

1 **Belgrade Wellness Policy Final**

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3 I. School Wellness

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5 The Belgrade School District is committed to providing a school environment that  
6 promotes and protects student health, well-being, and ability to learn by supporting  
7 healthy eating and physical activity. The District believes that for students to have the  
8 opportunity to achieve personal, academic, developmental and social success, it needs to  
9 create a positive, safe and health-promoting learning environment. Therefore, it is the  
10 policy of the Belgrade School District to develop, adopt, and implement a comprehensive  
11 plan for a thorough, well-coordinated school wellness program.

12  
13 This policy outlines the District’s approach to ensuring environments and opportunities  
14 for all students to practice healthy eating and physical activity behaviors throughout the  
15 school day. This policy establishes goals and procedures to ensure that:

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- 17 • Students in the District have access to healthy foods throughout the school day –
  - 18 both through reimbursable school meals and other foods available throughout the
  - 19 school campus – in accordance with Federal and state nutrition standards;
  - 20 • Students receive nutrition education that helps them develop lifelong healthy
  - 21 eating behaviors;
  - 22 • Schools engage in nutrition and physical activity promotion and other activities
  - 23 that promote student wellness;
  - 24 • School staff are encouraged to practice healthy nutrition and physical activity
  - 25 behaviors in and out of school; and
  - 26 • The District supports an ongoing wellness committee committed to promoting
  - 27 student & staff wellness.
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29 This policy applies to all students, staff and schools in the District.

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31 II. District Wellness Committee

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33 *Committee Role and Membership*

34 The District has developed a representative district wellness committee (DWC) that  
35 meets quarterly to establish goals and oversee school health and safety policies, including  
36 development, implementation, review and public update of this district-level wellness  
37 policy.

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39 The DWC membership works to represent all school levels and may include, but not be  
40 limited to: parents and caregivers; students; representatives of the school food service  
41 program; physical education teachers; health education teachers; school health  
42 professionals; school administrators, school board members; health professionals (e.g.  
43 dietitians, doctors, nurses, dentists); and the general public.

47 *Leadership*  
48 The Superintendent (or designee(s)) will convene the DWC and facilitate development of  
49 and updates to the wellness policy, and will ensure each school's compliance with the  
50 policy.

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52 III. Policy Implementation, Monitoring, and Public Updates

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54 *Implementation Plan*  
55 The Superintendent, in collaboration with the DWC, will develop and maintain a plan for  
56 implementation to manage and coordinate the execution of this wellness policy.

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58 *Annual Notification of Policy*  
59 The District will inform families and the public each year of basic information about this  
60 policy, including its content, any updates to the policy and implementation status. The  
61 District will make this information available via the district website and/or district-wide  
62 communications, such as the quarterly Wellness Newsletter. Annually, the District will  
63 also publicize the name and contact information of the leaders coordinating the wellness  
64 committee, as well as information on how the public can get involved with the district  
65 wellness initiatives.

66  
67 *Maintaining School Wellness Policy*  
68 The Superintendent will maintain the schools' wellness policy through development and  
69 implementation of administrative rules consistent with this policy. Input from the  
70 teachers, parents/guardians, students, school food service program, the school board,  
71 school administrators, district wellness committee and the public shall be considered  
72 before implementing such rules. A sustained effort is necessary to implement and enforce  
73 this policy.

74  
75 The superintendent, in collaboration with the DWC, will monitor schools' compliance  
76 with this wellness policy and shall measure how well this policy is being implemented,  
77 managed, and enforced. The Superintendent shall report to the Board, as requested, on  
78 the District's programs and efforts to meet the purpose and intent of this policy.

79  
80 *Triennial Progress Assessments*  
81 At least once every three years, the District will evaluate compliance with the wellness  
82 policy to assess the implementation of the policy and include the progress made in  
83 attaining the goals of the District's wellness policy.

84 The District will notify households/families of the availability of the triennial progress  
85 report on the District website or through the quarterly Wellness Newsletter.

86  
87 *Community Involvement and Communications*  
88 The District is committed to being responsive to community input, which begins with  
89 awareness of the wellness policy. The District will communicate ways in which  
90 representatives of DWC and others can participate in the development, implementation  
91 and periodic review and update of the wellness policy.

