

HOMER COMMUNITY SCHOOL WELLNESS AND NUTRITION

The board shall promote and monitor a local wellness program. The program shall:

1. Include goals for nutrition education, physical activity and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate;
2. Include nutrition guidelines for all foods available in each school during the school day; the objectives of the guidelines shall be to promote student health and to reduce childhood obesity;
3. Include guidelines to address all food products available in vending machines on school grounds;
4. Assure that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools;
5. Establish a plan for measuring implementation of the local wellness policy, including designation of one or more district employees who shall be charged with operational responsibility for ensuring the wellness policy is effectively enforced; and
6. Involve parents, students, representatives of the school food authority, the school board, administrators and the public in the development of the school wellness policy.

Legal Reference: Sect. 204 of the Child Nutrition and WIC Reauthorization Act (P.L. 108-265)

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HOMER COMMUNITY SCHOOL WELLNESS AND NUTRITION PLAN

The goal of the Homer Community School district's Wellness and Nutrition Policy is to provide Education and activities designed to foster healthy lifestyles that are essential for students to achieve their full potential.

1. Nutrition: Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support students physical growth, brain development, resistance to disease, emotional stability and ability to learn.

a. Nutrition guidelines that require the use of products that are high in fiber, low in added fats, sugar and sodium, and served in appropriate portion sizes consistent with USDA standards shall be established for all foods offered by the district's Student Lunch/Breakfast Program or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.

b. Student Lunch/Breakfast Program policies and guidelines for reimbursable meals shall not be more restrictive than federal and state regulations require. Water jugs/cups will be available in the cafeteria during each meal.

c. Vending Machines:

i. Vending machines where student meals are served or eaten shall not include carbonated beverages.

ii. All beverage vending machines accessible by students shall include:

a. water

b. 100% fruit juice

c. non-carbonated drinks with less than 150 calories per container

d. no more than 1/3rd of the choices will be carbonated drinks

iii. The beverage vending machines may also include:

a. non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings

b. other non-carbonated drinks

iv. Food sales by organizations outside of normal school hours such as concession stands and bake sales shall be exempt from the requirements of these regulations. All foods made available to students will follow the nutritional standards with the exception of treats for birthdays or foods brought by the student from home.

v. Nutrition services shall support classroom activities for all elementary students that include hands-on applications of good nutrition practices to promote health and reduce obesity.

2. Nutrition Education: Nutrition education and healthy living skill shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a. The school shall provide for an interdisciplinary, sequential skill-based health education program based upon state standards and benchmarks.
- b. Students shall have access to valid and useful health information and health promotion products and services.
- c. Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before or after school programs.
- d. Students shall be taught communication, goal setting and decision making skills that enhance personal, family and community health.

3. Nutrition Promotion: Students and staff will receive consistent nutrition messages throughout school, gymnasiums and cafeterias. Nutrition promotion includes posters advertising nutritious foods and beverages to students.

4. Physical Education and Activity: Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

- a. Physical Education and Activity: The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and for a duration of 100 minutes each week for grades K-6 to provide a significant health benefit to students, subject to the differing abilities of students.
- b. Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- c. Students in grades K-3 shall be provided two 15 minute recess periods per day and grades 4-6 shall be provided one 15 minute recess period per day to provide varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle. Physical activity will not be used as punishment.

5. Other school-based activities designed to promote student wellness: Healthy and Safe Environment. A healthy and safe environment for all, before, during and after school supports academic success. Safer communities promote healthier students. Healthier students do better in school and make greater contributions to their communities.

a. School buildings and grounds, structures, buses and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, and in good repair.

b. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and other drugs.

c. Safety procedures and appropriate training for students and staff shall support personal safety and violence and harassment free environment.

d. Students work site, school and classroom shall work to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

6. Social and Emotional Well Being: Programs and services that support and value the social and emotional well being of students and families. The staff will continue to build a healthy school environment.

a. The school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families and staff to request assistance when needed and links them to school or community resources.

b. Students shall be taught to understand and respect the differences in others and how to build positive interpersonal relations.

c. Students and staff shall be encouraged to balance work and recreation and help to become aware of stressors which may interfere with health development.

7. Health Services: An effective healthcare delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

a. Primary coordination of health services shall be through a trained school healthcare practitioner with the support and direction of the school district and the Nebraska Department of Health and Human Services.

b. The district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.

c. A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, community health referrals, immunizations, parenting skills, first aid and other priority health education topics.

8. Family, School and Community Partnership: Long term effective partnerships improve the planning and implementation of health promotion projects and events

within each school and throughout the community.

a. Family, student and community partners shall be included in the school and district wellness planning processes.

b. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

c. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.

d. The district shall actively develop and support the engagement of students, families and staff in community health enhancing activities and events at the school or throughout the community.

e. The wellness policy will be available for community viewing on the district website.

9. Monitor and Evaluation: At least once every three years the district will evaluate compliance with the wellness policy. The district Wellness Committee will review the Wellness and Nutrition Policy at least annually to be consistent with standards.

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