

NORTH COUNTRY SUPERVISORY UNION COMMON BOARD POLICY MANUAL

HEALTH

J.7 FEDERAL CHILD NUTRITION ACT WELLNESS POLICY

(REQUIRED)

I. Statement of Purpose

It is the intent of the North Country Supervisory Union and member school districts to comply with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), and the Vermont School Wellness Policy Guidelines. In accord with those requirements, this Policy has been developed in consultation with Supervisory Union and member school districts policy representatives, parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public.

II. Policy Statement

It is the policy of the North Country Supervisory Union and member school districts to establish goals for nutrition promotion and education, nutrition guidelines, physical activity and other school based activities that are designed to promote student wellness. The Supervisory Union and member school districts will review and consider evidence-based strategies in determining these goals.

A. Nutrition Promotion and Education

1. The school district shall provide nutrition promotion and education programs as required by state law and regulations of the State Board of Education. In particular, the supervisory union and member school districts shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Education Quality Standards.
2. Nutrition education programs and promotion programs shall be conducted by appropriately licensed staff members.
3. To the extent practicable, nutrition education and promotion shall be integrated into core curricula in areas such as science and family and consumer science courses.
4. Food and beverage marketing will be limited to the promotion of only those foods and beverages that meet the USDA Smart Snacks in School nutrition standards on school campus.

A. Nutrition Guidelines

1. The National School Lunch and School Breakfast Programs will meet the requirements provided in 7 CFR 210 and 7 CFR 220 (National School Lunch Program and School Breakfast Guidelines.)
2. The North Country Supervisory Union and member school districts shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guideline issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 10 of the Child Nutrition Act and section 9(f)(1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
3. The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organizations sponsoring the sale.

4. All foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet the USDA Smart Snacks nutrition standards.
 5. School district fundraisers that occur during the school day will meet the USDA Smart Snacks nutrition standards.
 6. The school district is required to establish nutrition guidelines for all other foods provided, but not sold to students during the school day. Foods provided but not sold may include food that is part of a classroom celebration or provided by parents or community organizations free of charge.

It is the policy of the Supervisory Union and member school districts that, when feasible, food provided but not sold should be limited to those foods that improve the diet and health of students, help mitigate childhood obesity, and model healthy choices.
 7. Compatible with federal regulations for such purchases, the food service program shall establish procedures to include locally grown foods and beverages in the development of purchasing bids or procedures.
- B. Promoting Healthy Eating Behaviors
1. The school district shall provide adequate space for eating and serving school meals, as well as establishing meal periods that provide adequate time to eat and are scheduled at appropriate hours.
 2. The school district shall provide a clean and safe meal environment for students.
 3. Careful consideration will be given to scheduling recess and other physical activities before lunch, as is preferred practice.
 4. School district staff shall not use food as a reward or a punishment for students.
 5. The school district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
 6. Schools participating in the National School Lunch and School Breakfast programs shall make free potable water available to children in the meal service areas.
- C. Physical Education Instruction
1. School districts shall provide physical education classes for all students as required by Vermont Education Quality Standards.
 2. The school district shall provide other physical activity opportunities for students through recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intermural sports.

The school district shall offer opportunities for students in grades K-12 to participate in at least 30 minutes of physical activity within or outside of the school day. Physical activity may include recess and movement built into the curriculum, but does not replace physical education classes.
 1. The school district will provide proper equipment and a safe area designated for supervised recess time.
 2. The curriculum will equip students with the knowledge, skills, attitudes and personal and social skills necessary for lifelong physical activity.
 3. Suitable adapted physical education shall be included as part of individual education plans (IEPs), 504 plans for students with chronic health problems, other disabling conditions, and other special needs that preclude such student's participation in regular physical education instruction or activities.
- A. Other School Based Activities
1. The school district will implement other wellness based school activities from time to time at the discretion of the superintendent or his or her designee. These activities will be in accordance with evidence-based strategies such as those provided in the Vermont School Wellness Policy Guidelines.

B. Assessment

The Supervisory Union will conduct an assessment of the wellness policy every 3 years. This assessment will determine: compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.

C. Policy Implementation

1. The superintendent or his or her designee shall periodically monitor Supervisory Union and member district programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
2. The superintendent or his or her designee shall report at least annually to the board and to the public on the district's compliance with law and policies related to student wellness. The report shall include information as to the content and implementation of this policy, and an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.
1. The school district shall annually inform and update the public about the content and implementation of this policy, including the extent to which district schools are in compliance with this policy, the extent to which this policy compares to model local school wellness policies and a description of the progress made in attaining the goals of this policy.
2. The school district will permit parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators and the general public to participate in the development, implementation, monitoring, and periodic review and update of this policy.

B. Appendix

1. [USDA Smart Snacks Nutrition Standards for All Foods Sold in School Summary Chart](#)
2. [USDA Smart Snacks Nutrition Standards for All Foods Sold in School Flyer](#)
3. [USDA Smart Snacks in School Beverage Options](#)
4. [USDA Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School](#)

Legal References:

[16 V.S.A. §§131 & 906\(b\) \(3\).](#)

[Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.](#)

[Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.](#)

[Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265.](#)

[Code of Federal Regulations, 7 CFR Part 210 and Part 220.](#)

H.0272: Nutrition Policy in Vermont Schools (Sec. 2. 16 V.S.A. § 216)

Vermont Department of Education, School Quality Standards, Rule 2120.8.9

[Healthy, Hunger Free Kids Act of 2010, Section 204 of Public Law 111-296.](#)

[Vermont Education Quality Standards 2120.5](#)

[Vermont School Wellness Policy Guidelines](#), Joint Guidance from Vermont Agency of Agriculture, Food and Markets, the Vermont Agency of Education and Vermont Department of Health. 2016.

Cross Reference:

[E.22 School Meals Program \(NCSU Common Board Policy\)](#)

Boards	Adopted	Revised	Revised
Brighton	04/13/2006	10/11/2017	
Charleston	03/08/2006	10/11/2017	
Coventry	04/05/2006	10/18/2017	
Derby	03/14/2006	10/03/2017	

Holland	05/08/2006	10/03/2017	
Jay/Westfield	03/13/2006	10/10/2017	
Lowell	01/16/2007	10/16/2017	
Morgan	04/12/2006	11/09/2017	
Newport City	02/20/2006	10/16/2017	
Newport Town	04/12/2006	10/05/2017	
Troy	03/20/2006	12/07/2017	
NCUHS	N/A	10/17/2017	
NCUJHS	03/20/2006	10/17/2017	
NCSU	04/13/2006	10/26/2017	