

## SCHOOL WELLNESS POLICY

### Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive; and, good health fosters school attendance and education, the Swansea School Department is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity.

To accomplish this, the Swansea Public Schools will work towards the following goals:

1. Create a Child Nutrition Program that complies with federal, state and local requirements.
2. Create a Child Nutrition Program that is available to all children.
3. Provide and promote sequential and interdisciplinary nutrition education.
4. Develop patterns of meaningful physical activity that connect to students' lives outside of physical education.
5. Develop school-based activities that are consistent with wellness policy goals.
6. Ensure that all food and beverages made available to students (including vending, a la carte, parties, student stores, field trips and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
7. Ensure that all foods made available on school grounds adhere to food safety and security guidelines.
8. Ensure that the school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
9. Do not allow food and/or physical activity to be used as a reward or punishment. (Exception: anything identified in a student's Individualized Education Plan.)

The goals of the Child Nutrition Program are listed below as follows:

1. The School District shall employ a Food Service Director who is properly qualified, certified and credentialed according to professional standards to administer the Food Service Program and satisfy reporting requirements.
2. The Child Nutrition Program will aim to be financially self-supporting; however, profit generation will not take precedence over the nutritional needs of students.
3. The School District supports and promotes the school lunch program to increase participation in the available federal program.
4. Food service personnel shall have adequate training.
5. Menus are planned that, over the course of a week, meet the nutritional standards recommended by the Dietary Guidelines.

Nutrition Education goals are listed below as follows:

1. Nutrition education is offered to all students as part of a sequential, comprehensive, standards based program.
2. Nutrition education is integrated into other areas of the curriculum, such as math, science, language arts and social studies.
3. Staff responsible for nutrition education are adequately prepared and participate regularly in professional development activities.
4. Students are encouraged to start each day with a healthy breakfast and they are given suggestions for healthy snacks.
5. Nutrition education includes sharing information with families and the broader community.

The goals of Physical Activity are listed below as follows:

1. Students are given opportunities for physical activity during the school day through recess periods and/or physical education classes.
2. Students are given opportunities for physical activity through a range of after-school activities including, but not limited to, intramural, interscholastic athletics and activity clubs.
3. Teachers are encouraged to integrate physical activity across the curricula and throughout the school day.
4. Staff responsible for physical education are adequately prepared and they participate regularly in professional development activities.
5. Physical activity facilities on school grounds are safe, and adequate equipment is available for students' participation in physical activity.
6. Planning for physical activity times will consider research indicating that physical activity prior to meal times can increase the nutrient intake and decrease food waste at lunchtime.
7. Faculty members are encouraged to support students' participation in physical activity, to be physically active role models and to include physical activity in school events.
8. Families are encouraged to support students' participation in physical activity, also to be physically active role models and to include physical activity in family events.
9. Physical activity facilities are available to the community outside of school hours.

The other School Based Activities are listed below as follows:

1. After-school programs encourage physical activity and healthy habit formation.
2. Policy goals are considered in planning all school-based activities (i.e., school events, field trips, assemblies, dances, and fundraising).
3. Fundraising activities that promote physical activity are encouraged.

The Standards for All Foods Available at School are listed below:

1. All foods available should comply with current USDA Dietary Guidelines for Americans, including vending, a la carte sales, fundraisers, parties and celebrations.
2. Any and all food providers will ensure that student access to foods and beverages meet federal, state and local laws and guidelines.
3. Nutrition information for products offered a la carte or in vending is readily available near the point of purchase, if not on the food package itself.
4. Families, students and school officials are engaged in approving the competitive food selections for their schools. (USDA defines competitive foods as foods offered at school, other than meals served through USDA's Child Nutrition Program.)
5. Promotional activities are limited to programs that support teaching and learning. All promotional activities are connected to those that encourage physical activity, academic achievement or positive youth development and comply with local guidelines.
6. Food providers will be sensitive to the local school environment in displaying logos and trademarks on school grounds.
7. All snacks provided during the school day or in after-school programs should reinforce the importance of healthy choices and make a positive contribution to students' diet and health.
8. Classroom celebrations, especially in elementary schools, should encourage healthy choices and portion control. Parties should be limited to no more than one per class per month.
9. Fundraising that promotes positive health habits, such as the sale of non-food and nutritious food items and physical activity events, are encouraged. Foods and beverages sold at fundraisers should also reinforce healthy choices by offering healthy options.

The goals of Food Safety and Security are as follows:

1. All foods made available at school comply with state and local food safety and sanitation guidelines. Hazard Analysis and Critical Control Points (HACCP) plans are implemented to prevent food illness in schools.
2. For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel per USDA food security guidelines.

The goals of Eating Environments are as follows:

1. Lunch periods should be scheduled as near to the middle of the school day as possible, thus eliminating the need for mid-morning snacking.
2. Recess for elementary grades should be scheduled before lunch as research indicates that this increases children's appetites for lunch.
3. Dining areas are attractive and have enough seating for all students.
4. Students should be provided adequate time to eat lunch (20 minutes from the time they are seated).
5. Food is not used as a reward for students' behavior unless specifically detailed in an IEP as a positive behavioral management technique.