

Dickinson ISD Wellness Policy 2015-16

Wellness: The District shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities and shall follow nutrition guidelines that advance student health and reduce childhood obesity.

Development of Guidelines and Goals: The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council (SHAC) and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. (See BDF and EHAA)

Wellness Goals and Nutrition Education: The District shall implement, in accordance with law, a coordinated health program with a nutrition education component (see EHAB and EHAC) and shall use health course curriculum that emphasizes the importance of proper nutrition (see EHAA).

School-Based Activities: The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

- Sufficient time shall be allowed for students to eat meals in dining rooms that are clean, safe, well-lit and comfortable.
- Health and Fitness for students and their families shall be promoted at suitable school activities.
- Employee wellness education and involvement shall be promoted at appropriate school functions.

Physical Activity: Schools will provide opportunities for students to participate in regular physical activity to promote personal lifelong behavior and maintain physical wellbeing. Schools will provide opportunities for students to develop the knowledge and skills for physical activities in accordance with guidelines (see EHAA, EHAB, EHAC).

Nutrition Guidelines: The District shall ensure that nutrition guidelines for reimbursable school meals shall meet all federal regulations and guidance; and that all foods and/or beverages sold on each campus are in accordance with the standards set forth by the United States Department of Agriculture (See CO).

In addition:

1. Each school campus shall be allowed *3 exempt food fundraisers or school-designated events* per campus per school year. The food and beverages sold for fundraisers on allowable days *are not required to meet standards outlined in the Code of Federal Regulations*, provided that no specially exempted fundraiser/event foods or beverages are sold in competition with school meals in the food service area during the meal service.
2. Soft drinks are prohibited from being sold during the school day to any age/grade group. For purposes of this section, *soft drinks are defined as non-juice, carbonated beverages that contain natural or artificial sweeteners.*

3. Time and Place Restrictions

- An elementary school campus may not sell competitive foods to students anywhere on the school campus throughout the school day except for those food items made available by the school food and nutrition department.
- A middle or junior high school campus may not sell competitive foods to students anywhere on the school campus from 30 minutes before to 30 minutes after meal periods except for those food items made available by the school food and nutrition department.
- High schools may not sell competitive foods to students during meal periods in areas where reimbursable school meals are served and/or consumed except for those food items made available by the school food and nutrition department.

Competitive food means any food and/or beverage sold to students that is not part of the school's operation of the National School Lunch or National School Breakfast Program. Competitive foods sold to students must meet all federal regulations including Smart Snacks.

- ### 4. Students may not share their food or beverages with other students. Some students have physician ordered dietary restrictions.

Principals:

- elementary classroom parties must be after the class lunch period unless the lunch meal is provided by the food and nutrition department.
- will set campus procedures to define how and when a parent gives "*official*" authority to another adult acting on behalf of the parent to provide food and/or beverages to a student during the school day.
- school staff shall not use food as a reward, incentive or punishment for students (excluding student IEP)
- food brought from home for the student's own consumption is exempt from these regulations.
- potable water must be provided during meal service where reimbursable meals are served (including cafeterias, classrooms, courtyards, auditoriums, ISS/lunch detentions/alternative).

Implementation: The school district administrative staff shall oversee the implementation of this policy and ensure each school complies. District administrative staff shall conduct periodic assessments to measure the implementation of the Wellness Policy (for example, the Wellness Survey). Dickinson ISD shall provide a yearly statement regarding the Wellness Policy to the school board through the annual SHAC School Board Report.