

POLICY F 6R

BURLINGTON SCHOOL DISTRICT F 6R – WELLNESS POLICY

Former Policy JLB

The Burlington Board of School Commissioners believes that health and wellness are essential for individuals to recognize their personal responsibility, value their participation in their communities, and understand their relationship with their environment.

The Commissioners also recognize the important connection between student and staff health and its impact on effective learning, high achievement and active citizenship.

Thus, the Burlington School District is committed to promoting school health programs and education that address nutrition, physical activity and psychosocial well-being.

Therefore, it is the policy of the Burlington School District that the following goals be achieved:

A. Health and Nutrition Education

1. The school district shall establish and implement a sequential, developmentally appropriate preK-12 comprehensive health and nutrition curriculum that is in alignment with standard 3.6 of the *Vermont Framework of Standards and Learning Opportunities* and with the Vermont Health Education Grade Expectations. (See Section I for the definition of comprehensive.)
2. The school district believes that visible, interesting and productive gardens established and maintained at school, can create lasting ties between students, their families, staff and others in the community. Related activities may include but not be limited to cooking programs, school garden space for families, and CSAs for families and staff with school site drop-offs.
3. Staff shall integrate, where possible, experiential education activities such as gardening, cooking demonstrations and farm and farmers' market tours into existing curricula at all grade levels.
4. School foodservice, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food to students through activities such as:
 - a) Featuring food grown in the school garden in the cafeteria through sampling and inclusion in school meals based upon availability and acceptability.
 - b) Developing cafeteria themes relating to local farmers and products grown in the region.

B. Physical Education and Activity

Physical Education

The school district shall:

1. establish a physical education program that is sequential, developmentally appropriate and in alignment with the National Association for Sports and Physical Education, standard 3.6 of the *Vermont Framework of Standards and Learning Opportunities* and with the Vermont Physical Education Grade Expectations.
2. look into increasing minutes of physical education and should not decrease it in order to accommodate the master schedule.
3. encourage district wide health initiatives that include daily movement for all students and staff.
4. offer curriculum that is taught by licensed physical education teachers.
5. provide curriculum that equips students with the knowledge, skills and attitudes necessary for lifelong physical activity.
6. develop curriculum that is closely coordinated with the overall school health program.
7. support integrating physical education topics with other curricular areas.
8. minimize student pull-outs during scheduled physical education classes.
9. provide a safe environment to implement the program, with functional and protective equipment for all students.
10. recommend district-wide professional development around the relationship between health and wellness and academic achievement.

Activity Other Than Physical Education

The school district shall:

1. provide opportunities for physical activity are incorporated throughout the school day.
2. prohibit recess and other physical activity to be taken away as a form of discipline unless a student's objectionable behavior occurs during recess or a physical activity.
3. support the utilization of school gardens and farm visits which offer physical activity opportunities, as well as agricultural education.

C. Health Services

1. The school district shall provide a cohesive, integrated approach to the delivery of services to appraise, promote and protect health.
2. School health services are evidenced based as outlined in the School Nurse Standards of Practice Manual, the National Association of School Nurses Scope and Standards of Practice, and the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.
3. The foundation of the school health services will be based on the student needs

- assessment, plans and implementation of programs that support the wellbeing and academic success of students
4. The school district shall provide a safe school facility with sanitary conditions to treat students for illness or injury.
 5. The school district shall make available information regarding educational and counseling opportunities and referrals for promoting and maintaining individual, family and community health.
 6. The school district shall pilot nutrition screening, assessment and counseling to a small group of student found to be in need of such care. School health services will make referrals and connections to the student's medical home if nutrition screening and assessment reveals that nutrition counseling is needed.