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93 IV. Nutrition

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95 *School Meals*

96 All schools within the District participate in USDA child nutrition programs, including  
97 the National School Lunch Program (NSLP) and the School Breakfast Program (SBP).  
98 The school meal programs aim to improve the dietary intake and health of students, help  
99 mitigate childhood obesity, model healthy eating to support the development of lifelong  
100 healthy eating patterns and support healthy choices. The District ensures that all  
101 reimbursable school meals meet program requirements and nutritional standards found in  
102 federal regulations.

103

104 All schools within the District are committed to offering school meals that:

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- 105     ▪ Are accessible to all students;
- 106     ▪ Are appealing and attractive;
- 107     ▪ Are served in clean and pleasant settings;
- 108     ▪ Meet or exceed current nutrition requirements established by local, state, and  
109         Federal statutes and regulations.
- 110     ▪ Promote healthy food and beverage choices using Smarter Lunchroom  
111         techniques.

112

113 *Competitive Foods and Beverages*

114 To support healthy food choices and improve student health, **all foods and beverages**  
115 **sold outside the reimbursable school meal program during the school day must meet**  
116 **or exceed the USDA Smart Snacks nutrition standards.** Those standards limit the  
117 Calories to < 200, sodium to < 200 mg, fat to < 35% of calories, and sugar to < 35% of  
118 weight from total sugars in foods, for all foods sold in the school during the school day.  
119 They also state that all snacks sold must be “whole grain rich” or have as the first  
120 ingredient a fruit, a vegetable, a dairy product or a protein food. These standards will  
121 apply in all locations and through all services where foods and beverages are sold, which  
122 may include, but are not limited to, à la carte options in cafeterias, vending machines,  
123 school stores and snack or food carts.

124

125 *Fundraisers*

126 Fundraisers are time-honored traditions that support local school activities, such as class  
127 trips, athletic programs, and the purchase of school supplies. Smart Snacks in School  
128 nutrition standards seek to balance school funding with student wellness.

129

130 To support children’s health and school nutrition-education, **all food or beverages sold**  
131 **during the school day must meet the Smart Snacks in School nutrition standards.**  
132 This includes foods sold as part of a school event, music/speech event, bake sales, other  
133 fundraisers, school store, etc. (by both student and parent groups) that occur during the  
134 school day. The school day is defined as midnight to 30 minutes after the last bell of the  
135 day.

136

137 Smart Snacks in School nutrition standards only apply to foods and beverages sold to  
138 students on the school campus during the school day. The nutrition standards do not

139 apply to foods and beverages sold at events held after school, off campus, or on  
140 weekends, such as school plays or sporting events.

141  
142 Smart Snacks in School nutrition standards do not apply to fundraising activities that take  
143 place outside of school, such as cookie dough or frozen pizza sales. Distribution of order  
144 forms and foods not intended for consumption at school are not affected by these  
145 standards and may continue.

146  
147 The Smart Snacks in School rule does not limit fundraisers that sell non-food items or  
148 foods or beverages that meet the new standard. Healthy options available to schools  
149 include selling fresh produce, books, school spirit merchandise or other non-food items  
150 during the school day.

151  
152 *Celebrations and Rewards*

153 Parents and staff are encouraged to be consistent with the goals of this policy to create a  
154 healthy school environment, when providing food as a snack or at a celebration during  
155 the school day.

156  
157 *Nutrition Promotion*

158 Nutrition promotion will be used to positively influence lifelong eating behaviors by  
159 displaying healthy nutrition messages and creating food environments that encourage  
160 healthy nutrition choices and participation in the school meal program. As a District, all  
161 staff and students should receive consistent nutrition messages in the classroom,  
162 gymnasium, and cafeterias to support a healthy environment throughout the schools.

163  
164 The District is committed to marketing food and beverages consistent with nutrition and  
165 health promotion efforts of the wellness policy. It is the intent of the District to approve  
166 advertising and marketing for only those foods and beverages permitted to be sold on the  
167 school campus; while choosing the healthier options when available.

168  
169 V. Physical Activity

170 *Physical Education*

171 The District will provide students with physical education, using an age-appropriate,  
172 sequential physical education curriculum consistent with national and state standards.

173  
174 VIII. Family Engagement

175 Activities shall be designed to engage families as active participants in their children's  
176 education; that promote the ability of families to support children's school achievement;  
177 and that encourages collaboration with community resources and services to respond  
178 more effectively to the health-related needs of the student.

179  
180 IX. Staff Wellness

181 Schools in the District will implement strategies to support staff in actively promoting  
182 and modeling healthy eating and physical activity behaviors.

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