

Policy Code: 5143 Student Wellness Policy

December 2018

I. **Introduction.** Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (commonly referred to as the “Healthy Hunger-Free Kids Act of 2010”) requires each Local Education Agency (LEA) with schools participating in the U.S. Department of Agriculture (USDA) Child Nutrition programs to establish a local wellness policy by the first day of the 2006-2007 school year. At a minimum, the wellness policy must:

- A. Include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness.
- B. Include nutrition guidelines for all foods available on each school campus during the school day that are consistent with federal regulations for school meal nutrition standards and the Smart Snacks in School nutrition standards.
- C. Provide an assurance that guidelines for reimbursable meals shall not be less restrictive than the federal regulations.
- D. Establish a plan for measuring the implementation of the policy to include communication strategies to the public regarding content and implementation.
- E. Involve parents, students, a representative of the school food authority, school board members, school administrators the public, teachers of physical education, and school health professionals.
- F. Establish policies to restrict food and beverage marketing and advertising, so that only those foods and beverages that meet federal regulations for school meal nutrition standards and Smart Snacks in School nutrition standards could be advertised in schools.

II. Purpose and Goals

- A. Winston-Salem/Forsyth County Schools (WS/FCS) recognizes that good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health and well-being. A responsible approach to nutrition and physical activity promotes healthy weight maintenance and reduces the risk of many chronic diseases, including asthma, hypertension, heart disease, and Type 2 diabetes.
- B. WS/FCS has a responsibility to culture a school environment that helps students learn and maintain lifelong healthy eating and lifestyle habits. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness.
- C. A Wellness Policy Committee appointed by the Superintendent will be responsible for establishing and measuring the implementation of WS/FCS’ Wellness Policy. Committee members shall work collaboratively and offer multiple perspectives to assure the WS/FCS Wellness Policy is consistent with district educational and budgetary goals, designed to optimize the health and well-being of students, and fulfills the requirements of State Board Policy, the USDA’s “All Foods Sold in Schools” standards, Section 204 of The Child Nutrition and WIC Reauthorization Act of 2010 (commonly referred to as the Healthy Hunger-Free Kids Act of 2010).

III. **Scope.** This WS/FCS Wellness Policy includes:

- A. Guidelines for establishing a district Wellness Policy Committee;
- B. Nutrition Goals and Guidelines for School Meals Program;
- C. Nutrition Guidelines for Other School-Based Activities;
- D. Eating as a Positive experience;
- E. Nutrition Education;
- F. Goals for Physical Activity;
- G. District Personnel Role in a Healthy School Environment; and
- H. Policy Implementation.

IV. Local Wellness Policy Committee

A. **Mission.** The WS/FCS Committee shall serve the following purposes:

- Establish and maintain standards for foods and beverages made available to students by WS/FCS on each school campus during the school day;
- Establish and maintain goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness;
- Develop guidance and serve as a resource to school sites for WS/FCS Wellness Policy implementation;
- Establish a plan for monitoring, measuring, and evaluating WS/FCS Wellness Policy implementation, including but not limited to, an annual report to the Board of Education;
- Review and evaluate the Wellness policy standards and implementation; and

- Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Board of Education.

B. **Membership.** The WS/FCS Wellness Policy Committee shall be appointed by the Superintendent and will include at a minimum:

- A school board member;
- An assistant superintendent;
- Representatives of the school administration (elementary, middle and high);
- Representatives of WS/FCS school food services department;
- A program specialist or manager for health and/or physical education;
- Physical Education teacher representatives;
- Student representatives;
- Parent representatives;
- Representatives of the local community;
- Representative from the Health Department;
- Representatives from before and after school child care programs; and
- School Health Professionals.

C. **Chairperson.** The Wellness Policy Committee Chairperson will be a School District employee appointed by the Superintendent and charged with the primary responsibility for coordinating committee activities related to standards establishment, policy implementation and monitoring, and reporting to the Board of Education.

