

STUDENT PERSONNEL

SERIES 400

Policy Title... DISTRICT WELLNESS POLICY

Code No. 458.0

Nutrition influences a child's development, health, well-being, and potential for learning. The Burlington Area School District believes that empowering children to make healthy food and activity choices is needed for their full participation in the education program. School, parent, and community teamwork is essential to create an environment which supports the students in developing lifelong healthy habits, as outlined in this district-wide policy.

The Wellness Policy will be monitored and assessed at set intervals throughout the year. The Burlington Area School District will periodically inform and update the public (including parents, students, staff and others in the community) about the content, assessment, and implementation of the district wellness policy.

The policy of the Burlington Area School District is to provide a positive environment and appropriate knowledge regarding food and physical activity.

This will be accomplished by:

1. Ensuring that all students have access to healthy food choices that meet the Dietary Guidelines for Americans during school and at school functions.
2. Providing a pleasant eating environment for students and staff.
3. Allowing a minimum of 25 minutes for students to eat lunch in the designated cafeteria area.
4. Providing a comprehensive health and physical education curriculum to acquire the knowledge and skills necessary to make healthy food and activity choices that promote health and reduce obesity for a lifetime.
5. Providing a K-12 physical education curriculum which will instruct and assess students in the five health-related components of fitness; cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition.
6. Providing opportunities for health-enhancing activities outside of the school day.
7. Adhering to the wellness policy when using food as part of a lesson, snack, or incentive (exempt would be cooking or foods classes that teach following recipes and food preparation).

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ADMINISTRATIVE REGULATION DISTRICT NUTRITION STANDARDS

Policy Title...DISTRICT WELLNESS POLICY

Code No. R-458.0

The Burlington Area School District strongly encourages the sale or distribution of foods that meet the Dietary Guidelines for Americans for all school functions and activities. These foods provide students with calories rich in the nutrient content needed to be healthy. Burlington Area School District has adopted the following Nutrition Standards governing the sale and distribution of food and beverages on all school grounds from the beginning of the day (12:01 am) until 30 minutes past the end of the school day.

FOOD

- Any given food item for sale or distribution will have no more than 35% fat per serving.
- Any given food item for sale or distribution will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds will be exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower LDL cholesterol and maintain HDL cholesterol.
- Consumption of nutrient-dense foods (whole grains, fresh fruits, and vegetables) will be encouraged in both cafeteria and classroom.
- Sale or distribution of high fat and high sugar food items will be discouraged. Recommended sugar content also less than 35% of total calories.
- Food items sold as fundraisers throughout the district will adhere to the wellness policy nutrition guidelines.
- Concession sales will include healthy choices which adhere to the wellness policy nutrition guidelines.

BEVERAGES

- The federal guidelines state that competitive foods, or those of minimal nutritional value as defined by the USDA, are prohibited from being sold from the beginning of the day (12:01 am) until 30 minutes past the end of the school day.
- Vending sales of milk, flavored milk, water(s), 100% fruit juices, sparkling juice, and other non-carbonated drinks in student areas may be sold on any school campus in accordance with the competitive food guidelines.
- Milk, flavored milk, water(s), 100% fruit juices, sparkling juice, and other non-carbonated drinks may be sold in student areas on school grounds through food service during the school day and are encouraged for snacks and/or lunches brought to school.

EDUCATION

- Nutrition education along with the content of the district wellness policy will be provided to parents beginning at the elementary level and continuing through the intermediate, middle and high school levels. This information may be provided in the form of handouts, postings on the district/school websites, or presentations.
- Parents and community members will be provided with suggestions of healthy choices for snacks, lunches and treats.
- Staff will be informed of the content of the district wellness policy, and they will be given suggestions of healthy snacks for the school setting.

IMPLEMENTATION, PERIODIC ASSESSMENT, AND PUBLIC UPDATE

- Each school will designate one or more persons to monitor and ensure the implementation of the district-wide policy.
- Periodic assessment of compliance of the policy will be conducted and this information will be shared with the public.

Adopted:
September 11, 2006
Reviewed:
May 12, 2008
Reviewed:
May 20, 2013
August 12, 2013

Legal Reference: