

DARTMOUTH SCHOOL	CURRENT FILE: ADF
COMMITTEE POLICIES	ORIGINAL FILE:

WELLNESS POLICY

The Dartmouth School District promotes healthy learning communities by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The District supports an environment where children learn and participate in positive dietary and lifestyle practices. Schools contribute to the basic health status of children by facilitating learning through the support and promotion of good nutrition and physical activity. Improved health optimizes student performance potential and ensures that no child is left behind.

The components of a healthy school environment are:

1. A commitment to nutrition.
2. Physical activity.
3. Other school-based activities designed to promote student wellness.

School Nutrition Environment

The Dartmouth Public Schools will ensure participation in the National School Lunch Program (NSLP). All Dartmouth Public Schools, encompassing grades pre-K through 12, shall provide and actively promote an environment consistent with USDA, NSLP regulations and district established regulations. All cafeteria foods shall be prepared in accordance with high standard nutritional guidelines specifically oriented towards reducing the incidence of childhood obesity and Type II diabetes by eliminating the consumption of foods with “minimal nutritional value”. All children shall have access to adequate and healthy foods and beverages at school, prepared and served in a safe food environment. We will work to:

- ensure that all foods available in schools are consistent with recommended dietary allowances and guidelines;
- to provide choices that contribute to the development of life-long, healthy eating habits;
- that the school environment is safe, comfortable, pleasing and allows ample time and space for eating meals;
- that food is not used as a reward.

Everyone: parents, students, administrators, food service professionals, teachers, coaches, nurses, and the community, has a role in creating a healthy school nutrition environment. The environment is one that instructs and encourages students to develop healthy eating and physical activity habits, and where subsequently, students' test scores and attendance will increase and behavior problems will decrease.

Sequential and interdisciplinary nutrition education will be provided and promoted. Beginning at the elementary level, parent nutrition education will be provided. Our goal will be to continue to educate parents throughout middle and high school levels. Nutrition education will be made available and provided in the form of handouts, posting(s) on the district website, articles and information provided in-district or through school newsletters, presentations at health-related events, consultation with staff, student instruction, and through any other appropriate means available for reaching parents and the community.

Physical Activity

Every effort will be made to provide physical activities that are inclusive of all students. Physical education will continue to include instruction in individual activities as well as competitive and non-competitive team sports to encourage lifelong physical activity. This instruction will include the five areas of physical fitness – cardiovascular endurance, muscular endurance, muscular strength, body composition and flexibility. The techniques used to train these five areas are – frequency, intensity, time, and type. Students will be exposed to skill related fitness to improve their agility, balance, coordination, speed and reaction time. Efforts will continue to be made to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day. We will encourage families and community members to institute programs that support physical activity and good health practices.

Other School Based Activities Designed to Promote Student Wellness

Dartmouth Public Schools will strongly encourage the sale and/or distribution of healthy and nutritional foods for all school sponsored functions and activities. Efforts will be made to ensure that all foods and beverages made available at each school through (vending, concessions, a la carte, student stores, classroom parties, and fundraisers) during the school day comply with these standards. This will include efforts to limit classroom celebrations that involve food during the school day to no more than one party per class per month. Each celebration should include food or beverages that meet the standards for snacks and beverages as recommended in the dietary guidelines for healthy snacks and beverages as listed in these wellness guidelines.

Nutrition information for a la carte snacks and beverages offered in snack bars, meal service lines, vending and school stores will remain readily available to students, parents, and the school community.

Nutritious and appealing foods such as fruits, vegetables, low and non-fat dairy products and whole grain products will be available wherever food is sold or offered on the school campus during the school day. A minimum of 20% of snack foods sold in vending machines, snack bars, school stores, and concession stands, as well as a la carte offerings that are part of the school meals program, will meet the criteria outlined below. This 20% level represents a required minimum standard. The percentage of foods and beverages meeting these parameters may be increased at any time as the individual school or entire district makes further improvements to their a-la-carte product profile.

General Guidelines

Snacks:

- No more than 200 total calories per package.
- No more than 35% calories from fat.
- No more than 10% calories from saturated fat.
- No more than 480 mg sodium.
- No more than 35% sugar by weight.
- Excludes fruits, vegetables, nuts, seeds, and nut butters.

Beverages:

- 100% fruit and vegetable juice, limited to 12 oz. portion size.
- Fat-free and 1% milk, 8-16 oz. portion size.
- Water and flavored water without added sugar, unlimited portion size.
- Caffeine free except flavored milk.
- Carbonated water & carbonated 100% fruit juice with USDA approval.

These guidelines have been established with the understanding that parents may communicate their own nutritional guidelines on the amounts/types of food their child may eat as medically and/or nutritionally warranted. This information should be conveyed (in writing) to the Director of Food Services, and/or their child's respective school(s) cafeteria manager.

Ref: Sec. 204 PI 108-265 (6/30/04)

Adopted: February 9, 2009