

## **ADMINISTRATIVE REGULATION FOR CHAPTER VIII, SECTION 15 – HEALTH AND SAFETY OF STUDENTS (STUDENT PHYSICAL ACTIVITY, NUTRITION AND WELLNESS)**

### Wellness Resources and Guidance

1. Regarding development, implementation, assessment and adjustments of the Wellness policy, Laramie County School District Number One will utilize research based models such as the Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program and the Robert Wood Johnson Foundation "School Wellness Policy Evaluation Tool".
2. Ongoing nutrition and food safety training will be provided to the Nutrition Services Administrators and staff through national, state and local trainings as deemed appropriate by the Nutrition Services Administrator.

### Student Physical Activity

1. Physical education classes and physical activity opportunities will be available for all students.
2. The District will provide opportunities for staff development on physical activities that will enhance student academic achievement in the classroom.
3. Students (K-12) should strive to meet the 2005 Guidelines from NASPE:
  - a. Students should accumulate at least 60 minutes, and up to several hours, of age appropriate physical activity on all, or most days of the week.
  - 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. District will provide suggested methods of incorporating movement/activity into the classroom.
4. Physical activity will not be used or taken away as a punishment.

### Food & Beverages Provided or Sold to Students Outside the National School Lunch, Breakfast, and Snack Programs (Including, but not limited to classrooms, vending, school stores and concession stands)

1. Any food and beverages provided or sold to students outside the National School Lunch & Breakfast Programs, including, but not limited to classrooms, vending, school stores and concession stands will follow the USDA guidelines during the USDA defined school day.
  - a. Nutrition Services will provide resources outlining current USDA guidelines which limit ingredients, calories, total fat, saturated fat, trans fat, and sugar.
  - b. USDA defined school day: midnight to 30 minutes after the end of the school day.
2. Caffeine containing beverages sold to High School students during the school day will be evaluated based on the American Academy of Pediatric recommendations and limited to the amounts found naturally occurring in coffee and tea. High Schools will prohibit beverages where caffeine or stimulant substances are added to the beverage.
3. Vending machines and school stores selling competitive food and beverages to students will be prohibited in Elementary schools.
4. Classrooms, vending, school stores and concession stands will not compete with any USDA meal service, during meal service times.
5. Marketing of unhealthy foods to students will be strongly discouraged on school grounds and educational materials.

## Student Nutrition Education

1. District has a curriculum approach to nutrition in K-12.
  - a. Schools will teach skills to utilize research-based nutrition information such as USDA MyPlate, in “real-life” practice, such as reading nutrition fact labels, skills in purchasing and preparing healthy meals and snacks.
2. Nutrition education, healthy eating and physical activity will be actively promoted via positive modeling by staff, marketing materials (posters, table tents, brochures, flyers) and through the local media.
3. Nutrition education opportunities for parents/staff will be encouraged and will include a variety of activities/topics.
4. The school meal program will work with District curriculum to create a learning laboratory within the school cafeteria.

## School Lunch/Breakfast

1. All school meals will meet or exceed the current USDA meal standards.
2. Schools will provide appealing and attractive meals with a variety of fruit and vegetable offerings each day.
  - a. Nutrition Services will solicit input from students on new and existing menu items through methods such as: taste testing, surveys, plate waste studies and focus groups.
3. Nutrient analysis will be available for all breakfast and lunch items online.
4. Lunch will be available at all Laramie County School District Number One schools with an enrollment of at least fifty (50) students.
5. Efforts will be made to make breakfast available at all Laramie County School District Number One schools where lunch is served.
6. Universal breakfast will be offered to any school where 65% of the student population qualifies for free/reduced price meals. Universal Breakfast will be implemented at any school where 70% or more of the student population qualifies for free/reduced price meals. Breakfast service methods will be used to increase participation, such as classroom service, grab-n-go, breakfast after the bell, kiosk and other innovative service methods.
7. Based on USDA funding, free after school snacks will be offered to all students in Title 1 schools who are enrolled in after school enrichment programs. A reduced rate snack program will be offered to all non-Title I schools with after school enrichment.

## Other Healthy School Based Activities

1. Schools will not use food as reward or punishment. Schools will be provided a list of alternative reward suggestions.
2. Students will be strongly encouraged to actively participate in recess.
3. Students will have adequate time to eat, relax and socialize at breakfast and lunch. Best practice is at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
4. Student adequate mealtime shall not be interrupted by other academic activities unless the meal is available during the academic activity.
5. Student cafeterias will have adequate seating, appropriate supervision, a clean and pleasant eating environment.
6. Students will have convenient access to hand washing facilities (water, soap, hand sanitizer) for use prior to consuming meals.
7. Foods intended for immediate consumption will not be sold as a fundraiser prior to and during the school day.
8. Except for baked goods, schools will prohibit the distribution and service of food items prepared in individual homes prior to and during the school day.
9. Classroom parties will focus on activities rather than food. If food is part of the celebration, parents/staff will be provided a list of suggested healthy snacks that could be used for classroom parties.

10. Schools will be encouraged to develop non-food fundraisers which promote physical activity. Schools will be provided with ideas for these fundraisers.

#### Student Wellness **Advisory Council**

1. Laramie County School District Number One will establish and utilize a Student Wellness Advisory Council. The Nutrition Services Program Administrator and the Health, Physical Education, Safe and Drug Free Schools Coordinator will co-chair this committee.
2. Student Wellness Advisory Council members may include District employees and stakeholders from the community: administrative personnel, nurses, nutrition services, teachers, health and wellness coordinator, and representatives from the community to include parents, students local pediatricians, dietitians, medical professions and interested community members.
3. The Student Wellness Advisory Council will develop an assessment tool to measure implementation of the student wellness policy at each campus.
4. The Student Wellness Advisory Council will prepare an annual report for the Board of Trustees and public on the progress toward meeting the wellness goals outlined in the wellness policy. This report will be made available to the public online.

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