

STUDENTS

HEALTH REQUIREMENTS AND SERVICES

WELLNESS POLICY

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The Tintic School District promotes healthy students by supporting wellness, good nutrition and regular physical activity as part of the total learning environment in accordance with Section 204 of Public Law 108-265. Students need adequate, nourishing food and physical activity in order to grow, learn, maintain good health and achieve academic success.

The Tintic School District Wellness Committee will meet annually to evaluate and recommend revisions consistent with healthful choices in both nutrition and physical activity to the Board. The school principal or designees will monitor and implement the wellness policy.

The following items will be monitored by the Child Nutrition Program:

1. USOE CORE Curriculum standards and USDA requirements for the National School Lunch Program (NSLP), and School Breakfast Program (SBP) should be used district wide to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.
2. The School Nutrition Services will follow all the USDA requirements for NSLP & SBP meals. Breakfast and lunch will follow the Dietary Guidelines of Americans. Nutrition Services will follow nutrition standards when selling a la carte.
3. Schools will comply with the state and local food safety and sanitation regulations. Each school will have in place a Hazard Analysis and Critical Control Point (HACCP) plan and guideline to prevent illness and promote food safety.
4. Competitive foods may not be sold in lunchroom eating area. Competitive foods means any foods sold in competition with the School Lunch Program to children in food service areas during the lunch periods. Competitive foods will not be available anywhere in the school to students until they have had the opportunity to eat lunch.

The following items will be monitored by school building principals:

1. Educators will follow the USOE CORE Curriculum physical education program. Physical activity should be included in a regularly scheduled physical education program from grades K through 12.
2. Vending machines in secondary schools should dispense offerings of water, fruit juice and milk varieties and should limit the amount of carbonated sodas, drinks with caffeine or a high concentration of sugar, candy, or chips to 50% of items offered. Food and drink vending machines will not be made available to elementary students. The sale of energy drinks containing high levels of caffeine and other natural stimulants is prohibited.

1. FOODS AND BEVERAGES SOLD INDIVIDUALLY OUTSIDE OF REIMBURSABLE MEALS:

A. Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

B. Middle/Junior High and High Schools

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

1. Beverages

- a. Allowed: water or seltzer water⁷ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- b. Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

2. WELLNESS POLICY GOALS AND GUIDELINES

A. Goals

1. Principals will report health information through collection of annual data by physical education teachers, health teachers, PE prep aides, school nurses, or elementary teachers. Such evidence will be forwarded to the Wellness Committee by June 1st each year.
2. Educational opportunities will be provided for teachers in nutrition and physical activities to help them understand and advocate good health practices. Teachers will integrate nutrition and physical activities into their core curriculum.

B. Guidelines

1. Physical Activity

- a. Gold Medal Schools, Healthy Child, Golden Sneakers, and Presidential and National Fitness Awards, are recommended programs that promote physical activities.
- b. It is recommended that lunch recess be held before lunch.
- c. Students will be educated and encouraged to achieve and maintain a lifetime of health and fitness. It is recommended that each school's community council address activities that promote wellness and health. Suggestions might include but are not limited to the following:
 - i. Promote family dinners.

- ii. Have physical activity as homework.
 - iii. Turn off the TV and electronic games.
 - iv. Make it safer and easier to walk or bike to school.
 - d. Teachers should use caution in withholding physical activity as a consequence for being unprepared.
 - e. District employees are encouraged to participate in healthy lifestyle activities and programs.
2. Nutrition
- a. Include more whole-grain products in school lunch as directed by USDA policy.
 - b. Schools will explore other ideas to generate revenue rather than vending machine and candy sales.
 - c. Teachers are encouraged to reduce the use of food as a reward and minimize lunchtime consequences that inadvertently disrupt normal lunchroom procedures. If the school elects to have classroom treats, teachers will encourage parents to send nutritious snacks after lunch.
 - d. Schools will allow adequate time for eating meals.
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