**Sutton Public Schools**

**Wellness Policy**

**Revised December 2022**

**Wellness Committee Members: Trisha Sadd, Krystal Gonzales, Monica Noel, Dominic Schmit, and Michael Shively**

Questions, comments, or concerns regarding Sutton Public Schools wellness policy, to become a community wellness committee member or attend a meeting please contact an existing committee member.

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**Administrative Regulation for School Wellness Policy**

**Additional Wellness Goals, Nutrition Guidelines and Implementation Plan**

The School Wellness Policy establishes a mission of providing a curriculum, instructional and experiences in the environment of a healthy-promoting school community, it instills habits of lifelong learning and health. The School Wellness authorizes the Superintendent to establish such further goals and nutrition guidelines as are determined appropriate to meet the stated mission. This regulation sets forth additional goals and nutrition guidelines as appropriate to meet the District’s school wellness mission and implement the School Wellness Policy.

**Nutrition Education Activities to Promote Student Wellness**

The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Nutrition education will be integrated into other subjects to complement, but not replace, the healthy and nutrition education curriculum that is provided in accordance with NDE Rule 10. Educators incorporate the promotion of healthy eating nutrition lifestyles in all subject areas not limited to DARE programs, dental hygiene, hand washing, hygiene, disease prevention and safety issues.
2. Display Nutrition Education Materials: The cafeteria displays posters and other communications suitable to the ages of students served that promote healthy nutrition choices (e.g. portion sizes and what’s on your plate posters). Educators will be encouraged to continue to incorporate such communications in their classrooms as well. Nutritional facts, tips, and information is sent home in the newsletter and in the daily memo.
3. Nutrition Health Events: Educators will continue to search for and take advantage of events that promote nutrition education. Activities have and will continue to include:
   1. Healthy Fair
   2. Field trips to farm or production facilities
   3. Health speakers
   4. Harvest of the Month and Nebraska Thursdays
   5. Annual vision and hearing screenings are offered for grades PK, K-4th & 7th & 10th grade. After screenings are completed, recommendations are made depending on the screening results.
   6. Annual dental teaching & screenings are offered for grades PK, K-6 & 7 & 10th grades. After screenings are completed, recommendations are made depending on the screening results.
   7. Height and weight checks are completed on Students in K-4th, 7th & 10th twice a year. To monitor growth, weight loss or gain & change in stature or appearance.
   8. Immunizations are checked for K & 7th grade to ensure students are up to date
   9. Annual education for the 5th grade boys & girls (in separate classes) puberty. Parents are invited to attend education as well. Students have the opportunity to ask questions at the end of class.
4. Family: Parents are welcomed to join their children at school lunch. Grandparents/Special friends have also been welcomed during Grandparents/Special Friends Day Celebration. School communications to parents includes their BMI and information about healthy nutrition; included in the information is healthy food choices and importance of exercise with good nutrition.
5. Staff: Sutton Public Schools employees are encouraged to be healthy role models for students. Staff is enrolled in the EHA program. This program encourages staff with incentives to live a healthier lifestyle. Staff is discouraged from eating foods or drinking beverages of minimal nutritional value during the school day in presence of students. Staff is encouraged to participate in physical activity and non-sedentary lifestyle.

**Physical Activities to Promote Student Wellness**

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Health and physical education are integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 10. Educators do incorporate physical activity promotion and non sedentary lifestyles in all subject areas as appropriate.
2. Physical Activity During the School Day:
   1. Recess:
      1. Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are encouraged by supervising staff to engage in physical activity. Daily Minimums are the following: Pre-school: 25 minutes; Grades K-2: 60 minutes; Grades 3-4: 40 minutes; Grades 5-6 20 minutes. These times include pre-lunch recesses. These recess times are also set for “ordinary” days and are not subject to modifications in the judgment of the educator when events such as field trips, testing, etc. occur during the day.
      2. Middle School and High School students have the opportunity for physical activity during their lunch period. Outside are open to as possible.
   2. Class Time: Physical activity within class period (e.g. stretching breaks when students are at task for more than 50 minutes) is encouraged. 7-12 classes last no more than 50 minutes at which time they relocate to different rooms.
3. Physical Activity To/From School:
   1. Sutton Public Schools encourages students to walk or bike to school. Bike storage is available as well as the use of a walking trail which leads to the school from downtown. Administration also works with law enforcement to remind students of safety issues when riding bikes and walking to/from school. A cross walk and street light is in place to aid the students in crossing the street next to the school.
   2. For students that live in town, bus pick up/drop off sites are established, **but have been suspended until further notice.** Many students use these sites and sometimes need to walk a few blocks to get to their designated stop.
4. As Punishment: Physical activity will not be used as punishment and **will not be withheld as** **punishment**. The guideline shall not apply to extra-curricular activities. Educators may use appropriate professional discretion to make exceptions to this guideline. In no event, however, will physical activity be used as a form of corporal punishment.
5. Display Physical Activity Education Materials: The gym, health classrooms and health office will display posters or other communication suitable to the ages of students served that promote physical activity and non-sedentary lifestyle (e.g. display sports posters). Educators are encouraged to incorporate such communications in their classrooms as well.
6. Physical Activity Health Events: Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include:
   1. Health fairs
   2. Field trips to physical activity centers
   3. Physical activity speakers (school assemblies or class speakers representing sports figures, medical personnel)
   4. Traveling Health Exhibits
7. Family:
   1. Sutton Public Schools is available to use for parents with their children outside the normal school day, subject to priority use being for children and subject to other competing uses and safety/risk management considerations. Currently, the public can use the hall/track to walk.
   2. School communications to parents will include information that promotes physical activity. Sutton Public Schools have many youth sports programs available for out elementary youth including soccer, softball/t-ball, flag football, youth basketball, and track. High School athletics are also encouraged and includes but is not limited to, volleyball, basketball, football, track, golf, and trapshooting. The wellness committee also sends home information regarding activity/exercise suggestions to keep their students active year-round.
8. Staff: Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is encouraged to be seen engaging in non-sedentary lifestyles. For example, staff is encouraged to walk or bike to work, take part in the EHA program activities which the school organized for the staff and take part in activities outside school that assist them in remaining fit and healthy.

