



CODE: C9

NUTRITION AND WELLNESS POLICY

Purpose:

Mountain Views Supervisory Union (MVSU) and its member districts (the “Districts”) (collectively, “the Boards”) recognize the important connection between student and staff health, and effective learning, high achievement and active citizenship. The Boards also acknowledge that promoting positive health and wellness encourages and supports staff and students to achieve personal health goals.

The intent of this policy is to comply with the U.S. Department of Agriculture Food and Nutrition Service final regulations (July 29, 2016) for all schools participating in the National School Lunch Program and/or School Breakfast Program, and related State and federal laws listed below. In accord with those laws, this policy has been developed in consultation with parents, students, representative of the school food authority, teachers of physical education, school health officials, the school board, school administrators and the general public.

Policy Statement:

It is the policy of the MVSU and its member districts to provide school health programs and education that promote nutrition, and address human development, physical activity and psychosocial well-being. In support of that policy the Boards have adopted the following goals. In developing the goals, evidence-based strategies and techniques were considered.

I. Goals for Health Education

- A. The MVSU shall establish and member districts shall implement a sequential, developmentally appropriate PreK-12 comprehensive health education curriculum as defined by Vermont law that is in alignment with Center for Disease Control’s National Health Education Standards, to promote health literacy and student wellness, and to prevent and reduce childhood obesity.
- B. The Boards will ensure that health education is taught by appropriately licensed staff in accordance with the Vermont Education Quality Standards.

II. Goals for Health Services

- A. The Boards shall provide a cohesive, integrated approach to the delivery of services to appraise, promote and protect health.
- B. School health services provided by the Boards shall be evidenced-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.
- C. The Boards shall provide safe school facilities. There shall be access to emergency resources, including Automated External Defibrillators (AEDs) and Epinephrine (Epi Pens or similar products), in all school buildings within the MVSU. There shall be personnel in each building who are trained/certified to use these items, and/or to train other staff in the building to do so on an as-needed basis.
- D. Each school in the MVSU shall have a health care professional on site a minimum of two times per week, to provide access to professional health care services.
- E. School counseling services will support the mission and vision of each school and be available to all students K-12. The school counseling services shall address students’ academic, career, personal and social development. Such services shall be aligned and integrated with the work of other professionals in the school setting, as well as those in other outside State and local agencies.
- F. The Boards shall make available to parents and students information regarding educational and counseling opportunities and referrals for promoting and maintaining individual, family and community health.

III. Goals for Nutrition Promotion

- A. The Districts will limit food and beverage marketing on school campuses to the promotion of only those foods and beverages that meet the USDA Smart Snacks in school nutrition standards.
- B. The Districts will take steps to support the promotion of locally sourced foods and school based gardens.
- C. Current information on the School Nutrition Environment, including but not limited to food program menus, will be made available to the public.

IV. Goals for Nutrition and Food Service Offerings

In order to promote student health and reduce childhood obesity:

- A. The Boards shall ensure that guidelines for reimbursable school meals and competitive foods sold at school during the school day comply with and/or exceed the requirements set by applicable federal law.
- B. Foods and beverages provided, but not sold, to students on each school campus during the school day, will when feasible, be limited to those foods that improve the diet and health of students, help mitigate childhood obesity and model healthy choices.
- C. In addition, the Districts have set the following standards of practice:
 - 1. Ensure that fruits, vegetables, whole grain products, low-fat and fat-free dairy products, low sugar and minimally processed meals are available to all children.
 - 2. Items meeting the USDA Smart Snack nutrition standards, but traditionally served as dessert, such as cookies and ice cream, shall not be sold to students during the school day.
 - 3. All fundraiser foods and non-meal foods sold during the school day are required to meet the USDA Smart Snack nutrition standards.
 - 4. Healthy food preparation methods and health-enhancing nutrition practices will be followed.
 - 5. Health inspections of kitchen prep areas will receive a minimum score of 90 on the Routine Inspection Report provided by the Vermont Department of Health.
 - 6. Seek alternatives to food for use in celebrations in order to respect and include those individuals with food allergies, cultural restrictions and/or economic challenges. In the event that food is part of the curriculum, efforts must be made to plan the food with the above considerations in mind. (See Guidelines for Implementing the MVSU Wellness Policy, 4. h.)
 - 7. Free potable water shall be available to children in meal service areas.
- D. Each District will provide adequate space and time for eating, and serve school meals in a safe and pleasant environment.

V. Goals for Physical Education

- A. The Boards shall establish a physical education program that is sequential, developmentally appropriate and in alignment with the Society of Health and Physical Educators America's National Standards and Grade Level Outcomes for K - 12 Physical Education.
- B. Each District shall provide students in grades K-8 with at least two physical education classes per week, pursuant to Vermont Education Quality Standards.

VI. Goals for Physical Activity

Each District shall:

- A. Ensure the opportunity for each student in grades Kindergarten through 12 to engage in a minimum of 30 minutes per day of physical activity over and above physical education classes, within or outside of the school day, including recess, movement built into the curriculum and after school offerings.
- B. Not take away recess and other opportunities for physical activity as a form of discipline, unless a student's objectionable behavior occurs during recess or a physical activity.
- C. Promote and offer additional opportunities to address academic accountability without removing access to recess or planned physical activities.