V. **Nutrition Goals and Guidelines For School Meals Program**

A. **School Meals Program.** The school meals program will operate in accordance with the National School Lunch Program and School Breakfast Program standards and applicable laws set forth by the USDA and the State regulations of North Carolina. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food marketing programs will be designed and used to encourage students to purchase nutritious meals.

1. WS/FCS meals shall meet or exceed all current USDA and state nutrient standards.
2. With regard to the USDA's "All Foods Sold in Schools" standards, the goal of WS/FCS is to meet and exceed the standards for "school meals" set forth by the [Healthy Hunger-Free Kids Act of 2010](#).
3. WS/FCS' food service directors shall communicate with students and their parents on a regular basis to obtain their input and suggestions regarding menu development.
4. Students will be encouraged to start each day with a healthy breakfast. The school breakfast program will incorporate nutritious menu items and utilize marketing strategies to promote breakfast participation.
5. All school meals will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.
 - a. WS/FCS shall set standards for promoting a variety of nutritious menu items that are appealing to young children. Colorful signage, posters with nutrition messages, and monthly promotions should be used to encourage students to participate in the meal program and to select a reimbursable, balanced meal.
 - b. Menu planning concepts and food advertising/marketing programs may be used to promote healthy and balanced meal choices.
6. Standardized recipes, developed by WS/FCS chefs and nutritionally analyzed by WS/FCS registered dietitians, will be used to prepare food items that meet USDA nutritional guidelines for meals.
7. The WS/FCS will provide professional development to all foodservice employees on compliance with the Healthy Hunger-Free Kids Act of 2010.
8. Parents and caregivers shall be encouraged, but not required, to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from the home.

B. **School Food Sales – A La Carte** (food, snacks and beverage) sales before, during and after the school day offered by the Child Nutrition Program in cafeterias, kiosks, and carts.

1. **A la carte foods.** The term "a la carte" means food items sold separately during breakfast or lunch as opposed to three or more food items sold as a "reimbursable" breakfast or lunch, as the term "reimbursable" meal is defined in federal regulations.
2. Nutrition information for a la carte items shall be readily available to students, parents and the school community.
3. **A La Carte nutrition standards.** With regard to the USDA's "All Foods Sold in School" standards, the goal of WS/FCS is to meet and exceed the standards for [Smart Snacks in Schools](#) set forth by the Healthy Hunger-Free Kids Act of 2010.

C. **Snacks.** The term "snack" means pre-packaged food items sold by the Child Nutrition Program in elementary school and

consumed at any time during the school day other than breakfast or lunch. All snacks offered by WS/FCS Child Nutrition will meet or exceed USDA guidelines set forth in the After School Snack Program (ASSP), as defined in the Healthy Hunger-Free Kids Act of 2010.

- D. **Beverages** offered for sale to students during the school day shall comply with the USDA's "All Foods Sold in School" standards set out herein.
- a. The WS/FCS Child Nutrition may sell the following beverages to students in the cafeteria during the school day.
 - i. Plain water (carbonated or uncarbonated);
 - ii. Unflavored low-fat milk;
 - iii. Flavored or unflavored non-fat milk (and milk alternatives); and
 - iv. 100 percent fruit and vegetable juices, and full-strength juice diluted with water, carbonated or non-carbonated, with no added sweeteners.
 - b. Portion sizes based on age. Elementary schools may sell up to 8-ounce portions of allowable milk and juice beverages, while middle and high schools may sell up to 12-ounce portions. In high schools, the standards limit the maximum container size to 12-ounces for lower calories beverages and 20 ounces for calorie-free beverages.
 - c. Additional options for older students. Beyond water, milk and juice, Smart Snacks in School provides additional calorie-free and lower-calorie beverage options for high school students:
 - d. Beverages sold outside of Child Nutrition Programs. Other than as described herein, beverages shall not be sold to students before school or during the school day, or contrary to the requirements of the National School Lunch Program. For the purposes of this policy, "during the school day" means from midnight until thirty minutes after the dismissal bell rings.
- E. Responsibility for ensuring that snack and beverage choices meet the above parameters rests with the Child Nutrition Program from midnight until 30 minutes after the dismissal bell rings. School administrators are responsible for enforcement of this wellness policy, including the competitive foods restrictions set forth herein, during the school day.

