

**Rutland Southwest Supervisory Union
Middletown Springs Town School District
Tinnmouth Town School District**

**Ira Town School District
Poultney Town School District
Wells Town School District**

Wellness Policy

**Code F-28
(Mandatory)**

Part I: Nutrition and Physical Activity

I. Rutland Southwest Supervisory Union's and its member districts' Position on Nutrition and Physical Activity

The Rutland Southwest Supervisory Union and its member districts are committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. It is therefore the policy of the RSWSU and its member districts that:

- Member school districts engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies;
- All students in Pre-K through grade 12 have opportunities, support, and encouragement to be physically active on a regular basis during both school-day and after school programs;
- Foods and beverages sold or served at school meet recommendations of the U.S. Dietary Guidelines for Americans;
- Qualified nutrition professionals provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and provide clean, safe, and pleasant settings and adequate time for students to eat;
- To the maximum extent practicable, all member school districts in our district participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program and Child and Adult Care Food Program;
- The Rutland Southwest Supervisory Union and/or member school districts create, strengthen, or work within existing school health councils or committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. .

In regard to all school food programs, it is the position of the Rutland Southwest Supervisory Union that:

in order for students to achieve their full academic potential, healthy-eating patterns are essential. Comprehensive nutrition education and a well-planned, well-implemented school nutrition program positively influences students' eating habits. Consuming a variety of nutritious foods promotes healthy growth and development and provides the necessary energy for learning. The goal of nutrition education is to instill knowledge for a lifetime of healthy eating.

II. RSWSU School Nutrition & Environment Recommendations

1. **Adequate time and space** will be provided for students to eat school meals.

Schools should:

- a. Ensure that students have the opportunity to wash their hands before/after meals

- b. Create and maintain a safe and inviting place for students to eat school meals
 - c. Ensure that students have time to eat and socialize during the meal period
2. **Nutrition education** should be provided at all grade levels, Pre-K through 12, providing the knowledge students need to adopt healthy lifestyles (Institute of Medicine (IOM)). Schools should:
- a. Ensure that nutrition education promotes healthy eating both in and outside of school, and is consistent with Vermont's health education standard 3.5 and grade expectation requirements
 - b. Integrate nutrition concepts into various subject areas, such as social studies, science, and other subjects (IOM)
 - c. Post nutrition information where food and beverages are served and sold
 - d. Provide parents with information about the nutritional and educational goals and the health benefits of the school lunch and breakfast programs
 - e. Provide families with guidelines for packing healthy lunches or snacks along with other general educational information that encourages healthy eating and physical activity in families
 - f. Provide PTO and teachers with a list of ideas for fundraisers that include the sale of nonfood items and healthy food alternatives such as fruits and vegetables
 - g. Not use food as a reward or a punishment for students
 - h. Offer awards/recognition for individuals, groups, classes, etc. that design and/or implement new and innovative ideas for improving the school's nutrition.
 - i. Utilize services of a qualified nutrition professional to help lead the implementation of nutrition education
3. **Nonfood reward and incentives** should be used to encourage student achievement and desirable behavior.
4. **Water** should be accessible to students throughout the school day, given good hydration is essential to optimal physical and mental performance.
5. Schools should offer **wellness programs and professional development opportunities for faculty/staff** that encourage and motivate them to engage in healthy eating and physical activity behaviors. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques designed to promote healthy eating habits.
6. Healthy food choices should be provided when foods are sold or given at school sports and special activity events. Schools should:
- a. Post the nutritional values of foods sold at concessions.
 - b. Ensure that portions of food sold at school are not super-sized.

III. School Meals Recommendations

1. **Menus** should be planned to conform to the Dietary Guidelines for Americans and the nutrient standards established in the regulations of the National School Lunch Program (7CFR210) and the School Breakfast Program (7CFR220) and in consultation with the School Food Service Committee. School meal programs should:
 - a. Offer a choice of at least two (2) main entrees
 - b. Serve students proper portion sizes. "Super-sized portions" should be discouraged, and "seconds" limited or prohibited
 - c. Present food pricing strategies designed to encourage students to purchase nutritious items and/or reimbursable meals
 - d. Introduce students to new and a wide variety of foods
 - e. Provide low fat or no-fat salad dressings
 - f. Offer multiple choices of fruits and vegetables daily, to include where possible fresh fruits and vegetables in season and/or locally grown.

