

## **HEALTHY SCHOOL NUTRITION ENVIRONMENT AND WELLNESS**

The Rugby School District #5 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 Rugby School District #5 that:

- 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 and activities.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served by the school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- 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 religions, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs.
- The Superintendent or designee will develop guidance for the effective implementation of this policy and will ensure the District's compliance with all local, state, and federal regulations regarding student wellness.

-----End of Policy-----

## **Rugby Public Schools Student Wellness - Handbook and Administrative Guidance**

The Rugby School District #5 supports a healthy school environment by promoting the following activities:

### **1. Establishment of a School Health Council**

- The school district and/or individual schools within 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 council will also serve as resources to school sites for implementing those policies.
- The school health council should consist of a group of individuals representing the school and community, and may include parents, students, food service professionals, school board members, school administrators, teachers, and health professionals.
- The Rugby School District #5 will register to become a Team Nutrition School and will send a team appointed by the School Health Council to an annual North Dakota health promotion activity.

### **2. Creating a comprehensive learning environment for developing and practicing lifelong physical fitness.**

- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity.
- Every student in grades kindergarten-grade 12 shall be encouraged to participate in at least one program of school-based physical activity at every grade level, which may include but is not limited to a physical education class, a competitive sport, or an intramural sport each year.
- All students in grades K-12, including students with disabilities, special health-care needs, and those in alternative educational settings, will have opportunities for and be encouraged to participate in daily physical activity and/or physical education.
- All physical education courses will be taught by a certified physical education teacher.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

- Students shall be provided opportunities for physical activity through a range of after school programs such as intramurals, interscholastic athletics and clubs.
- In addition to structured physical education classes, teachers are encouraged to incorporate activity breaks in their classrooms for movement
- School personnel are encouraged to be good role models of physical fitness.

**3. Promote proper dietary habits contributing to students' health status and academic performance.**

- A healthy school environment should not be dependent on revenue from high-fat, high-sugar, low nutrient foods to support school programs.
- School personnel are encouraged to practice consistency of nutrition messages throughout the curriculum and school environment (e.g. in learning activities, classroom snacks, etc...)
- All foods available for sale on school grounds and at school-sponsored activities during the instructional day should meet or exceed District Nutrition Standards listed in Appendix A of this document.
- All vending machines located on school property must have graphics featuring only 100% fruit or vegetable juices, water or healthy educational messages; there shall be no soda pop advertising on the vending machines located in student common areas.
- Pop machines will not be placed into the elementary schools, except for the staff workroom.
- Emphasis should be placed on foods that are nutrient dense per calorie, whether they are served or sold.
- Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals/snacks.

**4. Provide a sequential program of nutrition instruction that is integrated within the comprehensive school health education curriculum and coordinated with the food service program.**

- The nutrition classes should be taught by well-qualified and well-supported staff and should be aimed at influencing students' eating habits (behaviors) as well as their knowledge and attitudes.

- Teachers will implement the NCEC Health, and Physical Education curriculum guides.

**5. Support a food service program that employs well-qualified staff and provides appealing choices of nutritious foods that comply with or exceed federal and state standards.**

- Provide pleasant eating areas for students and staff with adequate time for unhurried eating of school lunch and breakfast.
- Meals should be scheduled at appropriate times, e.g., lunch should be scheduled between 11:00 AM and 1:00 PM.
- Schedule lunch periods to follow recess periods, if possible.
- Provide students access to hand washing or hand sanitizing before meals or snacks are eaten.

**6. Marketing of healthy eating choices.**

- Promote healthy eating to students, parents, teachers, administrators, and the community.
- Give students positive, motivating messages about healthy eating and physical activity throughout the school setting.
- Reduce or eliminate advertising that promotes less nutritious food choices.

**7. Encourage Staff wellness**

- Plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- Utilize the School Health Council to develop, promote, and oversee a multifaceted plan to promote staff health and wellness.
- The School Health Council will outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff members.

**8. Monitoring of the Wellness Policy**

- The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas

and will report on this matter to the superintendent. 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 Department of Public Instruction within the past five years, the district will request that a SMI review to be scheduled as soon as possible.

- The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established Wellness Policy. That report will be provided to the school board and also distributed to the school health council, administrators, and school health services.
- To help with the initial development of the Rugby School District #5 recommendations, each school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.
- The results of these assessments will be compiled at the district level to identify and prioritize needs.
- Assessments should be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Rugby School District #5 will review the Wellness Policy, ensure that the school environment supports healthy eating and physical activity, and validate the implementation of the Health, and Physical Education curriculum guides. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## Appendix A

### District Nutrition Standards – for sale items

AREA	STANDARD
<p><b><u>School Day:</u></b>  <b>Defined as from the beginning to the end of the instructional day.</b></p>	<p><b><u>Food Standard</u></b></p> <ul style="list-style-type: none"> <li>• Rugby School Hot lunch programs will meet all DPI Child Nutrition guidelines</li> <li>• Less or equal to 35% of calories from fat per serving.</li> <li>• Sugar is not listed as first ingredient.</li> <li>• Nuts and seeds are allowable; candy is not allowable.</li> <li>• Fruits and/or vegetables shall be offered for sale at any location where food is sold.</li> </ul> <p><b><u>Beverage Standard</u></b></p> <ul style="list-style-type: none"> <li>• Greater than or equal to 30% fruit juice.</li> <li>• No added sweetener as the first ingredient.</li> <li>• Less than or equal to 35% of calories from fat per serving.</li> <li>• Vending sales of pop shall be turned off throughout the school day.</li> <li>• Vending machines with 100% of the products fitting within the beverage standards can be on all day.</li> </ul>
<p><b><u>Fundraising –</u></b>  <b>(applies to all school groups and booster clubs that service school sponsored events)</b></p>	<p><b><u>Food Standard</u></b></p> <ul style="list-style-type: none"> <li>• All food fundraising on campus, for sale, or consumption within the instructional day, will be expected to follow the district nutrition standards.</li> <li>• Rugby School District encourages fundraising projects without selling food items. If food items are to be sold off campus, fundraising projects are encouraged to follow the district nutrition standards. If meat is sold as an entrée, there should be no more than 5 grams of fat per ounce.</li> </ul>
<p><b><u>Concessions -</u></b>  <b>(applies to all school groups and booster clubs that service school sponsored events)</b></p>	<p><b><u>Food Standard</u></b></p> <ul style="list-style-type: none"> <li>• Fresh fruits and/or raw vegetables shall be offered for sale at any location where food is sold.</li> </ul> <p><b><u>Beverage Standard</u></b></p> <ul style="list-style-type: none"> <li>• Fruit based drinks (greater than or equal to 30% fruit juice) and/or milk shall be offered at any location where beverages are sold. Rugby School District encourages the sale of 100% juice.</li> </ul>

- Each group that plans to sell food items must become “certified” to do so on a yearly basis. Each group can become “certified” by having a representative read and agree to comply with the District Nutrition Standards and sign at the bottom, guaranteeing the compliance of the group represented. A list of “certified” groups will be kept in the school office.
  
- The standards in this appendix may be revised at the discretion of the School Health Council or school administration. The standards are to be sustainable, consistent, and flexible.