

NUTRITION AND WELLNESS

Federal Child Nutrition Act Wellness Policy

Food Service Policy adopted:	10/25/01
Revision originated with School Health Team:	2005-06
Reviewed by Administrative Advisory:	10/12/06
Proposed to Executive Committee:	1/04/07
Approved by Full Board of Trustees on First Reading:	1/11/07
Adopted by Full Board of Trustees on Second Reading:	4/26/07

Purpose: The intent of this Policy is to ensure compliance with the local policy requirements of the federal Child Nutrition and WIC Reauthorization Act of 2004. In accord with those requirements, this policy has been developed in consultation with parents, students, representatives of the school food services authority, the Comprehensive School Health Team, school administrators and the public.

Policy Statement: It is the policy of Thetford Academy to establish goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness. With the objective of promoting student health and reducing childhood obesity, Thetford Academy will also establish nutrition guidelines for all foods available at school during the school day.

I. Goals for Nutrition Education

A. Thetford Academy shall provide nutrition education programs as required by state law and regulations of the State Board of Education. In particular, Thetford Academy shall provide a nutrition component in its Comprehensive Health Education program and shall develop curricular programs intended to accomplish applicable goals enumerated in the Vermont Framework of Standards and Learning Opportunities.

B. Nutrition education programs shall be conducted by appropriately licensed staff members.

C. To the extent practicable, nutrition education shall be integrated into core curricula in areas such as Science, Physical Education, and Family & Consumer Science courses.

II. Goals for Physical Activity

A. Thetford Academy shall provide physical education classes for all students as required by Vermont School Quality Standards.

B. Thetford Academy shall provide other physical activity opportunities for students through recess periods in appropriate grades and, as appropriate, before or after school activities such as interscholastic athletics and physical activity clubs or intramural sports.

III. Goals for Other School Based Activities

A. Thetford Academy shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 10 of the Child Nutrition Act and section 9(f)(1) and 17a of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.

B. Thetford Academy shall provide adequate space for eating and serving school meals.

- C. Thetford Academy shall provide a clean and safe meal environment for students.
- D. Thetford Academy shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- E. Food shall not be used as a reward or punishment, but may be used in celebration.
- F. Thetford Academy shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.

IV. Nutrition Guidelines.

- A. No foods of minimal nutritional value, as listed in 7 CFR 210, Appendix B and 7 CFR 220, Appendix B, shall be sold in food service areas during breakfast and lunch periods.
- B. The sale of foods during meal periods in food service areas shall be allowed only if all income from the sale, including the sale of approved foods or drinks from vending machines, accrues to the benefit of the school, the school food service program, or the student organizations sponsoring the sale.
- C. To the extent practicable, Thetford Academy shall ensure that foods offered at school other than through the National School Lunch or School Breakfast programs, including foods sold through vending machines, shall comply with the A la Carte and Vending Guidelines established by the Vermont Departments of Health and Education.
- D. Certain foods that contribute little other than calories will not be sold at school. These foods include carbonated beverages, candies in which a major ingredient is sugar, and chewing gum.
- E. To the extent practicable, Thetford Academy will seek to use locally grown and produced foods.

V. Policy Implementation

- A. The Head of School or designee shall monitor Academy programs and curriculum to ensure compliance with this policy and any administrative procedures established to carry out the requirements of this policy.
- B. The Head of School or designee shall report at least annually to the board on Thetford Academy's compliance with law and policies related to student wellness. The report shall include an assurance that Academy guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law.

Legal Reference(s).

16 V.S.A. §§131 & 906(b)(3).
Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.
Child Nutrition and WIC Reauthorization Act of 2004, Section 204 of Public Law 108-265.
Code of Federal Regulations, 7 CFR Part 210 and Part 220.