

**COMMON POLICY FOR FRANKLIN CENTRAL SUPERVISORY UNION
ST. ALBANS CITY, ST. ALBANS TOWN, FAIRFIELD,
BELLOWS FREE ACADEMY UNION DISTRICT HIGH SCHOOL #48,
AND NORTHWEST TECHNICAL CENTER**

Code: F28

WELLNESS POLICY

Purpose

It is the purpose of this Wellness Policy to encourage life long patterns of healthy eating, physical activity, and emotional well being among all Franklin Central Supervisory Union students. It is recognized that there is an important connection between a healthy diet, appropriate physical exercise, and healthy adaptation and a student's ability to learn effectively and achieve high standards throughout his or her education. In addition, it is the intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004.

Policy

It is the policy of the Franklin Central Supervisory Union and its member districts to promote student wellness with the objective of providing sound nutritional and health information. This will be done by continuing to support the goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness.

The school district shall provide nutrition education programs as required by state law and regulations of the State Board of Education. Schools participating in the National School Lunch and Breakfast programs are expected to abide by all regulations. Schools will provide adequate time and place for meeting nutritional needs.

Nutrition and Physical Activity

- A. Nutritious foods are available and promoted as a choice for students wherever and whenever food is sold or otherwise offered at school during school hours.
- B. Foods and beverages produced and available through curricular programs are governed by existing instructional standards and curriculum policies and not subject to the following guidelines.

Definition

Nutritious foods are nutrient-dense foods including whole grains; low-fat or non-fat dairy products; fresh, frozen, or canned fruits and vegetables; lean meats, poultry, fish, and beans. Nutritious foods exceed the nutrient levels of Foods of

Minimal Nutritional Value. (The United States Department of Agriculture (USDA). 7 CFR 210.11 AND 7 CFR 210 (<http://www.fns.usda.gov/cnd/Governance/regulations.htm>), Appendix B).

- C. All reimbursable meals are planned to conform to the Dietary Guidelines for Americans and the nutrient standards established in the regulations of the National School Lunch Program (7 CFR 210 and the School Breakfast Program 7 CFR 220 (<http://www.fns.usda.gov/cnd/Governance/regulations.htm>)).
- D. Food pricing strategies are designed to promote the purchase of nutritious items and/or reimbursable meals.
- E. Food sold through vending machines must conform to the following guidelines:
 - 1. No foods or beverages of minimal nutritional value (FMNV) as defined by the USDA in 7 CFR 210.11 (b) (<http://www.fns.usda.gov/cnd/Governance/regulations.htm>) are sold from vending machines in the food service area during meal service times.
 - 2. Foods and beverages available to students from vending machines during non-meal service times should include healthy, nutritious food and beverage choices.
 - 3. For Grades K – 12: The sale of foods and beverages from vending machines may be permitted before, during, and after meal periods. However, vending must provide healthy or nutritious food and beverage choices.
- F. Nutrition education should be included within the schools' educational program. The nutrition education focuses on developing healthy eating behaviors based on theories and methods proven effective by research and is consistent with Vermont's Personal Development Standard 3.5 and aligned with Vermont's Health Grade Expectations.
- G. The food service authorities should develop a coordinated effort to promote healthy eating behaviors, ensure maximum participation in the school meal program, and should ensure that all eligible children participate and receive free and reduced priced meals. Schools and staff should ensure that students eligible to receive free or reduced price meals and milk are treated equally and not easily identified by other students.
- H. The schools provide opportunities for students that are designed to promote wellness.
- I. 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.

J. All students in grades K – 12 will have opportunities, support, and encouragement to be physically active on a regular basis. 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. opportunities for physical activity will be incorporated into other subject lessons; and
2. classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Implementation and Review

The Superintendent or his or her designee is charged with developing procedures for measuring the implementation of the policy and the operational responsibility for ensuring that the policy and each of its components are periodically reviewed. The involvement of parents, students, food service personnel, health professionals, and other interested people will be sought for this review.

Reporting to the Community

The Superintendent or his or her designee shall report at least annually to the board on the district’s compliance with law and policies related to student wellness. The report shall include an assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

	Fairfield	Town	City	BFA	FCSU
1 st Reading	02/12/07	02/07/07	02/08/07	02/06/07	03/15/07
2 nd Reading	06/08/09				
3 rd Reading	08/17/09				
Date Warned:	08/06/09	02/23/07	05/01/07	02/23/07	07/07/07
Date Adopted:	08/17/09	03/14/07	05/10/07	04/03/07	10/18/07

Legal References: Vermont Act 161; Child Nutrition and WIC Reauthorization Act of 2004; Regulations of the National School Lunch Program (7 CFR 210 (<http://www.fns.usda.gov/cnd/Governance/regulations.htm>)) and School Breakfast Program (7 CFR 220 (<http://www.fns.usda.gov/cnd/Governance/regulations.htm>)).