

## **Child Nutrition School Wellness Procedures**

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### **I. PURPOSE**

These procedures are the implementation procedures for Weber School District Policy #8500, “Wellness Policy.” The procedures are consistent with the Child Nutrition Reauthorization Act of 2004, the Healthy, Hunger-Free Kids Act of 2010 and 7 C.F.R. 210.31, as updated in 2017.

### **II. STUDENT WELLNESS GOALS**

#### **A. Nutrition Promotion Goals**

1. Students will receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media. Schools will consider the use of USDA’s Team Nutrition posters/resources to display such messages.
2. The District will use Smarter Lunchroom’s strategies to encourage healthy food consumption and reduce food waste. ([www.smarterlunchrooms.org/](http://www.smarterlunchrooms.org/)).
3. The District will consider the use of taste tests for nutritional items.
4. Schools will promote farm to school activities and will consider inviting local farmers to talk about the produce they grow, or plan field trips to farms.
5. The District Food Service Department will promote limiting the use of processed foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains, and dairy foods which are low in fat, added sugars and sodium (Healthy Hunger Free Kids Act of 2010).
6. Schools will allow adequate time for breakfast and lunch. (Target: 15 minutes for lunch once seated) and assure adequate facilities for each student to eat sitting down in the cafeteria.

#### **B. Nutrition Education Goals**

1. Each school in Weber District will implement the Nutrition Core Curriculum developed by the Utah State Board of Education.
3. The District will promote ongoing nutrition professional development to faculty and staff through: workshops, conferences, continuing education, or any other kind of in-service trainings.
4. Schools will educate teachers, parents, and students on benefits of using healthy foods and non-food prizes for celebrations (i.e. class parties, birthday parties). Schools will encourage birthday parties to be combined and celebrated once each month so that treats are brought less frequently.
5. Encourage schools to link nutrition education activities with the coordinated school health programs (i.e. Team Nutrition, Healthier US School Challenge, Fuel Up to Play 60, Healthy Schools Program, and Game On).

#### **C. Physical Activity Goals**

1. Physical activity will be integrated across curriculum and throughout the

school day. Schools will encourage teachers to make movement a part of science, math, social studies, and language arts, as well as other subjects.

2. Schools will encourage a comprehensive school physical activity program, including quality physical education; physical activity during school; staff involvement; and community and parent engagement.
3. Physical education courses will provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
4. Schools are encouraged to create and implement recess policies/plans using the CDC and SHAPE America's Strategies for Recess in Schools and Recess Planning in Schools to encourage active, productive breaks. Extra recess may be considered as a non-food incentive.
5. Schools will promote ongoing physical activity professional development to faculty and staff: workshops, conferences, continuing education, or any other kind of in-service trainings.
6. Time allotted for physical activity will be consistent with national and state standards.
7. The District will encourage schools promote physical education that includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity and will incorporate both in its physical activity goals.
8. Schools will ensure that adequate and appropriate equipment is available for all students to participate in physical education activities.
9. Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students.
10. Information will be provided to families to help them incorporate physical activity into their students' lives.
11. Schools will encourage students and community members to use the school's physical activity facilities outside the normal school day.
12. Schools will encourage families and community members to institute programs that support physical activity, such as a walk-to-school program, Student Neighborhood Access Program (SNAP), Track Club, and after school programs.
13. The District will direct schools to refrain from using physical activity as punishment or discipline for student behavior.

#### C. Other School Based Activities Goals.

1. Local wellness policy goals will be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
2. Schools will encourage non-food rewards for classroom use (i.e. stickers, erasers, bookmarks, business coupons, verbal praise, and extra recess). Parents may request in writing that their children not receive food in the classroom.
3. Weber District will encourage schools to develop and/or participate in local, state, and federal sponsored programs that encourage life skills related to nutrition and health lifestyles (i.e. Jump Rope for Heart, Walk-a-thon, etc.)
4. The District will provide an employee wellness program that is directed by the Human Resources Assistant Director.

5. The employee wellness program encourages employees to participate in a yearly health screening and online personal health assessment.
6. A Wellness Champion will be designated at each school to serve as a contact for employee wellness.
7. Employee wellness program offers classes on nutrition, physical activity, weight management, stress, etc.
8. Through the employee wellness program employees are encouraged to participate in quarterly wellness challenges and activities such as snow shoeing, pickleball, etc.

## II. FOOD AND BEVERAGES

A. **Standards for Food and Beverages Provided at No Cost At School:** Food and beverages provided but not sold to students during the school day at each District school will meet or exceed the federal regulations and guidelines found at [7 C.F.R. §210.10](#).

B. Standards and Nutrition Guidelines for Food and Beverages Sold At School (“Competitive Food”)

1. “Competitive food ”means all food and beverages other than meals reimbursed under the School Lunch Act and the Child Nutrition Act of 1966 available for sale to students on the School campus during the School day. For purposes of the competitive food standards implementation, school day means the period from the midnight before to 30 minutes after the end of the school day. School campus includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day.
2. The District is committed to ensuring that all foods and beverages available to students on school campus support healthy eating. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the day will meet or exceed the USDA Smart Snacks nutrition standards found in [7 C.F.R. §210.11](#). These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to a la carte options in cafeterias, vending machines, school stores and snack or food carts.
3. The following are resources for schools to utilize in ensuring compliance with federal standards as they apply to competitive foods which are considered “Smart Snacks.”
  - a. [Tools for Schools: Focusing on Smart Snacks](#)
  - b. [Competitive Foods](#)
  - c. [CDC Smart Snack](#)
4. Food beverage marketing on campus during the school day will only promote food and beverages that meet Smart Snacks standards.

## VII. IMPLEMENTATION OF WELLNESS POLICY

A. The Child Nutrition Supervisor is responsible for the implementation and

oversight of these procedures. One administrator in each school will be responsible to work with the Child Nutrition Supervision to ensure compliance with this policy in each of the District's schools.

- B. The District will work with a wellness committee to participate in the development, implementation, and period review and update of the District's Wellness Policy and these procedures. The Wellness Committee may consist of any or all of the following: parents, students, representatives of school food authority, physical education teachers, school health professionals, school board members, school administrators, and the general public.
- C. Duties of the Committee:
  - 1. Meet yearly to evaluate and implement physical activity and nutrition guidelines.
  - 2. Establish recommendation for wellness promotion to staff, teachers, administrators, and parents.
  - 3. Make policy and assessments available to the public on the Weber School District website at the [Child Nutrition website](#).
- D. Measurement and Monitor:
  - 1. The committee will review and assess the Wellness Policy year to year and educate administrators and teachers on policy.
  - 2. The committee through the Wellness Representative will conduct annual assessments using a checklist tool, attached here.
  - 3. The committee will educate administrators to increase Healthier US Schools, Fuel Up to Play 60, Healthy Schools Program and Comprehensive School Physical Activity Program, or other programs.