

R 8505 SCHOOL NUTRITION/WELLNESS

Guidelines for implementing the Board Policy on Wellness and Nutrition follow:

A. Oversight - District Wellness Committee

The Board of Education will appoint annually an ad hoc Wellness Committee to monitor policy and procedures related to Policy 8505. This committee will include but not be limited to representatives from staff from each school, pupils, parent(s) or legal guardian(s), food service professionals, health professionals and other interested community members.

Based upon its findings, the Wellness Committee will recommend to the Superintendent changes to policy, school food service, and/or wellness related curriculum. In addition to monitoring, this committee is encouraged to organize nutrition education activities and promotions that involve parent(s) or legal guardian(s), pupils, staff and the community.

B. Nutritional Components:

1. Curriculum Guidelines

- a. The district will adhere to the New Jersey Department of Education core content standards for health education.
- b. Teachers should instruct on healthy eating behaviors and integrate nutrition education into core curriculum as applicable.
- c. Principals should encourage the coordination of nutrition education between foodservice staff and teachers.
- d. The district will deliver scientifically-based nutrition messages through its curriculum and its media.
- e. Wellness and nutrition will be emphasized through voluntary participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens).
- f. Parents will be given access to health and nutrition information to assist them in teaching their children about health and nutrition.

- g. The curriculum will support health and nutrition education through health education courses, content integration, and special electives such as cooking classes.

2. Nutrition Standards

- a. The district will only offer food, snacks and beverages in accord with the New Jersey Department of Agriculture's standards (as articulated in Board Policy 8505).

3. Rewards, Incentives, and Consequences

- a. Rewards and incentives will be given careful consideration as to the messages they send to the pupils. As a rule of thumb, food will not be used as a reward or incentive.
- b. Food will not be withheld from pupils as a consequence for inappropriate behavior or poor academic performance.

4. Eating Environment

- a. To the extent possible, pupils and staff will be provided with adequate space and sufficient time to enjoy meals in a pleasant and appropriate environment that encourages relaxation and digestion.
- b. Safe drinking water and access to facilities for hand washing and oral hygiene will be available in all school facilities.
- c. Schools should avoid scheduling of competing activities such as pupil meetings and activities during meal times.
- d. Procedures and facility enhancements will be employed in order to prevent unusually high noise levels in cafeterias.
- e. Visual aids will be displayed in cafeteria food lines to help educate and guide pupils in making healthy food choices.

5. Healthy Vending Machines

- a. Vending machines will be available in the middle and high schools and will contain foods of high nutrient density.

- b. No vending services will be available during, one hour before, or one hour after the lunch service.
- c. Pupils and/or parents will be involved in the selection of food items for vending machines.
- d. All items sold must meet the New Jersey Nutrition Policy standards including the following criteria:
  - (1) The majority of food items in the vending machine should be those which meet the USDA definition of a "healthy food" (10 percent of one or more of Vitamins A or C, iron, calcium, protein, or fiber, 3 gm or less fat per serving, 1 gm or less of saturated fat, 60 mg or less of cholesterol, and not more than 360 mg per serving of sodium).
  - (2) Exempt foods include raw, canned, and frozen fruits and vegetables and certain cereal-grain products, fruits, vegetables, seeds, and nuts.

6. Sustainable Food Practices

- a. To the extent possible, the district will employ environmentally-friendly practices such as the use of locally grown and seasonal foods, organic foods and products, school gardens and non-disposable tableware.
- b. Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values foods served.
- c. Pupils will be encouraged to choose healthy snacks such as fruits, vegetables, dairy products or grains.
- d. Schools will attempt to make healthy choices of fundraising activities that use food or beverage for profit. Other forms of fundraisers will be encouraged.

C. Physical Activity Component:

- 1. Physical Education Classes Kindergarten - Twelve

- a. The physical education curriculum will demonstrate progression and sequence and be consistent with the New Jersey and/or National Physical Education standards for Pre-Kindergarten through grade twelve.
  - b. Opportunities for physical activity will be incorporated into other subject areas (e.g. math, language, arts, science, and social studies) when appropriate.
  - c. The district will meet all New Jersey State Core Content Standards required for high school graduation, physical education class time, frequency and/or intensity.
2. Daily Recess/Breaks
- a. All elementary school pupils will have daily supervised recess, preferably outdoors, during which pupils are encouraged to engage in moderate to vigorous physical activity.
  - b. Schools will schedule recess for elementary grades before lunch when possible.
  - c. Extended periods of inactivity will be avoided if possible. When activities such as mandatory school-wide testing make it necessary for pupils to remain inactive for long periods of time, pupils will be given periodic breaks during which they are encouraged to stand and be moderately active.
  - d. "Energizer" breaks should be given throughout the day appropriate to the age of the pupils.
  - e. Staff will teach playground games and activities that involve movement which challenge strength, endurance, balance and coordination.
3. Physical Activity Opportunities Before and After School
- a. The district will offer a variety of physical co-curricular activities and clubs.
  - b. Staff will encourage pupil participation in extra-curricular activities.
  - c. The district will encourage walking/biking to school.
  - d. All high schools and middle schools as appropriate, will offer interscholastic sports programs.

4. Rewards/Incentives/Consequences
    - a. Teachers and coaches will be discouraged from the use of physical activity as punishment (e.g., running laps, push-ups) and the withholding of physical activity as punishment (e.g., recess, physical education).
    - b. To the extent possible, recess and/or physical education classes should not be used for purposes of make-up work, testing etc.
  5. Safe Routes to School
    - a. School administration will encourage parents to participate in the Department of Transportation Walking School Bus program.
    - b. The Board of Education will solicit from the governing bodies the addition of crossing guards, sidewalks and bike paths to increase the numbers of pupils who have safe pedestrian access to school.
- D. Human Resources Components
1. Professional Development
    - a. The district will provide opportunities for ongoing wellness related professional development teachers, administrators and other staff.
    - b. The District food service management company will provide their employees with proper food handling and food safety education as well as nutrition education.
  2. Staff Wellness
    - a. The district will provide programs and services that promote the health, safety, and well being of staff.
    - b. School personnel will model healthy eating behaviors by offering healthy choices at school meetings and events.
    - c. Staff will be supported in efforts to establish peer support groups for issues of stress management, weight management, tobacco-use cessation, and other identified health issues.
    - d. The district will provide an employee assistance program for individual counseling and intervention needs.