VII. Other school-based activities to promote student wellness

- A. The Boards shall encourage a culture of wellness throughout their schools, including, but not limited to, providing clean and safe buildings and a positive psychosocial climate.
- B. Families of students shall be included in wellness activities whenever possible.
- C. The Boards recognize that fostering a personal commitment to positive health behaviors in staff contributes to improved health status, higher morale and greater personal commitment to the school's coordinated school health program and creates positive role modeling.

VIII. Implementation and Evaluation

- A. The MVSU shall support ongoing needs-based professional development and program evaluation for continuous improvement of health education and all goals contained in this Policy.
- B. A Coordinated School Health Team shall continue to meet regularly to monitor the implementation of the Wellness Policy and to create a healthy school environment.
- C. The Superintendent and building principals shall be responsible for oversight and implementation of this policy, and shall ensure that the schools are in compliance with it. The Boards shall inform the public of the content of policy and make the policy and any policy updates available to the public on at least an annual basis.
- D. Representatives of stakeholder groups (including parents, students, members of the public, the school food authority, teachers of physical education, school health professionals school boards, and school administrators) shall have an opportunity to participate in development, implementation, and periodic review and update of the policy through service on the Coordinated School Health Team and stakeholders will be provided opportunities for comment on any proposed policy and policy changes. The policy will be made available to the public through the MVSU website for further consideration, and meetings of the Coordinated School Health team are open to community member participation.
- E. At least once every three years, the Boards shall assess schools' compliance with this policy. The assessment must measure the extent to which schools in the MVSU are in compliance with the policy and law, the extent to which this policy compares to model local school wellness policies, and a description of the progress made in attaining the goals of the policy. The assessment tool shall be developed or selected by the Coordinated School Health Team. Triennial assessment results shall be made available to the public.
- F. The triennial report shall include information as to the content and implementation of this policy.
- G. Recordkeeping. The MVSU and member districts shall retain records of compliance, including (i) a copy of the Wellness Policy, (ii) documentation of community involvement, including requirements to make the policy and triennial assessment results available to the public, and (iii) documentation of the triennial assessment results.

Appendix

1. Coordinated School Health Team (CSHT) is a coalition of individuals from within and outside the school community interested in improving the health of youth. The overall goal of this group is to collaborate to create a healthy school environment where students are fit, healthy, and ready to learn. Representation from each of the school districts is required. Responsibilities include:
 - a. Completion and ongoing review of the Center for Disease Control's School Health Index;
 - b. Monitoring, evaluation and review of the Wellness Policy, and its implementation;
 - c. Review of available data to make recommendation regarding use of available resources.
2. School day means from midnight before the school day starts, to 30 minutes after the end of the official school day.
3. Health literacy is defined as "the capacity of individuals to obtain, interpret and understand basic health information and service, and the competence to use such information and services in ways that enhance health." People who are health literate:
 - a. Can think things through and make healthy choices in solving their own problems,
 - b. Are responsible and make choices that benefit themselves and others,
 - c. Are in charge of their own learning and
 - d. Can use communication skills in clear and respectful ways. (Vermont Agency of Education)
4. Comprehensive health education means a systematic and extensive elementary and secondary educational program designed to provide a variety of learning experiences based upon knowledge of the human organism as it functions within its environment. The term includes the study of:
 - a. Body structure and function, including the physical, psychosocial and psychological basis of human development, sexuality, and reproduction.
 - b. Community health to include environmental health, pollution, public health, and world health.
 - c. Safety including:
 - i. First Aid, disaster prevention, and accident prevention; and
 - ii. Information regarding and practice of compression-only cardiopulmonary resuscitation and the use of automated external defibrillators.
 - d. Disease, such as HIV infection, other sexually transmitted diseases, as well as other communicable diseases, and the prevention of disease.
 - e. Family health and mental health, including instruction that promotes the development of responsible personal behavior involving decision making about sexual activity including abstinence; skills that

strengthen existing family ties involving communication, cooperation, and interaction between parents and students; and instruction to aid in the establishment of strong family life in the future, thereby contributing to the enrichment of the community; and which promotes an understanding of depression and the signs of suicide risk in a family member or fellow student that includes how to respond appropriately and seek help and provides an awareness of the available school and community resources such as the local suicide crisis hotline.

- f. Personal health habits including dental health.
- g. Consumer health, including health careers, health costs, and utilizing health services.
- h. Human growth and development, including understanding the physical, emotional, and social elements of individual development and interpersonal relationships, including instruction in parenting methods and styles. This shall include information regarding the possible outcomes of premature sexual activity, contraceptives, adolescent pregnancy, childbirth, adoption, and abortion.
- i. Drugs, including education about alcohol, caffeine, nicotine, and prescribed drugs.
- j. Nutrition.
- k. How to recognize and prevent sexual abuse and sexual violence, including developmentally appropriate instruction about promoting healthy and respectful relationships, developing and maintaining effective communication with trusted adults, recognizing sexually offending behaviors, and gaining awareness of available school and community resources. An employee of the school shall be in the room during the provision of all instruction or information presented under this subdivision. 16 V.S.A. §131

| <i>Unit Board of:</i> | <i>Warned</i> | <i>Adopted</i> | <i>Unit Board of:</i> | <i>Warned</i> | <i>Adopted</i> |
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| <i>Barnard</i> | | | <i>Reading</i> | | |
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| <i>Prosper Valley</i> | | | <i>WCSU</i> | <i>December 11, 2017</i> | <i>January 16, 2018</i> |