

WELLNESS AND NUTRITION

Education and activities designed to foster healthy lifestyles are essential for students to achieve their full potential. The Wellness Committee has developed a set of recommendations for the district with four main components:

1. **Nutrition Standards.** Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability and ability to learn.
 - (a) Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Student Lunch/Breakfast Program or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
 - (b) Student Lunch/Breakfast Program policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require.
 - (c) A la carte offerings to students shall be nutritious and meet federal recommended guidelines and shall be selected with input from students, parents and staff.
 - (d) Vending Machines.
 - 1) At least one snack vending machine shall provide only single serving snacks that meet at least two, with at least 50% of the items meeting three of the following: 300 or fewer calories; seven grams of fat or less, one or more grams of fiber, at least 10% of RDA of calcium, iron, vitamin A or vitamin C.
 - 2) Vending machines where student meals are served or eaten shall be turned off one-half hour before and remain off until one-half hour after serving time.
 - 3) Beverage vending machines in school buildings shall include:
 - a. water
 - b. 100% fruit juice
 - c. non-carbonated drinks with 150 calories or less per container
 - d. carbonated drinks with 150 calories or less per container
 - 4) The beverage vending machines may also include:
 - a. non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
 - b. other non-carbonated drinks

(e) Food sales by organizations outside of normal school hours such as concession stands and bake sales shall be exempt from the requirements of these regulations.

(f) Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

2. **Nutrition Education.** Nutrition education and healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

(a) Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.

(b) Students shall have access to valid and useful nutrition information and nutrition promotion products and services.

(c) Students shall have the opportunity to practice behaviors that enhance nutrition and/or reduce nutritional health risks during the school day and as part of before or after school programs.

(d) Students shall be taught communication, goal setting and decision making skills that enhance nutritional health.

3. **Physical Education and Activity.** Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

(a) Physical Education Program. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

(b) Students shall be encouraged in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.

(c) Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

4. **Other school-based activities designed to promote student wellness:**

Healthy and Safe Environment. A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their community.

(a) School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe and in good repair.

(b) Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

(c) Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.

(d) Each work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being. Programs and services that support and value the social and emotional well being of students, families and staff build a healthy school environment.

(a) Each school shall provide a supportive environment that includes guidance and counseling services that encourage students, families and staff to request assistance when needed and links them to school or community resources.

(b) Students shall be provided the skills to express thoughts and feelings in a responsible manner and give and receive support from others through guidance and counseling services.

(c) Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations. This is the responsibility of all school staff.

(d) Students and staff shall be encouraged to balance work and recreation and helped to become aware of stressors which may interfere with healthy living.

Health Services. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

(a) Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the school district and the Nebraska Department of Health and Human Services.

(b) The district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.

(c) A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease

prevention, health screening and community health referrals for immunization, parenting skills, first aid, CPR and other priority health education topics.

Family, School and Community Partnership. Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

(a) Family, student and community partners shall be included on an ongoing basis in school and district wellness planning processes.

(b) The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

(c) Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.

(d) Schools and the district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

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York Public Schools, York, Nebraska