

NORTH PARK SCHOOL
DISTRICT
WELLNESS POLICY

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

I. Nutrition education

a. Nutrition curriculum

Each grade level receives nutrition education through P.E. class and from the lunchroom.

b. Nutrition education for staff

The director of food services and the physical education teacher both receive nutrition education.

c. Nutrition integrated beyond school environment

Nutritional recipes along with healthy lifestyle information is sent home with students and distributed online for parents/guardians and community members.

d. Nutrition education extends to community

Nutrition information is made available to community via school website. Community is notified of free and reduced lunch availability and the closest free summer program by newspaper, website, and posted in the post office. Notification of the food bank, snap benefits, and bountiful baskets available in the county.

II. Physical activity/Education

a. Physical education curriculum for each grade level

Each grade level has a physical education curriculum. K-5 participates every day for a half hour each. 6th-8th participate every other day for an hour each. High School participates every day for an hour each. Physical activity, fitness, health, wellness, nutrition, drugs, alcohol, tobacco, human body, sex, social/emotional, and bullying are part of the curriculum.

b. Competency assessment

Students are required to retain the information taught. Assignments and tests are given to monitor competency.

c. Physical education quality

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III. Nutrition promotion

Promotion of nutrition is provided in many ways, including but not limited to: nutritional snack rewards, making nutritional a'la carte items affordable, staff setting examples of nutritious choices, etc. Distribution of nutritional information to families and community. North Park School District participates in the Special Milk Program to help ensure healthy snack beverage of milk at a free or reduced price to preschool students not participating in breakfast or lunch program. the

IV. Other School based activities

Involvement in academics and sports are recognized for achievements and highly participated in. Nutrition and wellness are encouraged to be incorporated into any subject it may arise with the daily lessons. ROAR program provides objects rather than food for behavior. AR Reading among all students and staff incorporates nutrition education as as good well.

V. Nutrition guidelines for campus foods

o School breakfast program

Follows regulations by CDE OSN, and USDA. Available to k-12. Students are offered 4 options and allowed to refuse 1.

o School lunch program

Follows regulations by CDE OSN, and USDA. Available to k-12. Students offered a variety of choices. Students must choose 3 options 1 of which must contain the full serving of fruits or vegetables.

o Vending

Vending machines are to remain off during the school day from 8am-4:30pm unless all regulations are met for the Colorado Healthy Beverage Policy, and the CDE/OSN Smart Snacks policy. If all regulations are met there shall not be any food/beverages sold during school meal service times.

o Fundraisers

Fundraisers containing food shall qualify under the Colorado Healthy Beverage Policy and Smart Snacks regulations. Fundraisers shall be documented and accounted for. Fundraisers need to be approved and notification given to school manager along with school food services director. Only 3 exemptions that obtain prior approval will be allowed per school year set forth by CDE/OSN regulations.

o Smart Snacks

Any food sold during the school hours of 8am-4:30 pm shall follow all Smart Snack regulations, and not be in competition with the school food service program. Any questions if regulations are being followed can be directed to the school manager and/or school food service director.

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An appetizing, colorful, nutritional meal shall be provided. Research shall be conducted and feedback obtained to help maximize student and staff participation. An inviting and safe environment will be provided to encourage eating of the school meals.

- o Scheduling meals to improve nutrition

Meals are to be provided with adequate time to allow consumption of the food.

- o Use of low-fat foods and methods for preparing food

Low-fat foods, low-sodium foods, low-calorie foods, and no transfat will be used in all menu planning and preparing. Scratch cooking will be implemented as much as possible. Fresh fruits and vegetables will be a part of the menu as long as season and prices hold out to ensure cost-effective and quality food.

- o Access to hand washing before and after meals

Students will be allowed time and have access to wash hands before and after meals.

- o Training for school food service staff

Continued training throughout each school year will be required of all staff. Quality, healthy, and safe meals meeting all regulations is our goal to achieve and exceed.

- o School meal environment

The cafeteria will remain clean, inviting, and safe for students and staff to eat school meals. No students shall feel discriminated against, or preferred over other students. Students have a right to receive the same meal with appropriate portion sizes k-12. Students will remain in cafeteria while eating the school meal.

- o Nutrition information for school meals availability

Recipes and nutrition information for all food sold in school is kept on file by the director of food services and will be available by request. In future school food nutrition and allergen information will be available at any time on website .

VI. Policy implementation and compliance

This wellness policy shall be implemented by all school district staff. Compliance of the wellness policy will be determined by the school food services director and the wellness committee. If compliance issues arise the wellness committee will make proposed resolution to superintendent and school manager to follow through on.

VII. Notification of local wellness policy

Students, staff, parents, guardians, and community members will be notified and have available this policy on the school website.

VIII. Wellness Committee

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IX. Assessments and Reviews

This policy shall be reviewed at a minimum of once a year. If needed it shall be revised and edited to address concerns or new regulations by the committee. Anytime policy is reviewed or changed it shall be documented and dated.

Revised 10/02/2014