**Other Activities to Promote Student Wellness**

The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The administration established the following additional goals:

1. Extracurricular Program: The District will offer athletic and other activity programs subject to and in compliance with the bylaws of Nebraska School Activities Association.
2. After-School Facility Uses: The school’s physical activity facilities (playground, gym) will be made available to use by students outside the normal school day, subject to other competing uses and safety and risk management considerations.
3. Advertising: The administration will monitor advertising that occurs in the school and endeavor to limit messages that promote foods of minimal value.
4. Staff Development:
   1. Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. Professional development activities will include activities each year related to integration of physical activities and nutrition education into the academic curriculum, use of food as rewards and denial of physical activities as a disciplinary consequence, and other wellness goals and activities.
   2. The District will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.
5. Community Resources: The administration will coordinate the school wellness program efforts with those available from medical and other community organizations.
6. Mental Health, Social and Emotional:   
   Mental, social and emotional health are all intricate parts to a healthy person.  Students and staff members at Sutton Public Schools have many resources and programs available to them to help create well-rounded individuals.  Within the elementary school, students have SEL lessons taught by the school counselor using the Second Step program while the secondary school students utilize the Character Strong program.  Individuals, including both students and staff, have access to a full-time school counselor and a Licensed Mental Health Practitioner.  Providing necessary resources to all shows the priority Sutton Public Schools has on Individual's mental, social, and emotional health.

**Nutrition Guidelines**

The established nutrition guidelines for foods available in each school building during the school day are as follows: (1) school breakfast and lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and (2) no foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch.

The administration establishes the following additional nutrition guidelines and actions to meet the guidelines:

1. Conditions for School Meals:
   1. Scheduling meals. Lunch periods are scheduled at times when students are in need of nutrition (during the middle of the day). Students are provided adequate time to eat. In general students will, upon arrival in the cafeteria, have at least 10 minutes to eat breakfast and 20 minutes to eat lunch.
   2. Conditions for meals. Effort will continue to be made to establish comfortable and relaxing eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant food service staff, and adequate seating, enforcement of student conduct rules and adequate supervision.
2. Selection of School Meals:
   1. School Meal: School meals meet minimum nutritional requirements established by state and federal law. The school food service staff offers meals that are of nutrition value higher than that required. Emphasis is on good menu planning principles that offer healthy food choices including lean meats, a variety of fruits and non-fried vegetables daily, a variety of fresh fruits and vegetables daily, whole grains, low sodium, and low-fat or nonfat milk daily. These choices are readily ascendible to students. Portion sizes of whole grain desserts are limited.
   2. Ala carte selections: Elementary students are offered balanced meals. Elementary students are not allowed to purchase individual food or beverage selections except for before school hours. Middle school and High School students are sold foods and beverages ala carte provided the ala carte items do not include food of minimal nutritional value and that the offerings include fruit, non-fried vegetables, and healthy beverages (water and 100% fruit juice). All ala carte items adhere to all state and federal rules, regulations, and Smart Snack standards.
3. Student’s Meal from Home: Students will be discouraged from sharing food and be prohibited from sharing foods brought from home. Parents will be encouraged via health promotional materials to make healthy choices for student’s lunches. All glass items are prohibited in the cafeteria. Students are prohibited from bringing carbonated beverages and fried food items.

