

## STUDENT WELLNESS PLAN

The Seymour Community School District provides nutritional education and engages in nutrition promotion that:

- is offered at each building 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;
- 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;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutritional practices; emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods, and nutrition-related community services; and
- includes training for teachers and other staff.

### Physical Activity

#### A. Physical Education

1. The District provides physical education that:

- includes students with disabilities; students with special health-care needs may be provided with alternative educational settings; and
- engages students in moderate to vigorous activity during physical education class time.

#### B. Daily Recess

1. Elementary schools provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors; and
- encourages moderate to vigorous physical activity.

2. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools give students periodic breaks during which they are encouraged to stand and be moderately active.

#### C. Physical Activity and Discipline

1. Employees should not use physical activity (e.g., running laps, pushups) as disciplinary action. Withholding opportunities for physical activity (e.g., recess, physical education) is discouraged.

## Other Activities that Promote Student Wellness

- A. For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. toward that end, the District;
1. Integrates physical activity into classroom settings, by doing the following:
    - a. offering classroom health education that compliments 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;
    - b. discouraging sedentary activities, such as watching television, playing computer games, etc.;
    - c. providing opportunities for physical activity to be incorporated into other subject lessons; and
    - d. encouraging classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.
  2. Marketing food in school in a manner consistent with nutritional education and health promotion, by doing the following:
    - a. Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
    - b. The school provides access to healthy foods outside the reimbursable meal programs before school, during school, and thirty minutes after school meeting the United States Department of Agriculture (USDA) Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold a la carte lines, vending machines, and fundraising activities;
    - c. Snacks provided to students during the school day without charge (e.g. class parties) will meet standards set by the district in accordance to law. The district Will provide parents a list of foods and beverages that meet nutrition standards For classroom snacks and celebrations; and
    - d. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day and
    - e. marketing activities that promote healthful behaviors.
  3. Communicate with parents regarding providing students with a healthy diet and daily physical activity, by doing the following:
    - a. sending home nutrition information and post nutrition tips on a school web site;
    - b. encouraging parents to pack healthy lunches and snacks and to refrain from

3. The district will designate one or more officials from the wellness policy committee to ensure that each school within the district and the district as a whole complies with the local wellness policy.

#### B. Implementation

1. The district through the committee and/or the designated official, will inform and update the public, including parents, students, and the general community, about the content and implementation of the district's wellness policy through the school website.

#### C. Monitoring

1. The superintendent, the principal of each school, and the committee and/or designee ensures compliance with established district-wide nutritional and physical activity activity wellness policies.
2. Additionally, the following actions occur:
  - a. Food service staff, at the school or district level, ensure compliance with nutritional policies within food service areas and report on this matter to the superintendent or principal;
  - b. The school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes;
  - c. The Food Service Director and/or the superintendent develops a summary report on school district-wide compliance with the school district's wellness policy based on input from schools within the school district; and
  - d. Reports will be provided to the school board and also distributed to the district.

#### D. Policy Review

1. To help with the initial development of the district's wellness policy, each school in the School district has conducted a baseline assessment of the school's existing nutritional and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs.
2. Periodic assessments are conducted to review implementation and compliance to assess progress, and to determine areas in need of improvement at least once every three years. As part of that review, the committee and/or the designated official will do the following:
  - a. Generally consider whether there exists an environment that supports healthy eating and physical activity;
  - b. Review the nutritional and physical activity policies and practices to determine

- the extent to which the district and schools within the district are in compliance with the local wellness policy;
- c. Consider the extent to which the district's local wellness policy compares to the model local wellness policy;
  - d. Assess the progress the district has made in attaining the goals of its local wellness policy and consider evidence based strategy resources available from such sources as Team Nutrition and USDA to implement these goals.
  - e. Provide to the board any recommended updates to the district's wellness policy.

The committee and/or the designated official will make the assessment available to the general public through the school website. The board oversees revisions in the wellness policies and facilitates implementation plans.

Date of First Reading: Oct. 17, 2016

Date Approved: Nov. 21, 2016

## STUDENT WELLNESS PLAN

The Seymour Community School District promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

### **Wellness Goals**

The district has the following goals that encourage wellness in students and staff:

1. Encouraging physical activity, as outlined in the Student Wellness Plan – Physical Activity policy.
2. Providing nutrition education and promotion, as outlined in the Student Wellness Plan – Nutritional Guidelines policy.
3. Establishing other school-based activities that are designed to promote student and staff wellness, as outlined in the Student Wellness Plan – Other Activities to Promote Wellness policy.

Plan for measuring implementation of the Wellness Plan and Nutrition Guidelines

#### **A. Wellness Policy Committee**

1. The district has established a local wellness policy committee that may be comprised of any of the following: representatives of the board; representatives of the district, including administrators; representatives of the public; parents, students; representatives of the school food authority; and nutrition/wellness experts, including teachers of physical education and/or school health professionals.

2. The wellness policy committee implements, monitors, evaluates, measures, and updates the wellness policy. This committee will report annually to the board and to the general public regarding these efforts.

3. The district will designate one or more officials from the wellness policy committee to

ensure that each school within the district and the district as a whole complies with the district and the district as a whole complies with the local wellness policy.

#### B. Implementation

1. The district through the committee and/or the designated official, will inform and update the public, including parents, students, and the general community, about the content and implementation of the district's wellness policy through the school website.

#### C. Monitoring

1. The superintendent, the principal of each school, and the committee and/or designee ensures compliance with established district-wide nutritional and physical activity activity wellness policies.

2. Additionally, the following actions occur:

a. Food service staff, at the school or district level, ensure compliance with nutritional policies within food service areas and report on this matter to the superintendent or principal;

b. The school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes;

c. The Food Service Director and/or superintendent develops a summary report on school district-wide compliance with the school district's wellness policy based on input from schools within the school district; and

d. Reports will be provided to the school board and also distributed to the district.

#### D. Policy Review

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

2. Periodic assessments are conducted to review implementation and compliance to assess progress, and to determine areas in need of improvement at least once every three years. As part of that review, the committee and/or the designated official will do the following:

a. Generally consider whether there exists an environment that supports healthy eating and physical activity;

b. Review the nutritional and physical activity policies and practices to determine the extent to which the district and schools within the district are in compliance with the local wellness policy;

c. Consider the extent to which the district's local wellness policy compares to the model local wellness policy;

d. Assess the progress the district has made in attaining the goals of its local wellness policy and consider evidence based strategy resources available from such sources as Team Nutrition and USDA to implement these goals.

e. Provide to the board any recommended updates to the district's wellness policy.

The committee and/or the designated official will make the assessment available to the general public through the school website. The board oversees revisions in the wellness practices and facilitates implementation plans.

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