

## **8505 – Wellness/Nutrition**

The Board believes that children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive, and that good health fosters pupil attendance and education.

In order to promote and protect children's health, well-being, and ability to learn, the Board is committed to providing school environments that support healthy eating and physical activity and directs the Superintendent or designee to ensure that the District takes the appropriate measures to meet the following District wellness and nutrition goals:

1. All pupils will have opportunities, support, and encouragement to be physically active on a regular basis;
2. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. Schools that are enrolled in the National School Lunch, School Breakfast and/or After School Snack Programs will follow the USDA nutrition standards. The District will regulate the types of food and beverage items sold outside the federal meal requirements, such as ala carte sales, vending machines, school stores, and fundraisers;
3. All pupils will be provided with adequate time for pupil meal service and consumption in a clean, safe and pleasant dining environment. Lunch and recess or physical education schedules will be coordinated with the meal service;
4. To the extent practicable, all schools in our District will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program including After-School Snack Programs, Summer Food Service Program, and Child and Adult Care Food Program);
5. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services;
6. The Board will accept input from stakeholders in developing, implementing, monitoring, and reviewing the wellness policy; and
7. The District will promote healthy nutrition and nutrition education, physical activity and other school-based activities that promote pupil wellness.

Foods and beverages available for sale shall meet the United States Department of Agriculture, Nutrition Standards for All Foods Sold in School, as required by the Healthy Hunger-Free Kids Acts of 2010.

#### Committee Review

The Superintendent or designee shall endeavor to engage parents, pupils, and representatives of the school food authority, members of the Board, school administrators, teachers, health professionals, and members of the public for the purpose of developing, implementing, monitoring, reviewing, and, as necessary, revising the school nutrition and physical activity initiatives, a committee may be convened to annually review and when necessary recommend revisions to school policies related to wellness and nutrition.

The committee may annually report to the Board on the implementation of programs and initiatives related to pupil wellness and nutrition. The Board shall review and consider recommendations from parents, staff and pupils.

#### Assessment

The Board shall ensure that an assessment of the District wellness and nutrition policy and programs is completed as part of the ongoing policy review. The recommendations of community members shall be reviewed and considered as part of the assessment. The assessment shall measure the implementation of the wellness and nutrition policy, and include:

1. The extent to which each school is in compliance with the school wellness and nutrition policy; and
2. The extent to which the Board wellness and nutrition policy compares to the federal and state model school wellness policies.

The Board shall update or modify the policy and programs as necessary based on the results of the assessment.

#### Physical Activity

For pupils to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for pupils to fully embrace regular physical activity as a personal behavior, the Board is committed to providing opportunities for physical activity beyond physical education class. Activities that may be implemented include but shall not be limited to:

1. Health education will complement and reinforce physical education. Pupils may be taught self-management skills that promote and help maintain a physically active lifestyle and reduce time spent on sedentary activities, such as watching television;

2. As initiated and determined by the teacher, opportunities for physical activity may be incorporated into subject area lessons;
3. Classroom teachers will make an effort to provide short physical activity breaks between lessons or classes, as appropriate;

#### Recordkeeping Requirements

The Superintendent or designee shall maintain records to document compliance with wellness and nutrition policy requirements. These records shall include but are not limited to:

1. The written wellness and nutrition policy;
2. Documentation demonstrating compliance with community involvement requirements;
3. Documentation of the assessment of the wellness and nutrition policy; and
4. Documentation to demonstrate compliance with the annual public notification requirements.

#### Marketing

The marketing of food or beverages shall only be permitted on the school campus during the school day for foods and beverages that meet the competitive foods requirements.

For purposes of this policy, marketing is defined as advertising and other promotions in schools. Food marketing commonly includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product.

The marketing of products on the exterior of vending machines, through posters, menu boards, coolers, trash cans, and other food service equipment, as well as cups used for beverage dispensing are all subject to Board policy, and the logos and products marketed in these areas and items are required to meet the competitive foods standards for foods sold in schools. This restriction shall not apply to marketing that occurs at events outside of school hours such as after school sporting or any other events, including school fundraising events,

#### General School District Requirements

The District's curriculum shall incorporate nutrition education and physical activity consistent with the standards adopted by the State of New Jersey.

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Food and beverages that are not sold such as foods and beverages served during special school celebrations or during curriculum related activities shall be exempt from this policy. However, on such occasions healthy food choices such as fruits, vegetables, fruit juice and water may be made available to all pupils participating in such activities.

This policy does not apply to: medically authorized special needs diets pursuant to federal regulations; school nurses using food or beverages during the course of providing health care to individual pupils; or special needs pupils whose Individualized Education Program (IEP) indicates their use for behavior modification.

Adequate time shall be allowed for pupil meal service and consumption. Schools shall provide a pleasant dining environment.

The Board is committed to promoting the nutrition policy with all food service personnel, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating practices. The Board will work toward expanding awareness about this policy among pupils, parents, teachers and the community at large.

The Superintendent or designee shall ensure that the public is informed about the content of the wellness and nutrition policy. The wellness policy and any updates to the policy shall be made available to the public on an annual basis. The policy may be posted on the school website as part of the Board policies list.

First Reading: March 28, 2017  
Adopted: April 25, 2017