

## 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. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy habits. A review of the Wellness Policy will be conducted as needed.

The Policy of the Burlington Area School District is to:

1. Provide a positive environment and appropriate knowledge regarding food and physical activity.
  - Ensure that all students have access to healthy food choices during school and at school functions.
  - Provide a pleasant eating environment for students and staff.
  - Allow a minimum of 20 minutes for students to eat lunch in the designated cafeteria area.
  - Enable all students, through a comprehensive curriculum to acquire the knowledge and skills necessary to make health food and exercise choices for a lifetime.
2. Adhere to the wellness policy plan (school and community) whenever possible when using food as a part of a lesson, snack, or incentive program.
3. Provide student access to nutrient-dense foods.
  - Meet contractual obligations to the National School Lunch/Breakfast programs while ensuring the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast programs.
  - Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value through a four-year plan that focuses on:
    - Reducing access to non-nutritional foods.
    - Educating students about healthy foods.
    - Selective pricing that favors the sale of healthy foods.
4. Implement the physical education/health curriculum K-12.
  - Develop knowledge and skills to be physical active for life through the physical education/health curriculum that teaches children the importance of physical exercise and exposes students to a wide range of physical activities.
  - Instruct students in the five health-related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition). Body composition instruction includes information about proper diet and healthy eating habits. The curriculum promotes lifelong physical activity and fitness, which includes healthy eating as its primary goal.

## STUDENT PERSONNEL

### SERIES 400

#### 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 nutrient-dense foods for all school functions and activities. Nutrient-dense foods are those foods that 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, beverages, and candy on school grounds. School sites are encouraged to study these standards and develop building practice using the following District Nutrition Standards as minimal guidelines.

#### FOOD

- Any given food item for sale or distribution will have no more than 30 percent fat per serving.
- Any given food item for sale or distribution will have no more than 10 percent 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.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Consumption of nutrient-dense foods (whole grains, fresh fruits, and vegetables) will be encouraged.
- Sale or distribution of high-sugar food items will be discouraged. High-sugar foods are defined as foods that list sugar or its equivalents as the first or second ingredient.

#### BEVERAGES

- Vending sales of soda or artificially sweetened drinks will not be permitted during the times when school lunch or breakfast programs are operating.
- Vending sales of soda will be discouraged.
- The vending sale of beverages with less than 100 percent fruit juice will be discouraged.
- Milk, water, fruit juices, and other non-carbonated drinks may be sold on school grounds and are encouraged for snacks and/or lunches brought to school.

Adopted:  
September 11, 2006  
Reviewed:  
May 12, 2008

Legal Reference:

## SCHOOL NUTRITION IMPLEMENTATION GOALS

<p>School Year 2006-2007</p>	<p><b>IN-SCHOOL FOCUS</b></p> <ul style="list-style-type: none"> <li>• At least 25 percent of snack offerings will meet District Nutrition Standards.</li> <li>• At least 25 percent of snack rewards offered will meet District Nutrition Standards.</li> <li>• At least 25 percent of beverage and vending offerings will meet District Nutrition Standards.</li> <li>• Selective pricing charging more for less healthy foods to subsidize healthier foods will be encouraged.</li> </ul> <p><b>OUTSIDE OF SCHOOL FUNDRAISING</b></p> <ul style="list-style-type: none"> <li>• Begin educating fundraising groups about the District Wellness Policy.</li> <li>• At least 25 percent of before-school/after-school food/beverage offerings will meet District Nutrition Standards.</li> <li>• At least 25 percent of school supporters, (parent groups) food/beverage offerings will meet District Nutrition Standards.</li> <li>• At least 25 percent of beverage and vending offerings will meet District Nutrition Standards.</li> <li>• Selective pricing will be encouraged.</li> </ul> <p><b>SPORTING EVENTS</b></p> <ul style="list-style-type: none"> <li>• At least 25 percent of concession offerings will meet District Nutrition Standards.</li> <li>• Selective pricing will be encouraged.</li> </ul>
<p>School Year 2007-2008</p>	<p><b>IN-SCHOOL FOCUS</b></p> <ul style="list-style-type: none"> <li>• At least 50 percent of snack offerings will meet District Nutrition Standards.</li> <li>• At least 50 percent of snack rewards offered will meet District Nutrition Standards.</li> <li>• At least 50 percent of beverage and vending offerings will meet District Nutrition Standards.</li> <li>• Selective pricing will be implemented.</li> </ul> <p><b>OUTSIDE OF SCHOOL FUNDRAISING</b></p> <ul style="list-style-type: none"> <li>• Continue education about District Wellness Policy.</li> <li>• At least 50 percent of before-school/after-school food/beverage offerings will meet District Nutrition Standards.</li> <li>• At least 50 percent of school supporters, (parent groups) food/beverage offerings will meet District Nutrition Standards.</li> <li>• Selective pricing will be implemented.</li> <li>• At least 50 percent of beverage and vending offerings will meet District Nutrition Standards.</li> <li>• Continue education about district wellness policies.</li> </ul> <p><b>SPORTING EVENTS</b></p> <ul style="list-style-type: none"> <li>• At least 50 percent of concession offerings will meet District Nutrition Standards.</li> <li>• Selective pricing will be implemented.</li> </ul>
<p>School Year 2008-2009</p>	<p><b>IN-SCHOOL FOCUS</b></p> <ul style="list-style-type: none"> <li>• At least 75 percent of snack offerings will meet District Nutrition Standards.</li> <li>• At least 75 percent of snack rewards offered will meet District Nutrition Standards.</li> <li>• At least 75 percent of beverage and vending offerings will meet District Nutrition Standards.</li> <li>• Selective pricing is practiced.</li> </ul> <p><b>OUTSIDE OF SCHOOL FUNDRAISING</b></p> <ul style="list-style-type: none"> <li>• Continue education about District Wellness Policy.</li> <li>• At least 75 percent of before-school/after-school food/beverage offerings will meet District Nutrition Standards.</li> <li>• At least 75 percent of school supporters, (parent groups) food/beverage offerings will meet District Nutrition Standards.</li> <li>• At least 75 percent of beverage and vending offerings will meet District Nutrition Standards.</li> <li>• Selective pricing is practiced.</li> </ul> <p><b>SPORTING EVENTS</b></p> <ul style="list-style-type: none"> <li>• At least 75 percent of concession offerings will meet District Nutrition Standards.</li> <li>• Selective pricing.</li> </ul>
<p>School Year 2009-2010</p>	<p>Healthy choices and foods that meet district nutrition standards are served in school, outside school and at sporting events.</p>