	2

PEPA12	District addresses the development of a comprehensive school physical activity program (CSPAP) plan at each school. Click here for information on CSPAP.	0
PEPA13	District addresses active transport for all K-12 students.	2
PEPA14	District addresses before and after school physical activity for all K-12 students.	2
PEPA15	District addresses recess.	1
PEPA16	Addresses physical activity breaks for all K-12 students.	1
PEPA17	Addresses staff involvement in physical activity opportunities at all schools.	1
PEPA18	Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA19	District provides physical activity training for all teachers.	1
PEPA20	Joint or shared-use agreements for physical activity participation at all schools.	2
Subtotal for Section 4	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 20. Multiply by 100. Do not count an item if the rating is "0."	90
	Strength Score: Count the number of items rated as "2" and divide this number by 20. Multiply by 100.	60

Section 5. Wellness Promotion and Marketing		Rating
WPM1	Encourages staff to model healthy eating/drinking behaviors.	2
WPM2	Addresses staff not modeling unhealthy eating/drinking behaviors.	0
WPM3	Encourages staff to model physical activity behaviors.	1
WPM4	Addresses food not being used as a reward.	1
WPM5	Addresses using physical activity as a reward.	0
WPM6	Addresses physical activity not being used as a punishment.	0
WPM7	Addresses physical activity not being withheld as a punishment.	0
WPM8	Specifies marketing/ways to promote healthy food and beverage choices.	2
WPM9	Specifies ways to promote physical activity.	0
WPM10	Specifies that family wellness activities will be planned and will include nutrition and physical activity components.	0
WPM11	On signs, scoreboards, sports equipment.	2

WPM12	In curricula, textbooks, websites used for educational purposes, or other educational materials (both printed and electronic)	0
WPM13	On exteriors of vending machines, food or beverage cups or containers, food display racks, coolers, trash and recycling containers, etc.	2
WPM14	On advertisements in school publications, on school radio stations, in-school television, computer screen savers and/or school-sponsored Internet sites, or announcements on the public announcement (PA) system.	0
WPM15	On fundraisers and corporate-sponsored programs that encourage students and their families to sell, purchase or consume products and/or provide funds to schools in exchange for consumer purchases of those products.	2
Subtotal for Section 5	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 15. Multiply by 100. Do not count an item if the rating is "0."	47
	Strength Score: Count the number of items rated as "2" and divide this number by 15. Multiply by 100.	33

Section 6. Implementation, Evaluation & Communication		Rating
IEC1	Establishes an ongoing district wellness committee.	2
IEC2	District wellness committee has community-wide representation.	1
IEC3	Designates one district level official accountable for ensuring each school is in compliance (ensuring that there is reporting up)	2
IEC4	Designates a leader in each school accountable for ensuring compliance within the school.	0
IEC5	Addresses annual assessment of school wellness policy implementation/ progress towards wellness goals.	2
IEC6	Progress report on compliance/implementation is made to the school community (Board of Education, superintendent, principals, staff, students and parents)	2
IEC7	Progress report on compliance/implementation is made available to the public	2
IEC8	Progress report ensures transparency by including: the web address of the wellness policy, a description of each school's activities and progress towards meeting wellness goals, contact details for committee leadership and information on how to join the committee.	2
IEC9	Addresses a plan for updating policy based on best practices.	1
IEC10	Addresses methods for communicating with the public.	1

IEC11	Specifies how district will engage families to provide information and/or solicit input to meet district wellness goals (e.g., through website, e-mail, parent meetings, or events).	0
Subtotal for Section 6	Comprehensiveness Score: Count the number of items rated as "1" or "2" and divide this number by 11. Multiply by 100. Do not count an item if the rating is "0."	82
	Strength Score: Count the number of items rated as "2" and divide this number by 11. Multiply by 100.	55

Overall District Policy Score	
Total Comprehensiveness Add the comprehensiveness scores for each of the six sections above and divide this number by 6.	District Score 82
Total Strength Add the strength scores for each of the six sections above and divide this number by 6.	District Score 64