VI. Nutrition Guidelines for Other School-Based Activities.

A. Food Sold for Fundraising Activities

1. WS/FCS will encourage non-food items to be sold as part of school-sponsored fundraising activities. When food is sold, it should not be food of minimum nutritional value but should offer healthy food choices.
2. WS/FCS will compile a list of fun and creative ideas to assist schools in developing a healthy fundraising program. See AR 5143, Appendix A for specific program suggestions.
3. If a school chooses to host a fundraiser where foods are sold, the foods should meet the Smart Snacks guidelines, and the fundraiser shall not take place in such a manner that the foods are intended to be consumed during the school day. An example of food not intended to be consumed during the school day is a frozen food or other item preordered, packaged and distributed in a precooked state.
4. Fundraisers shall not compete with the child nutrition program. For example, approved fundraisers should not be conducted prior to or during meal times or otherwise in a manner that would deter students from participating in the school nutrition program.

B. Healthy Classroom Parties and Celebrations

1. WS/FCS recognizes that classroom parties and celebrations are a tradition at school. School staff and parents are encouraged to include healthy food offerings, as defined in this policy, at school parties and events to support a healthy environment throughout the district.
2. WS/FCS will compile a list of ways to celebrate that do not involve food, in addition to a multitude of ideas for healthful foods to be a part of the fun in classroom parties. See AR 5143, Appendix B for Healthy Celebration suggestions.
3. School personnel may work with WS/FCS food service team to develop a menu of healthy food items to order for club and team celebrations and rewards. When bringing in outside food for a classroom celebration, school personnel should be sensitive to preparation methods and potential food allergies, and should ensure non-allergenic options are provided for students who need them. These classroom functions shall not compete with the child nutrition program. (A pizza party held at or around lunchtime would be an example of a classroom function that competes with the child nutrition program.)

- C. **Food Used as a Reward or Punishment.** Teachers and school staff are strongly encouraged not to use food as a reward or punishment for students except as approved in a student with disabilities' Behavior Management Plan, Individualized Education Plan, 504 Plan, Diabetes Care Plan or other care plan. Teachers should be mindful of potential food allergies or other sensitivities, and are encouraged not to use healthy options instead of foods that are high in sugar and calorie content. Meals provided through the Child Nutrition program shall not be used as a punishment for students. For example, staff should not give coupons for fast food meals as a reward for an "A" on a class project or withhold snacks as punishment for bad behavior. WS/FCS Wellness Committee will compile a list of creative ideas, from various prizes to student privileges, to assist schools with this goal. See AR 5143, Appendix C for ideas about alternative rewards for food.

D. Beverages Vending After School Hours.

1. For the purposes of this policy, "during the school day" means from midnight until thirty minutes after the dismissal

bell rings. After school hours would, therefore, be any time that is not during the school day.

2. The nutrition guidelines for a la carte sale of beverages set forth above do not apply to the sale of beverages after school hours. The USDA's "All Foods Sold in School" standards referred to above do not apply to after school events such as sports, school plays, and concerts where parents and adults constitute a significant portion of the audience or are selling beverages in concession stands. They also do not apply to times when schools are leased to community groups after school hours.
3. However, bottled water products shall be available in every concession stand and vending machine (unless a separate vending machine is provided for water beside a vending machine that sells soft drinks.)
4. Vending machines to which students have access may be turned on 30 minutes after the dismissal bell rings. Vending machines in staff-only areas may remain on during the school day.

