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| LOCAL WELLNESS POLICY | C9          |
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**Code C9**  
(Required)

## Local Wellness and Child Nutrition Act Policy (Federal)

### Purpose

The Purpose of this policy is to promote overall well-being for students and staff of the Rivendell Interstate School District while complying with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004 and Healthy, Hunger-Free Kids Acts of 2010. In accord with those requirements and in consideration of the Whole School Whole Community Whole Child Model (WSCC) as recommended by the CDC, this policy has been developed in consultation with parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the public.

The Superintendent or his or her designee shall be responsible for the maintenance and compliance of this policy.

### Policy Statement

Rivendell Interstate School District recognizes that good nutrition, regular physical activity, and health education affect the health and well-being of all youth.

Thus, all schools belonging to the Rivendell Interstate School district play an important role in the developmental process by which youth establish their health and nutrition habits. The district is committed to creating an environment that promotes and protects the overall well-being of all youth and staff by providing nutritious meals through the school meal programs, supporting the development of good eating habits, promoting increased physical activity, educating staff and students of physical, mental, and social well-being and providing access to multiple health education programs.

The district goals serve to promote well-being through school health programs, nutritional education, physical activity and emotional well-being for staff and students. The district has reviewed and considered evidence-base strategies in determining these goals.

### 1. Goals for Nutrition Promotion and Education

- A. The school district will provide nutrition promotion and education programs as required by state law and regulations of the State Board of Education and Education Quality Standards. In particular, the district will provide a nutrition component in its Comprehensive Health Education program and will develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Education Quality Standards.
- B. Nutrition education and promotion programs will be conducted by appropriately licensed staff members.
- C. To the extent practicable, nutrition education and promotion will be integrated into core curricula in areas such as science and family and consumer science courses.

- D. The district will limit food and beverage marketing to the promotion of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus.
- E. Schools will not use foods or beverages as rewards for academic performance or good behavior. Additionally, schools will not withhold foods or beverages for punishment.
- F. The district will promote nutrition and healthy eating habits through Farm to School programs.
- G. The district will encourage staff to model healthy activities by offering employee wellness programs focused on healthy eating habits, physical activities, and overall wellness education.

## **2. Goals for Nutrition Services**

- A. The district will ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 9A(a) and (b) of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
- B. The district will provide adequate space for eating and serving school meals.
- C. The district will provide a clean and safe meal environment for students.
- D. The district will establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- E. Food will not be used in district schools as a reward or punishment.
- F. The district will provide training opportunities as appropriate and/or required for food service and other staff members in areas of nutrition and wellness.
- H. Schools participating in the National School Lunch and School Breakfast programs will make free potable water available to children in the meal service areas.
- I. The school district will maintain good standing with all USDA and State meal program regulations such as: nutritional specifications, civil rights and food safety.
- J. The food service program will purchase locally produced healthy foods to incorporate into meal planning when practical and in a financially responsible manner.
- K. The district will report to the public on the nutritional environment at each school including but not limited to food safety inspections and meal plans.

## **3. Nutrition Guidelines**

- A. The National School Lunch and School Breakfast Programs will meet the requirements provided in 7 CFR 210 and 7 CFR 220 (National School Lunch Program and School Breakfast Guidelines.) No foods of minimal nutritional value will be sold in food service areas during breakfast and lunch periods.
- B. Vermont public schools in which 50 percent or more of the enrolled students are eligible for free or reduced-price meals that offer summer programs for 15 hours per week or more must offer a meal and/or snack as part of the summer program. (•16 V.S.A. § 1264)

- C. 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 the USDA Smart Snacks nutrition standards<sup>i</sup>.
- D. All School district fundraisers that occur during the school day will meet the USDA Smart Snack nutrition standards<sup>ii</sup>.
- E. The district is required to establish nutrition guidelines for all other foods provided, but not sold to students during the school day. Foods provided but not sold may include food that is part of a classroom celebration or provided by parents or community organizations free of charge. It is the policy of the district that, when feasible, food provided but not sold should be limited to those foods that improve the diet and health of students, help mitigate childhood obesity, and model healthy choices.
- F. Schools will ensure that professional development in areas of food service, administrative practices, and nutrition is provided for food service managers and staff as required.
- G. The school district will provide free potable water at all school campuses and plain drinking water is available at no cost to students.

#### **4. Goals for Physical Education and Physical Activity**

- A. The district will provide physical education classes and testing for all students as required by Education Quality Standards.
- B. The district will provide other physical activity opportunities for students through recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intramural sports. These activities will not replace physical education classes.
- C. All students will be provided equal opportunity to participate in physical education classes. Appropriate accommodations allow for equitable participation for all students and physical education classes and equipment are adapted as necessary.

