

PREAMBLE

Whereas, children need access to healthful foods and opportunities To be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the North Summit School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the North Summit School District that:

1. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
2. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

3. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
4. Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
5. To the maximum extent practicable, all schools in our district may participate in available federal school meal programs including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program (including suppers).
6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Definitions—

The following definitions apply in this policy:

1. "School day" means the period from midnight before a school day to thirty minutes after the end of the official school day.
2. "School campus" means all areas of the school property which are accessible to students during the school day.
3. "Available for sale" means the item may be exchanged for currency (in any form), tokens, or tickets.
4. "Competitive food" means all food and beverages available for sale to students on the school campus during the school day except for meals reimbursed under the National School Lunch Program or School Breakfast Program.

7 CFR § 210.11(a)

Required Nutrition Standards—

All competitive food (as defined above) must meet the USDA nutrition standards unless it falls within one of the exemptions below. A summary of the competitive food nutrition standards is attached as Appendix A.

7 CFR § 210.11(c)

Exemptions from Standards—

The following are exempt from compliance with the competitive food nutrition standards:

1. Any entrée item which is offered as part of the school lunch or school breakfast program, when offered as competitive food on the day, or on the following school day, that it is also offered as part of the school lunch or school breakfast program. Such competitive food offerings

must be offered in the same or smaller portion sizes as the lunch or breakfast program offerings. However, side dishes offered as part of the lunch or breakfast program and served à la carte must meet the competitive food nutrition standards.

2. Sugar free chewing gum
3. Specially exempted fundraisers. Competitive food may be sold as part of an infrequent fundraiser sponsored by the school. The allowed number of such excepted fundraisers will be established by the State Board of Education. If no limit has been established by the State Board of Education, no exempted fundraisers are permitted. Any competitive food sold as part of a fundraiser which is not exempted must meet the competitive food nutrition standards.

7 CFR § 210.11(b)(4), (c)(3)

Food and Beverages Not Subject to Regulation—

The Smart Snacks in Schools regulations apply to food and beverages sold to students on the school campus during the school day. The following are not within the scope of this regulation and are not required to meet the competitive food nutrition standards:

1. Food and beverages which are not sold. This includes food or beverages which are brought to school by students (home lunches, for example). It also includes food or beverages which are given to students without the exchange of any currency, tokens or tickets (for example, snacks or treats given out in connection with a birthday celebration)
2. Food and beverages sold after the school day. This includes food and beverages sold during the time period beginning 30 minutes after the end of the official school day until midnight (a common example would be concessions sold during an evening athletic event)
3. Food and beverages not sold on the school campus. The school campus is defined as all areas which are accessible to students. Food or beverages sold in areas which are not accessible to students (which might for example include a teacher's lounge) are not required to meet the nutrition standards.
4. Food and beverages not sold to students. Food or beverages sold to persons other than students (for example, parents or school staff) are not required to meet the nutrition standards.

Food Sales: Appendix A

Summary of Competitive Food Standards

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <p>(1) meet all of the proposed competitive food nutrient standards; and</p> <p>(2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; or</p> <p>(3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or</p> <p>(4) be a combination food that contains at least 1/4 cup fruit and/or vegetable; or</p> <p>(5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.</p> <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<p><input type="checkbox"/> Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.</p> <p><input type="checkbox"/> Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.</p> <p><input type="checkbox"/> Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.</p>
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	

Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<input type="checkbox"/> Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.

		<input type="checkbox"/> Nuts and seeds and nut/seed butters are exempt from the total fat standard. <input type="checkbox"/> Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. <input type="checkbox"/> Seafood with no added fat is exempt from the total fat standard. Combination products are not exempt and must meet all the nutrient standards.
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<input type="checkbox"/> Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. <input type="checkbox"/> Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. <input type="checkbox"/> Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. Combination products are not exempt and must meet all the nutrient standards.

Acceptable food items must have < 10% calories from saturated fat as served.	<input type="checkbox"/> Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. <input type="checkbox"/> Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. <input type="checkbox"/> Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. Combination products are not exempt and must meet all the nutrient standards.
Zero grams of trans fat as served (≤ 0.5 g per portion).	
Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<input type="checkbox"/> Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are

	<p>exempt from the sugar standard.</p> <p><input type="checkbox"/> Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</p> <p><input type="checkbox"/> Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</p>
<p>Snack items and side dishes sold a la carte: ≤ 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: ≤ 200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤ 480 mg sodium per item as served, including any added accompaniments.</p>	
<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤ 350 calories per item as served including any added accompaniments.</p>	<p><input type="checkbox"/> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.</p>

<p>Acceptable food items must have $< 10\%$ calories from saturated fat as served.</p>	<p><input type="checkbox"/> Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard.</p> <p><input type="checkbox"/> Nuts and seeds and nut/seed butters are exempt from the saturated fat standard.</p> <p><input type="checkbox"/> Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. Combination products are not exempt and must meet all the nutrient standards.</p>
<p>Zero grams of trans fat as served (≤ 0.5 g per portion).</p>	
<p>Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.</p>	<p><input type="checkbox"/> Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no</p>

	<p>added nutritive sweeteners are exempt from the sugar standard.</p> <p><input type="checkbox"/> Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.</p> <p><input type="checkbox"/> Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.</p>
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<p>Snack items and side dishes sold a la carte: ≤ 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: ≤350 calories per item as served including any added accompaniments.</p>	<p><input type="checkbox"/> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.</p>

Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
BEVERAGES		
Beverages in Elementary School	<ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low fat milk, unflavored (≤8 fl oz); • Non fat milk, flavored or unflavored (≤8 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤8 fl oz); and • 100% fruit/vegetable juice 	

	diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz).	
Beverages in Middle School	<ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz). 	