1. Closed Campus: To encourage students to eat a nutritious lunch, students will not be permitted to leave school during the school day for the purpose of lunch. Exceptions: Students may leave at lunch time if administration grants special exceptions to closed campus rule as needed (e.g. for students with special dietary needs).
2. Vending Machines:
   1. Vending machines are not available for students use during the official school day (8:10 AM-3:27 PM). USDA’s Smart Snacks standards will be implemented. These standards apply to all foods and beverages sold to students during the school day in school vending machines, stores, snack carts and a la cart lines, as well as through fundraising. The school day is defined as the period from midnight before to 30 minutes after the end of the official school day.
   2. Promotion of Healthy Choices: Sutton Public Schools had vending machines that offer healthy choices that adhere to all federal guideline, regulations, and Smart Snack guideline. (e.g. water and 100% fruit juices, crackers, granola bars, pretzels and nuts).
3. Foods available during the school day:
   1. Water: Students are allowed access to water during the school day. Water fountains are available. During the day students are encouraged to have a personal water bottle. Cups are available in the cafeteria for water during lunch hours.
   2. Food rewards: Food is not used as reward. No food is provided by the school or school staff during instructional time except: Healthy foods, foods provided for instructional purposes (e.g. cultural programs, FCS classes, and foods given in accordance with special education student’s IEP)
   3. Classroom Celebrations: Staff is not to offer students food of minimal nutritional value for classroom celebrations. Parents are encouraged to bring healthy foods for classroom celebrations.
4. Fundraising:
   1. School clubs will not sell foods that do not adhere to USDA’s Smart Snacks guidelines from midnight before to 30 minutes after the end of the official school day.
   2. Student clubs are encouraged not to sell foods of minimal nutritional value as part of fundraising efforts.
   3. Each activity sponsor shall report to the Principal the percentage of total fundraising receipts from sales of foods of minimal nutritional value as of the end of each school year.
5. School Activities/Events:
   1. Athletes: Students athletes serve as role models. Coaches encourage healthy eating by student athletes. The coaches’ conduct rules may limit consumption of foods of minimal nutritional value by their athletes during their sport season.
   2. Concessions: Concession stands are encouraged to include healthy food choices. Efforts will be made to reduce offerings of foods of minimal nutritional value. All concession stands in operation during hours of Midnight to 4:02 on days that school are in session will comply with the smart snack guidelines.
6. The Smart Snack Guidelines: The Smart Snack Guidelines replace the “Foods of Minimal Nutritional Value” list and define what can be sold during the school day. The Nebraska Competitive Foods Rule requires that no other program or school group sell food or beverages anywhere on school premises ½ hour before to ½ hour after breakfast and lunch. This rule defines when items can be sold during the school day.
   1. Smart Snack Beverages
      1. Allowed beverages (and maximum sizes) for buildings with:

Mixed grades of K-12, K-8, K-6 or Elementary only

* + - * 1. Water: Any size Plain, Carbonated or Non-Carbonated
        2. Milk: (8 oz) — Skim, Flavored Skim and 1% Unflavored
        3. Juice: (8 oz) — 100% Juice, Plain or Carbonated (With no added sweeteners)

NOTE — All beverages must be caffeine free. Buildings with Elementary and Middle School students combined, can only serve beverages

* 1. Smart Snacks & Competitive Foods MUST meet all of the Nutrient Standards for:

1. Calories 200 Snack/side 350 Entree

2. Sodium(mg) 200 Snack/side 480 Entree

3. Total Fat (≤ 35% calories)

4. Saturated Fat (< 10% calories)

5. Trans fat (0)

6. Total sugar (≤ 35% by weight)

*AND Snack/Side/Entree that is*

1st Ingredient Grain • ≥ 50% WHOLE GRAIN

*Or*

1st Ingredient (one of the following)

• FRUIT

• VEGETABLE

• DAIRY (pudding, ice cream, cheese, yogurt)

• MEAT (poultry, eggs, nuts, fish)

*Or*

A Combination Food • With 1/4 cup fruit/vegetable

EXEMPTIONS

* ENTRÉE SECOND ‐ Exempt from Nutrient Standards, on same day served and next day.
* FRUITS/VEGETABLES ‐ Exempt from Nutrient Standards if NO added ingredients.
* DRIED FRUITS/VEGETABLES ‐ Exempt from sugar standard if NO added nutritive sweeteners or if added ingredient is necessary for processing and/or palatability.
* SEAFOOD ‐ Exempt from total fat standard.
* CHEESE ‐ Exempt from fat and saturated fat standard. Does not apply to combination foods.
* NUTS/NUT BUTTER/SEEDS ‐ Exempt from total fat and saturated fat standards. Exemption does not apply to combination foods such as peanut butter crackers.
* DRIED FRUIT WITH NUTS ‐ Exempt from total fat, saturated fat and sugar, if no added sugar or fat.