

**SOUTH BURLINGTON SCHOOL DISTRICT
WELLNESS PROCEDURES**

Introduction

The South Burlington School District (SBSD) Wellness programs will include educational opportunities and activities that support good nutrition, regular physical activity and social-emotional health. The intention of these Procedures is to further clarify how the SBSB Wellness Policy is carried out in the school community to allow all schools and all school-sponsored activities to move toward alignment with one another. The Procedures are considered a working document that will be reviewed and updated on a regular basis (at least annually).

COORDINATION OF EFFORTS: SBSB WELLNESS COMMITTEE

For the purpose of nonduplication and coordination of effort, the Superintendent shall establish a SBSB Wellness Committee. This Committee will be composed of diverse members of the school district and surrounding community to include district level staff, school level staff, family members, student representatives and members of the community. The Committee's purpose will be to oversee the implementation, monitoring and evaluation of the Wellness Policy and Procedures. The Committee may also recommend to the Superintendent and the School Board approaches in both programs and policies to enhance the health and well-being of students, staff and families.

CONNECTION TO OTHER INITIATIVES AND PROGRAMS

The SBSB Wellness Committee shall regularly assess efforts across the district and community focused on improving student health and learning. Where appropriate, the Committee will recommend policies and procedures to reduce duplication of these efforts, coordinate resources and make efficient use of district resources and staff.

GOALS FOR NUTRITION PROMOTION AND EDUCATION

The SBSB will provide nutrition promotion and education opportunities that

- A. Occur in grade levels K-12 as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health;
- B. Are part of not only health education classes but also other classes and school-related activities;
- C. Promote student health and reduce childhood obesity;
- D. Emphasize caloric balance between food intake and physical activity;
- E. Make use of expertise available within the school community and in the community at large to promote healthy foods;
- F. Include training/learning for staff;
- G. Reflect a commitment to nutrition by considering nutrition as the primary issue in food policies rather than economics;
- H. Promote Farm-to-Plate and Farm-to-Cafeteria activities that may include enjoyable, developmentally appropriate, culturally relevant activities such as contests, promotions, taste-testing, farm visits, and school gardens. Activities will aim to further promote foods

such as fruits, vegetables, whole grain products, low-fat and fat-free dairy products, low-sodium and low-sugar products, healthy food preparation methods and health-enhancing nutrition practices.

FOOD MARKETING AND SNACK CONSUMPTION IN SCHOOLS

The SBSB will promote healthy foods and beverages in the following ways:

- A. It is the goal of the SBSB that all foods shared as snacks for students, all foods donated for school celebrations and all foods donated for and sold through fundraisers will follow the Smart Snacks guidelines.
- B. The overarching goal is to bring school buildings and school events into alignment with one another and with the SBSB Wellness Policy and Procedures and offer healthy snacks to students (i.e., lower-fat, low-sugar, whole grain).
- C. All non-Nutrition Services Program foods sold in schools (including vending machines) will follow the Smart Snacks guidelines as a building expectation. (*Note: Please see guidelines for Nutrition Services foods below.*)
- D. It is the goal of the SBSB that fundraisers will support the District's mission *to inspire all learners to make a difference in the world* by offering opportunities for community-building experiences among students, staff, families and community.
- E. The SBSB believes that diversity enriches the human experience and our school community. Therefore, taste tests of foods from other parts of the world that support curriculum-based studies are welcomed.

NUTRITION SERVICES PROGRAM

The SBSB Nutrition Services Program will

- A. Support the philosophy of the National School Lunch, Breakfast and Snack Programs;
- B. Provide wholesome and nutritious meals for students in the district's schools;
- C. Meet USDA School Meals Initiative standards for reimbursable meals for the breakfast and lunch programs;
- D. Offer meals program food that reflects the diversity and cultural norms of the student population;
- E. Allow qualified nutrition professionals to administer the school meal programs;
- F. Provide continuing professional development for all nutrition professionals in schools as part of the district's responsibility to operate a food service program;
- G. Organize staff development programs that include appropriate certification and/or training programs for child nutrition directors, school nutrition managers and cafeteria workers.

PHYSICAL EDUCATION

- A. It is the goal of the district to provide 150 minutes of physical education for elementary students per week, 225 minutes of physical education for middle school students per week and require the equivalent of 1.5 credits in physical education for high school students.
- B. Recess and other physical activities shall not be taken away as a form of discipline unless doing so is directly related to the student's behavior during that time.
- C. For students to receive the nationally recommended amount of physical activity and for students to fully embrace regular activity as a personal behavior, students need

opportunities for physical activity beyond their physical education class. To that end, the school district will

- a. Discourage sedentary activities such as watching television, playing computer games, etc.;
- b. Provide opportunities for physical activity to be incorporated into other subjects during the school day;
- c. Encourage classroom teachers to provide short physical activity breaks between lessons and classes, as appropriate;
- d. Provide opportunities before, during and after the school day in a safe environment. These opportunities may include open gym, walking programs, aerobic activities, interscholastic and intramural sports and recreation programs.

SOCIAL-EMOTIONAL EDUCATION AND ACTIVITIES

- A. Students in grades K-12 will experience grade-appropriate mindfulness, diversity/equity/inclusion activities and opportunities for participation in the mentoring program as fitting.
- B. Within available resources, the district shall provide a variety of activities and opportunities that match students' interests and needs in order to develop the skills, attitudes and behaviors necessary for productive engagement in the community.

STAFF WELLNESS

The district values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle.

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