

High School Wellness Plan Guidelines

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

Vending Machines:

Vending machines district-wide will provide healthy foods for students and staff. Vending machines will comply with wellness policy and regulations on competitive foods including nutrition standards, operation, and placement of machines.

School Fundraisers:

School fundraisers include food sold by school staff, students, student groups/clubs, parents or parent groups, or any other person, company or organization, and/or affiliated organizations, and must comply with state and federal competitive nutrition standards. These groups/organizations are encouraged to engage in fundraisers that reinforce healthy behaviors.

All store bought items must include a food label that provides an ingredients list to prevent intervenient allergic reactions.

All food and beverages sold during the school day must be approved through the Child Nutrition Department to ensure compliance with all nutrition standards and health code regulations.

Sale of Food During the School Day:

Campuses may sell food items under the following conditions:

- Allow one outside vendor per week with entrée items or potentially hazardous food products containing meat, cheese, milk, eggs, or other dairy products.
- The sale of non-entrée food items at breakfast three days per week and the sale of non-entrée food items at lunch one day per week OR the sales of non-entrée food items at lunch three days per week and the sale of non-entrée food items at breakfast one day per week.
- Food and beverage items can only be sold in areas where reimbursable meals are not sold or served.
- Must be in compliance with local, state and federal nutrition guidelines.
- Must be a food item allowable for sale according to the “Smart Snack Product Calculator.” Refer to the Child Nutrition website.
- Verify, print and save calculator results for your records to ensure compliance.

Concessions:

Concessions at school-related events outside the school day are required to include healthy options.

Foods Provided, Not Sold

There are currently no federal or state restrictions for foods or beverages provided, but not sold, to students during the school day. The District will comply with state law, which allows a parent or guardian to provide a food product of his or her choice to classmates of the person’s child on the student’s birthday or to children at a school-designated function. [See CO(LEGAL)]

In addition, the District has established the following local standards for foods and beverages made available to students during the school day:

Birthday and/or school celebrations will not occur in the cafeteria during meal serving time. Such events may only take place one hour before the start of lunch or one hour after the end of lunch.

A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain times to celebrate so it does not interfere with daily instructional time.

All food and beverages provided to students are encouraged to meet Smart Snack standards. Healthy options such as fruits, vegetables, and water are preferred and should be encouraged.

Foods Rewards/Incentives:

Foods and/or beverages will not be used as rewards for academic performance or behavior except when provided in a specific student's IEP or behavior intervention plan (BIP).

Nutrition Education/Health Education:

- The campus administration team will ensure healthy nutrition messages are communicated monthly in the cafeteria and to the school community through a variety of media. Goal 1, Objective 1
- All High School Health classes will include an age-appropriate curriculum unit on nutrition. The campus will provide nutrition education that reflect the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms. Goal 2, Objective 1
- The campus will provide nutrition education that reflects the cultural diversity of students as defined by differences in socio-economic status, accessibility, religion, ethnicity and cultural norms. Goal 2, Objective 2
- The campus will communicate information about campus food and nutrition programs to families and the community. Goal 4, Objective 2

Nutrition Promotion:

- The campus principal will ensure that all vending machines accessible to students will reflect and follow current evidence-based food/drink placement strategies for healthy food selection. Goal 1, Objective 2
- The campus shall ensure that food and beverages sold to students during school hours on District property contain only products that are Smart Snacks compliant. Goal 2, Objective 2
- The campus will implement the promotion of nutrition messages. Goal 3, Objective 4

Physical Activity:

- The District will require students to be enrolled in physical education or a PE substitute course for two semesters or one year.
- Physical fitness assessments, including the Fitnessgram, will be conducted for students enrolled in a physical education accredited class in grades 3-12.

- The District will ensure that all high school students are provided with the opportunity to earn one credit for physical education as part of the District's physical education program, or an approved PE substitute. Goal 4, Objective 1
- The campus administration shall encourage appropriate before and after school structured fitness/sports clubs and shall encourage students to participate. Goal 4, Objective 2
- The campus principal will ensure that all physical education teachers are following the District's PE curriculum and instructional model that includes at least 50% of the class to be at the moderate to vigorous physical activity zone. Goal 4, Objective 3
- The campus will encourage healthy lifestyle habits through a variety of medias. Goal 5, Objective 1
- The campus principal will ensure that the student-to-teacher ratio does not exceed 45 to 1. Goal 6, Objective 1
- The campuses will ensure that the physical environment is free from hazards. Goal 6, Objective 2
- The campuses will promote, through a variety of medias, the multiple physical activity opportunities both during and outside of the school day. Goal 7, Objective 1
- The campus will offer at least one event annually, either during or outside of normal school hours, that involves physical activity and includes both parents and students in the event. Goal 7, Objective 2
- The campus will ensure that teachers are following the Physical Education Curriculum's Instructional Model, which includes at least 50% of moderate to vigorous physical activity during class time. Goal 9, Objective 2
- The campus will encourage teachers to include movement breaks in their lesson plans. Goal 10, Objective 2

Other School Site-Based Activities

- The campus administrator will annually invite parents, staff, administrators, students, school nurses, child nutrition employees, and community members to be members of the wellness committee. Goal 1, Objective 1
- The principal will complete and submit the required Wellness Plan Surveys. Goal 1, Objective 3
- All campuses will build their master schedules to allow at least ten minutes to eat breakfast and twenty minutes to eat lunch from the time a student has received his or her meal and is seated. Goal 2, Objective 1
- Each campus will provide a clean, safe and comfortable dining environment that are safe and in good working condition. Goal 2, Objective 2
- All campuses will provide a social and enjoyable experience for all students during mealtime. Goal 2, Objective 3
- All campuses shall provide multiple opportunities throughout the school year where students and families can receive health and wellness information. Goal 3, Objective 2
- All campuses shall promote and encourage staff to engage in the wellness offerings provided by the District. Goal 3, Objective 3

- All classroom or campus celebrations will be encouraged to include at least one healthy choice item. Goal 3, Objective 5
- The campus will provide bullying prevention and intervention strategies to students, staff, and parents. Goal 5, Objective 3
- The campus will provide and promote student, staff, parents and community wellness events. Goal 5, Objective 8