- g. Offer whole grain foods
2. **School food service meals** should not only provide the optimal nutrition that students need for growth, development, and academic achievement, but also support the development of healthy eating behaviors in students, including their learning to eat a variety of foods. School meal programs should:
 - a. Offer a minimum of three (3) milk choices for all grade levels at breakfast and at lunch; Restrict access to whole milk
 - b. Provide nutritional information (calories, fat %, serving size) to help students make healthy choices and select appropriate portions
 - c. Offer whole grains in all programs to meet bread and cereal requirement
 - d. Encourage all students to try a variety of foods by serving the full reimbursable meal
 - e. Include where possible locally grown foods and beverages, as compatible with federal regulations for such purchases
 - f. Develop purchasing partnerships with local farms/farmers, manufacturers and small processors are established to take advantage of local and fresh products. Such products may include eggs, milk, dairy products, apples and other fruits and vegetables.
 - g. Adhere to “Vending” and “a la carte” guidelines established in regulations of the National School Lunch Program (7CFR210) and the School Breakfast Program (7CFR220)
 3. **School food service programs** should ensure that school meals are priced no lower than the cost of providing them so that the school food programs are self-supporting.
 4. **In regard to Food Safety** – All food service equipment and facilities must meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation, and workplace safety.
 5. **All food service personnel** shall have adequate pre-service training and must hold a State issued or equivalent training certificate.

IV. RSWSU Student Physical Activity Recommendations

1. The physical education program shall be sequential, developmentally appropriate, and in alignment with Vermont Standards and grade expectations
2. The majority of physical education class time should be spent in moderate to vigorous physical activity.
3. School day classes shall be taught by licensed physical education teachers; After school physical activities will be planned and supervised by trained site coordinators.
4. Physical education classes for grades PreK-6 should be scheduled such that students engage in physical activity at least two days per week throughout the year.
5. Concepts regarding “wellness” and “lifelong fitness” should be emphasized and taught to all students
6. PE programs will assess at regular intervals the physical fitness of each student enrolled in PE and report results to the students and parents. Data will also be used to evaluate the effectiveness of RSWSU Nutrition & Physical Activity Programs
7. Supervised active play (recess) shall be offered daily for all students Pre-K through 6 grades. This is in addition to, not a substitute for, PE class
8. Physical activity should be used as a reward in place of food or candy
9. Schools shall offer increased opportunities for physical activity through a range of after school programs including intramural, interscholastic athletics and physical activity clubs

10. On-site after school programs will provide all participating students with significant amounts of physical activity, as well as support for academic and positive social development
11. Comprehensive interscholastic sports programs will be offered that attract the participation of comparable numbers of boys and girls
12. Environments should be created that are both safe and supportive of students' physically commuting to and from school
13. Walking and biking to school shall be encouraged as the preferred transportation modes for students who live within one mile of the school
14. Safe walking and bicycling environment should be created around the schools, possibly through a school-community planning and action team.
15. Students and parents shall be provided with traffic safety education as both pedestrians and bicycle riders and information on the health benefits of walking or biking to school.

Ira School District: Since the Ira School District does not operate a school at any level, it is the policy of the Ira School District to revert back to the Rutland Southwest Supervisory Union Policy should a situation arise needing action.

	Date Adopted	Replaces Policy
Rutland Southwest Supervisory Union	8/24/09	Wellness 11/13/06
Ira Town School District	9/8/09	None
Middletown Springs Town School District	7/22/09	None
Poultney Town School District	2/17/09	Wellness
Tinmouth Town School District	6/8/09	None
Wells Town School District	4/22/09	Wellness