

SCHOOL WELLNESS ADMINISTRATIVE REGULATIONS

Public Involvement

Goal: The wellness committee participation is open to parents, teachers, students, health care professionals, school board, food service personnel, administrators and community members. This committee will meet to develop, implement and the review the school's wellness policy.

Objectives:

1. The wellness committee will meet a minimum of one time per school year.
2. Building principals will notify parents of the policy and opportunity to participate via the handbook, school website or newsletter home a minimum of once per year.
3. The community will be notified of the policy and opportunity to participate via the school website that is available daily.
4. Students will be made aware of the policy and opportunity for involvement via school announcements, school website, school paper a minimum of once a year.
5. School staff will be made aware of the policy and opportunity for involvement via school email or professional development meeting a minimum of once a year.

Nutrition Guidelines

Goal: All foods sold on the school campus during the school day (Midnight till 30 minutes after the end of the academic day) will meet or exceed the state and federal law mandates. For foods from home for treats/parties, parents are encouraged to send those that meet the definition of the USDA's *SMART SNACKS*.

Objectives:

1. All foods sold during the school day will meet or exceed the requirements of the state and federal regulatory authorities. This includes a la carte, school store, vending machines, breakfast and lunch program meals and fund raisers.
2. Administrators will ensure that there will be no foods sold or offered to students in the half hour before and after the school meals programs or during the meal times.
3. Administrators will ensure the vending machines students can access are turned off or unavailable in the half hour before and after and during the breakfast and lunch program times.
4. Students will be allowed access to free water throughout the day, including meal times.
5. Parents are allowed to provide their child with a packed lunch from home on any school day. It can not be shared or provided for other students.
6. Administrators will ensure students will be allowed adequate eating time, Recommended: Breakfast – 10 minutes, minimum; Lunch – 15 minutes, minimum.
7. Administrators will ensure meals will be provided in a clean, orderly environment with pleasant staff, adequate seating, adult supervision and enforcement of student conduct rules.
8. Teachers will not give food reward to students unless specified in and IEP, behavioral plan or health care plan.

9. Classroom teachers will provide or make available to parents, a list of foods not allowed in the classroom due to health conditions. This information will be in reference to foods provided for classroom parties and treats from home. The district will have Smart Snack information on the website.
10. Parents/teachers will provide an ingredients list and/or nutrition label for any foods provided in the classroom.
11. Parents will bring any provided foods to the school office by 9 am of the day it is to be served.
12. Teachers will not provide any foods to students that do not meet the definition of Smart Snacks unless approved by the building principal as part of an education activity.

Nutrition Education

Goals: Nutrition education will meet or exceed the health and nutrition education required by state and federal laws.

Objectives:

1. The curriculum director will ensure all elementary students will receive standards based nutrition education, specific to each grade level.
2. The elementary teachers will incorporate healthy food choices into 1 subject area each semester.
3. The schools will participate in community events that promote healthy food choices for the students when they are available.
4. The district office will make available to the public the breakfast and lunch menu choices via the school website and/or the newspaper throughout the school year.
5. Food service personnel/provider program will meet or exceed the USDA professional standards of training and continuing education.
6. The food service manager/provider program will document the continuing education on all personnel and maintain the records for not less than 3 years. These records will be available to the Superintendent or designee upon request.
7. The Curriculum Director will provide an annual report to the school board on the nutrition curriculum and compliance with the 2012 USDA ruling and the 2010 Healthy, Hungry Free Kids Act.
8. The Curriculum Director will explore other resources for curriculums that are available to our district for our student population.

Nutrition Promotion

Goals: The school environment will promote and support healthy food choices for the students, staff, parents and the community.

Objectives:

1. The school district will replace all sports equipment, score board, etc... that display or advertise non-nutritious foods and beverages as they wear out.
2. The district will work with all vending machine suppliers to switch out machines to sell and display only health choice foods and beverages.

3. Teachers and food service personnel will decorate the cafeteria and hallways with posters and bulletin boards that promote healthy food choices.
4. Parents and the community will receive healthy food choices messages via a newsletter home annually and/or monthly with the menu displays on the school website and/or in the newspaper.
5. Food service personnel/providers will offer more than one fruit/vegetable choice with each meal.

Physical Activity and Physical Education

Goals: Students will have physical activity through physical education classes, recess, classroom breaks during the school hours to maximize academic potential and enjoy the health benefits of learning a physically active lifestyle.

Objectives:

1. Elementary students, K - 2, shall have a minimum of 30 min. of PE and a minimum of 225 min. of recess/week.
2. Elementary students, 3 -5, shall have a minimum of 50 min. of PE and a minimum of 100 min. of recess/week.
3. Middle school students, 6 - 8 shall have a minimum of 220 min. of PE/week.
4. AHS students shall have a minimum of 225 min. PE/week for one academic year.
5. PE will be taught by teachers certified in Physical Education.
6. Teachers will be encouraged to use PA as a reward and/or break in the classroom.
7. Recess will be held outside, if weather permits.
8. PA will be encouraged if recess must be inside due to the weather.
9. Teachers will not withhold or require PA as a punishment.
10. APS explore opportunities to take part in community educational events that promote health and fitness to the students.
11. Parents will be encouraged via an annual newsletter to have their child walk/ride bike to school.

Public Notification

Goals: The public will be notified of the district's wellness, policy, committee membership, committee meetings and evaluation results.

Objectives:

1. Using the school handbook, website, annual newsletters to parents, radio and newspaper messages, the public will be notified of:
 - The wellness policy - annually
 - The wellness committee - annually - meeting and opportunity to serve
 - The evaluation results - annually

Monitoring & Evaluation

Goals: To ensure implementation and compliance with the district's wellness policy, the implementation will need to be need to be overseen by staff with the ability to enforce the policy. It will be assessed annually and updated as the evaluation results necessitate. The

annual evaluation will be presented to the Supt, who will be responsible for giving it to the school board, website and the media. The Supt or designee will also be responsible for the evaluation and all other required information to the state once every 3 years.

Objectives:

1. Wellness monitors will assess the compliance of each building with the LWP annually and report to the coordinator.
2. The coordinator will compile the results and report to the Superintendent annually.
3. The Superintendent will report to the school board and make results available via the website and through the local media.
4. The LWP committee will discuss the annual report at the policy meetings to make recommendations to the Superintendent and school board for any changes to the LWP.
5. The Superintendent or designee will complete a state assessment of the LWP once every 3 years.
6. The public will be notified of the availability of all evaluation results annually via newsletter, website and/or local media annually.
7. The latest evaluation results will be made available on the school's website annually.