VII. Eating as a Positive Experience.

- A. WS/FCS will provide adequate time for students to enjoy eating healthy foods and socializing. Lunch shall be scheduled as near the middle of the school day as possible. Students should be provided adequate time to eat: at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated.
- B. Recess/physical activity for elementary grades should be scheduled before lunch when feasible so that children will come to lunch less distracted and ready to eat.
- C. Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time.
- D. Adequate seating will be available to accommodate all students served during each meal period.
- E. Adequate supervision will be provided in the dining area.
- F. The dining area will be clean, orderly and inviting.

VIII. Nutrition Education.

A. Classroom.

1. Students will have the opportunity to participate in a variety of classroom nutrition education learning experiences that include the following characteristics:
 - a. **Nutrition knowledge:** including but not limited to the benefits of healthy eating, the harmful effects of unhealthy eating habits, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling, and storage;
 - b. **Nutrition related skills:** including but not limited to planning a healthy meal, distinguishing between healthy and unhealthy eating habits, understanding and using food labels, and critically evaluating nutrition information and commercial food advertising; and
 - c. **Assessment of personal eating habits:** setting goals for improvement, and planning to achieve those goals.
2. Nutrition lessons will be designed for integration within the sequential, comprehensive health education program; will incorporate physical activity lessons; and will be based upon the most recent Dietary Guidelines for Americans and the USDA My Plate food guidance system. Nutrition lessons may be integrated into other areas of the curriculum such as math, science, language arts, and social studies as recommended by the Instructional Division.
3. WS/FCS will follow NC Standard Course of Study regarding Healthful Living in all grade levels, K-12, most current curriculum.
4. The nutrition education program will engage families as partners in their children's education. WS/FCS will communicate nutrition information to families via nutrition messages, school newsletters, and information posted on WS/FCS' website.¹
5. WS/FCS Wellness Policy Committee will assess all nutrition education curricula and materials for accuracy, completeness, and consistency with both the district's educational and wellness policy goals.
6. WS/FCS staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, skill practice in program-specific activities and instructional techniques, and strategies designed to promote healthy eating habits.

B. Cafeteria. The school cafeteria will serve as a "learning laboratory" enabling students to apply critical thinking skills taught in the classroom. Attractive and current nutrition education materials will be prominently displayed in dining areas.

1. Monthly topics about nutrition, physical activity, and wellness should be posted on bulletin boards and available for students and parents to take home.
2. Nutrition education will be offered in the school dining room as well as in the classroom and other venues, with coordination between the foodservice staff and teachers.
 - a. WS/FCS will develop a nutrition education program for elementary students that will be used to introduce young children to the principles of wellness and healthy food choices. Interactive lesson plans, games, and a video engage students and encourage them to practice at home what they learn in the classroom and in the cafeteria.

- b. WS/FCS supports district activities such as health fairs, food demonstrations, culinary workshops and kitchen tours. WS/FCS registered dietitians should be available for guest presentations upon request. If interested in these services, staff and parents should contact WS/FCS Director of Child Nutrition for more information.
3. School meals will be marketed to appeal to all students who will be encouraged to choose and consume a full meal. WS/FCS will develop a meal guidance system to identify complete meals that exceed the USDA guidelines. These healthy meal choices will be prominently identified on menu and serving line signage.
4. Schools shall not compete with the Child Nutrition program as set forth in applicable State board policies, state statutes, and federal regulations. All monies made from the sale of foods and beverages to students from midnight until 30 minutes after the dismissal bell rings must accrue to the Child Nutrition program. Any violations of the competitive foods regulations will result in repayment to the Child Nutrition program from the operating account of the school found to be in violation.