#### **5. Goals for Health Services**

- A. The Health Services program will provide a cohesive, integrated approach to the delivery of services to evaluate protect and promote health and overall well-being at all district schools.
- B. The Local Wellness Committee will encourage students and their families to establish and access their medical home and dental home to receive age-appropriate comprehensive care. As recommended by the American Academy of Pediatrics', Bright Futures-Guidelines for Health Supervision of Infants, Children and Adolescents and the American Academy of Pediatric Dentistry.
- C. The district will attempt to offer health resources as deemed necessary and appropriate to students including but not limited to:
  - Dental service van – cleanings
  - Medical consultations
  - Counseling services
  - Psychological counselling
  - Social and behavioral services
  - School-based vaccine delivery
- D. A school nurse may serve as a resource to the Health Education Program in order ensure health education is integrated into core curricular areas.

- E. Social and emotional education will be integrated into core curricula areas and will be provided to individuals or in small groups as need is determined by a certified and licensed professional. Priority interventions will be applied to identified urgent mental health needs.

## **6. Health Services Guidelines**

- A. School health services are evidence based as outlined in the School Nurse Standards of Practice Manual, The National Association of School Nurses Scope and Standards of Practice and the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children and Adolescents.
- B. The district will provide training opportunities as appropriate and/or required for health service staff and other staff members in areas of health and in accordance with all state and federal regulations.

## **7. Other School Based Activities**

- A. The district will implement other wellness-based school activities from time to time at the discretion of the superintendent or his or her designee. These activities will be in accordance with evidence-based strategies such as those provided in the Vermont School Wellness Policy Guidelines.
- B. The district will include students, families and community members in health and wellness activities when determined to be possible and appropriate. Examples of these activities include but are not limited to vaccine clinics, health fairs and afterschool activities.

## **8. Assessment:**

- A. The district will conduct an assessment every three years and ensure that the Local Wellness Policy is updated every three years. This assessment will determine compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.
- B. Parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public will be invited to participate in the triennial assessment and update of the policy.

## **9. Policy Implementation.**

- A. The Rivendell Interstate School District Wellness Committee originally comprised of: Head of Schools (Principal), Dean of Students, Representatives of RISD Food Services Authority, Teachers of Physical Education and Health Education Teachers, School Health Professionals (Nurses, Guidance, Mental Health Counselors), Local Health Department Representative, School-based after school program Director, Other School Administrators (Director of Special Education, Superintendent and Facilities and Safety Operation manager), Students, Parents and members of the public were consulted in the development and implementation of this Policy. The district continues to permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public to participate in the monitoring, and periodic review and update of this policy.
- B. The superintendent or his or her designee will periodically monitor district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.

- C. The Rivendell Interstate School District Wellness Committee will annually inform and update the public as to the district's compliance with and implementation of this policy, including the extent to which the district's schools are in compliance with law and policies related to student wellness. The report will include information as to the content and implementation of this policy, and an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law. Annual review results will be posted to the district website and provided at an annual board meeting.
- D. The superintendent will ensure that the Rivendell Interstate School District Wellness Committee periodically meets every year.

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| <i>VSBA Revision:</i>      | <i>10/11/2019</i>                                                                                                                                                                                              |
| <i>Date Warned:</i>        |                                                                                                                                                                                                                |
| <i>Date Adopted:</i>       | <i>07/18/06</i>                                                                                                                                                                                                |
| <i>Date Revised:</i>       | <i>03/04/15</i>                                                                                                                                                                                                |
| <i>Legal Reference(s):</i> | <i>16 V.S.A. §§131 &amp; 906(b)(3)</i>                                                                                                                                                                         |
|                            | <i>Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.</i>                                                                                                                                    |
|                            | <i>Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.</i>                                                                                                                                                     |
|                            | <i>Healthy, Hunger Free Kids Act of 2010, Section 204 of Public Law 111-296.</i>                                                                                                                               |
|                            | <i>Code of Federal Regulations, 7 CFR Part 210 and Part 220.</i>                                                                                                                                               |
|                            | <i>Vermont Education Quality Standards 2120.5</i>                                                                                                                                                              |
|                            | <i><a href="#">Vermont School Wellness Policy Guidelines</a>, Joint Guidance from Vermont Agency of Agriculture, Food and Markets, the Vermont Agency of Education and Vermont Department of Health. 2016.</i> |

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