TO ACHIEVE POLICY GOALS:

SCHOOL HEALTH COUNCILS

The school district and/or individual schools with the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public).

NUTRITIONAL QUALITY OF FOODS & BEVERAGES SOLD & SERVED ON CAMPUS

SCHOOL MEALS

Meals served through the National School Lunch will:

1. Be appealing & attractive to children.
2. Be served in clean & pleasant settings.
3. Meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
4. Offer a variety of fruits and vegetables;
5. Serve only low-fat (1%) Fat Free Milk, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA);
6. Ensure that half of the served grains are whole grain (51%).

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

FREE & REDUCED PRICE MEALS

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

MEAL TIMES & SCHEDULING:

Schools:

1. Will provide students with at least 20 minutes after sitting down for lunch;
2. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 1:00 p.m.;
3. Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students eat school lunch during such activities;
4. Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
5. Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

QUALIFICATIONS OF SCHOOL FOOD:

SERVICE STAFF

Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

SHARING OF FOODS & BEVERAGES

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

Parents will not bring homemade food items to school for students' birthdays or rewards unless the item is commercially packaged due to food safety concerns.

Teachers are discouraged from using or distributing food as a reward in class.

Foods and beverages sold individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines, fundraisers, school stores, etc) should be closed during lunch hour.

MIDDLE/JUNIOR HIGH & HIGH SCHOOLS

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs(including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meeting the following standard:

1. 70% healthy choices as determined by the food service guidelines.
2. Shall prohibit Energy Drinks, Energy Supplements, and other such beverages or supplements containing excessive amounts of Caffeine or other unhealthy substances.

PORTION SIZES

Limit portion sizes of foods and beverages sold individually to those listed below:

1. One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
2. One ounce for cookies;
3. Five ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
4. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
5. Eight ounces for non-frozen yogurt;
6. Twelve fluid ounces for beverages, excluding water; and
7. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals, fruit and non-fried vegetables are exempt from portion-size limits.

SNACKS

Snacks served during the school day or in after-school district sponsored activities and events will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school programs, personnel, and parents. This list can be found on the North Summit School District web-site.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

REWARDS

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

NUTRITION & PHYSICAL ACTIVITY PROMOTION & FOOD MARKETING

NUTRITION EDUCATION & PROMOTION

North Summit School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

1. Is offered at each grade level as part of a sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
2. Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
3. Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
4. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
5. Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

6. Links with school meal programs, other school foods, and nutrition-related community services;
7. Teaches media literacy with an emphasis on food marketing; and
8. Includes training for teachers and other staff.

INTEGRATING PHYSICAL ACTIVITY INTO THE CLASSROOM SETTING

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

1. Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
2. Opportunities for physical activity may be incorporated into other subject lessons; and
3. Classroom teacher may provide short physical activity breaks between lessons or classes, as appropriate.

COMMUNICATIONS WITH PARENTS

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The individual Community Councils will offer healthy eating information for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fund raising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

FOOD MARKETING IN SCHOOLS

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fund raising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fund raisers; and coupons for discount gym memberships.

STAFF WELLNESS

North Summit School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, health care professional, food service supervisor, and recreation program representative.

The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school board annually.

PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION

DISTRICT PHYSICAL ACTIVITY GOAL

North Summit School District shall provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle. North Summit School District shall utilize the following implementation strategies:

1. Physical education classes and physical activity opportunities will be available for all students.
2. Physical activity opportunities shall be offered daily before school, during school recess or physical education classes.

3. As recommended by the National Association of Sport & Physical Education (NASPE) school leaders of physical activity and physical education shall guide students through the following enabling them to achieve and maintain a high level of personal fitness through the following:
 - a. Expose youngsters to a wide variety of physical activities.
 - b. Teach physical skills to help maintain a lifetime of health and fitness.
 - c. Encourage self-monitoring so youngsters can see how active they are and set their own goals.
 - d. Individualize intensity of activities.
 - e. Focus feedback on process of doing your best rather than on product.
 - f. Be active role models.
4. Introduce developmentally appropriate components of a health related fitness assessment. (e.g. Fitness Gram, Physical Best or President's Council) to the students at an early age to prepare them for future assessments.
5. Recommendations for promoting physical activity in schools and physical education;
 - a. Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week. This daily accumulation should include moderate and vigorous physical activity with the majority of the time being spent in activity that is intermittent in nature.
 - b. Children should participate in several bouts of physical activity lasting 15 minutes or more each day.
 - c. Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
 - d. Extended periods (periods of two hours or more) of inactivity are discouraged for children, especially during the daytime hours.
6. Beginning in middle school and through high school, administer a health-related fitness assessment with students. Students shall receive results and use this as a baseline in understanding their own level of fitness creating fitness goals and plans.

DAILY PHYSICAL EDUCATION (PE) K-12

All students in grades K-12, including students with disabilities, special healthcare needs, will have the opportunity to receive daily physical education (or its

equivalents of 150 minutes/week for elementary school students and 30 minutes/day for middle and high school students for the entire school year.) Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

DAILY RECESS

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

PHYSICAL ACTIVITY & PUNISHMENT

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

SAFE ROUTES TO SCHOOL

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

USE OF SCHOOL FACILITIES OUTSIDE OF SCHOOL HOURS

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

MONITORING & POLICY REVIEW:

MONITORING

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with

nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report annually on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

POLICY REVIEW

To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will as necessary revise the wellness policies and develop work plans to facilitate their implementation.