

**Unity School District**  
**Administrative Rule – Wellness Policy and Practices**  
**458.2**

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. This policy applies to all schools in the Unity School District. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

**Nutrition education and promotion**

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula;
- Nutrition promotion will include participatory activities such as contests, promotions, farm visits, and experience working in school gardens;
- The nutrition education program will be linked to school meal programs, school gardens, cafeteria nutrition promotion, after-school programs, and farm-to-school programs;
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the foodservice staff and teachers;
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;
- Staff members responsible for nutrition education will regularly participate in relevant professional development (e.g., training on the Dietary Guidelines for Americans and how to teach them);
- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited;
- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. The school menu will be posted online;
- Staff is strongly encouraged to model healthful eating habits;
- Upon request, families will be provided written guidance on how to pack lunches and snacks that meet district nutrition standards.

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, analysis of health information;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

**Nutrition Standards for All Food and Beverages Sold or Served on School Grounds**

A. USDA School Meals:

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, school lunch and summer food programs.

In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;
- All cafeteria 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;
- School menus will be periodically reviewed. When feasible, sample USDA menus or USDA software for menu review may be used;
- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;
- High school campuses will be “closed” meaning that students are not permitted to leave the school grounds during the school day;
- Lunch will be scheduled between 11a.m. and 1p.m.;
- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;
- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and cafeteria staff will remind students to make use of them;
- Participation in school meal programs will be promoted. Parents 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. Schools may use nontraditional breakfast service to increase participation, such as breakfast served 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.

#### B. Competitive Foods and Beverages

All foods and beverages sold on school grounds during the meal times 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. All competitive foods must comply with the district’s nutrition standards, as well as all applicable state and federal standards. Foods served as part of the Before and Aftercare (child care) programs must also comply with the district’s nutrition standards unless they are reimbursable under USDA school meals program, in which case they must comply with all applicable USDA standards.

#### **Additional Foods Available to Students**

##### **Fundraising**

- Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district’s nutrition standards for competitive foods and cannot be sold for immediate consumption.
- Fundraising activities that promote physical activity are encouraged.

### **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. Students will be allowed to bring drinking water into the classroom.
- Water will be promoted as a substitute for sugar-sweetened beverages (SSBs)
- 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.

### **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;

### **Food used as reward or punishment**

Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

### **Physical Activity**

#### **Physical Education**

Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

#### **Physical Activity**

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

#### **Recess**

All elementary school students will have at least 15 minutes a day of supervised recess, during which moderate to vigorous physical activity will be encouraged.

**Evaluation and Enforcement**

The District Wellness Committee will have official meetings four times during the school year to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA.

The principal of each school will ensure compliance within the school and will report on compliance to the superintendent.