D. Nutrition Services

Related to the Foodservice Program

1. The school district shall provide nutrition education to all foodservice employees.
2. The school district shall provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.
3. The school district will recognize child nutrition programs as food access programs and work to be sure all students have the opportunity to access all available programs.
4. The school district will provide the necessary infrastructure, outreach and support to the foodservice office to be sure that all families eligible for Free and Reduced meal benefits are able to access them.
5. School nutrition programs will reflect the U.S. Dietary Guidelines for Americans and the Institute of Medicine's (IOM) *Nutrition Standards for Foods in Schools* to achieve nutrition integrity. (see Appendix A)
6. The school district agrees to promote and participate, through foodservice staff, in all federally funded child nutrition programs and operate them to their fullest extent.
7. The school district will consider any renovations that may be necessary to allow for compliance with the new *IOM Nutrition Standards for Foods in Schools*. (see appendix A)
8. Although the board believes that the district's nutrition and foodservice's operation should be financially self-supporting, it recognizes however that the nutrition program is an essential educational and support activity. Therefore, budget neutrality or profit generation must not take precedence over the nutrition needs of its students. In compliance with federal law, the district's National School Lunch Program (NSLP) and School Breakfast Program (SBP) shall be non-profit.
9. The school district will provide potable drinking water in all cafeterias.
10. The school district will consider installing full-service kitchens at school sites where public bond money is expended to repair or remodel a school.
11. Compatible with federal regulations for such purchases, the foodservice program

will continue procedures that include locally grown foods and beverages in the development of purchasing bids or procedures.

Not Specifically Related to the Foodservice Program

1. The school district shall encourage the investigation of healthy and local food fundraisers that support local businesses.
2. The school district shall encourage healthy school celebrations whenever possible.
3. The school district shall offer students and faculty an appropriate facility for classroom nutrition and health education, and serve as a resource for linkages with nutrition-related community programs.
4. Food will not be used as a reward or punishment for students.
5. To the extent possible, recess periods shall be followed by lunch periods.

E. Counseling, Psychological and Social Services

1. The school board shall continue to recognize the need for counseling, psychological and social services for all students and shall make available the information necessary for families of students to seek the proper assistance.

F. Healthy and Safe School Environment

1. The school district shall maintain and implement a preK-12 anti-bullying curriculum.
2. The school district shall encourage a culture of wellness throughout the district, which includes, but is not limited to clean and safe buildings and a positive psychosocial climate.
3. Health and safety issues in kitchens and bathrooms will be brought up to code.
4. Physical conditions such as temperature, noise and lighting shall be conducive to a positive learning and eating environment.
5. The school district shall provide adequate time to obtain and eat food.

G. Health Promotion for Staff

1. The school district recognizes that fostering a personal commitment to positive health behaviors in staff contributes to improved health status, higher morale and greater personal commitment to the school's coordinated school health program and creates positive role modeling.
2. The school district shall encourage participation in an employee wellness program that defines planning, implementing and evaluation.
3. The school district shall support opportunities for faculty and staff to improve their health status through activities such as health assessments, health education and health-related fitness activities when possible.

H. Family/Community Involvement

1. Curriculum will afford opportunities for connections with agencies and businesses aligned with the wellness policy.

2. The school district shall promote community-based learning experiences that promote health and wellness.
3. The school district shall partner with local business learning experiences when appropriate and possible.
4. The school district shall include families of students in wellness activities whenever possible.

I. Implementation

1. The CSHT shall continue to meet regularly to monitor the implementation of the Wellness Policy.
2. A grant funded district wellness coordinator is necessary to ensure ongoing implementation and evaluation of the policy. When the grant ends, the district will investigate other sources of funding.
3. Data such as the Youth Risk Behavior Survey, the School Nurse Report and the School Health Index will be used to identify areas of strength and need and prioritize specific implementation steps.

This policy and its procedures may be modified subsequent to federal and state legislative and regulatory changes.

Appendix

1. A la carte food includes all foods sold or provided throughout the school grounds at any time that are not part of a reimbursable meal. Nutritious foods are foods that include whole grains; low-fat or non-fat dairy products; fresh, frozen or canned fruits and vegetables; lean meats, poultry, fish, beans and seeds.
2. Nutritious foods exceed the nutrient levels of Foods of Minimal Nutritional Value which have been identified by the United States Department of Agriculture (USDA).
3. Comprehensive health curriculum includes topics such as:
 - Alcohol and drug abuse prevention
 - Healthy eating/nutrition
 - Mental and emotional health
 - Personal health and wellness and self-care
 - Physical activity
 - Personal safety and injury prevention
 - Sexual health
 - Tobacco use