IX. Goals for Physical Activity.

- A. **Physical Activity during the School Day.** Students will be given opportunities for physical activity during the school day through daily recess periods, physical education (P.E.) classes, walking programs, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity.
 1. **Elementary:** Each elementary student shall participate daily in 30 minutes of moderate to vigorous structured physical activity. On average, no more than 80% of physical education instruction shall be under the supervision of the regular classroom teacher and no less than 20% shall be under the supervision of a licensed physical education teacher.
 2. **Middle:** Middle school students shall be provided not less than 90 minutes of physical education for each 5-day school week and shall be offered opportunities to participate in an average of 30 minutes per day of physical activities, such as intramural sports, interscholastic sports, classroom energizers and other activities. In addition, middle school students should be encouraged to participate in the many youth sports programs that lease WS/FCS athletic facilities.
 3. **High:** High school students must obtain one unit of Physical Education (PE) and .5 units of Health to graduate. PE electives shall be available all four years of high school.
- B. **Physical Education Classes.** Physical education classes shall be taught by state licensed instructors in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. Physical education will be consistent with state standards. Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. All students should be provided an opportunity to participate in physical education classes.
- C. **Physical Activity Before and After School.** Students will be given opportunities for physical activity through a range of after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- D. **Creating a Positive Environment for Physical Activity.**
 1. Physical activity will not be used as a form of punishment.
 2. Opportunities for physical activity (e.g. recess, physical education) will not be withheld as a form of discipline, except in the case of a brief timeout for misbehavior occurring during the physical activity.
 3. The above two guidelines do not apply to extracurricular sports teams.
 4. Recess/physical activity time will not be cancelled for instructional make-up time.
 5. All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined.
 6. Information will be provided to families to help them incorporate physical activity into their children's lives.

X. District Personnel Role in a Healthy School Environment.

- A. **Professional Development.** All WS/FCS personnel are encouraged to become full partners in the district's wellness goals. In support of this goal, nutrition and physical activity educational opportunities will be provided to all. These opportunities will address diverse topics related to healthy lifestyles, nutrition and physical activity, and will be provided in the form of educational and informational materials, presentations and workshops.
- B. All WS/FCS staff are encouraged to model healthy eating behaviors.
- C. All WS/FCS cafeteria managers will receive certification in general nutrition through participation in a 16-hour National Food Safety Program. All WS/FCS cafeteria managers will receive WS/FCS Food Allergy Awareness training. All WS/FCS food service staff will receive monthly training on various topics concerning food production, safety, and nutrition.
- D. Upon request, WS/FCS Resident and Regional Dietitians will be made available to present information on nutrition and wellness for school faculty and staff.

XI. Policy Implementation.

- A. **Monitoring.** The Director of Child Nutrition will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Superintendent or his designee and the Chairperson of the local Wellness Policy

Committee. On each school campus, one school administrator or a designee will be assigned to chair a school-based wellness committee to ensure compliance with all other standards of the WS/FCS Wellness Policy. The School Improvement Team could be assigned to perform this function. This individual and committee will report on the school's compliance to the school's principal and the Chairperson of the WS/FCS Wellness Policy Committee. Principals shall complete annually an attestation form indicating compliance with the wellness policy. The Wellness Policy Committee Chairperson and the Superintendent will monitor the attestation forms for compliance.

- B. **Reporting.** The Chairperson of the WS/FCS Wellness Policy Committee will report on the district's compliance with the wellness policy to the Superintendent and Board of Education at least annually. A copy of the Committee's report will be distributed to other interested parties and groups as the school board sees fit.
- C. **Policy Review.** The Wellness Policy Committee may use the School Health Index, Changing the Scene Survey, and/or WS/FCS' survey to monitor the school's nutrition and physical activity environments and policies.
- D. Assessments should be repeated at least every two years to help review policy compliance, assess progress, and determine areas of improvement. WS/FCS will, as necessary, revise the Local Wellness Policy and develop work plans to facilitate its implementation.

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Winston-Salem/Forsyth County Schools

Footnotes

1. For example: Balanced Choices, Winners Circle and other program information should be available in the cafeteria.