

**Leyton Public Schools  
Board of Education Policy #5052**

**School Wellness Policy**

Leyton Public Schools acknowledges that student and staff wellness play a critical role in the academic environment. Leyton Public Schools will provide a healthful learning environment by supporting district policy with healthy school meals, healthy competitive foods and beverages, physical and social/emotional education, physical activity, and student and employee wellness. Leyton Public Schools will align their practice with federal guidelines and district policy according to The Healthy, Hunger-Free Kids Act of 2010.

**DISTRICT WELLNESS COMMITTEE**

***Committee Role and Membership***

The District Wellness Committee (DWC) will meet, at minimum, twice annually to establish goals for school health and safety policies and programs including development, implementation, and periodic review and update of the District wellness policy. The DWC membership will be comprised of personnel from each school including the school nutrition manager, physical education teacher, health teacher, general education teachers, school board members, school administration, emotional and social educators, as well as parents or caregivers, students, and general public.

***Leadership***

The Superintendent or designee will convene the DWC, facilitate review of and updates to the wellness policy, and ensure each school's compliance with the policy. A list of current DWC committee members will be attached to this policy and updated as needed.

**WELLNESS POLICY IMPLEMENTATION, MONITORING,  
ACCOUNTABILITY, AND COMMUNITY ENGAGEMENT**

***Implementation Plan***

Leyton Public Schools will develop, implement, and maintain a plan to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school's needs. It will include information about who will be responsible to make what change, by how much, where, and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other

school-based activities that promote student wellness. The Healthy Schools Program online tools will be used to complete the Alliance for a Healthier Generation's School Health Index assessment. Based on the assessment, wellness goals will be created by each school.

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy. Documentation maintained will include, but will not be limited to:

- \*District Wellness Policy
- \*Documentation demonstrating that the policy has been made available to the public
- \*Documentation of efforts to review and update the District Wellness Policy
- \*The most recent assessment on the implementation of the school wellness policy

### ***Annual Notification of Policy***

The District will make this information and policy available via the District website and at the central office.

### ***Triennial Progress Assessments***

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy with the Child Nutrition Program and include:

- \*The extent to which the District's schools are in compliance with the wellness policy
- \*The extent to which the wellness policy compares to model local school wellness policies
- \*A description of the progress made in attaining the goals of the wellness policy

### ***Revisions and Updating the Policy***

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or State guidance or standards are issued.

### ***Community Involvement, Outreach, and Communications***

The District will communicate ways others can participate in the development, implementation, and review of the wellness policy. The District will use the District website and/or newsletter to notify families of the District Wellness Policy and encourage involvement. The District will

also inform parents of the compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of, and compliance with, Smart Snacks in School nutrition standards.

## **NUTRITION**

### ***School Meals***

The District is committed to serving healthy meals to children, including a variety of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving and meet the nutrition needs of school children within their calorie requirements. Students will be provided sufficient time in which to eat school-provided meals.

Both sites participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and any additional Federal child nutrition programs that meet the nutrition requirements. The District may also operate additional nutrition-related programs and activities. All meals:

- \*Are accessible to all students
- \*Are appealing and attractive to children
- \*Are served in clean, well lit, and pleasant settings
- \*Meet or exceed current nutrition requirements established by local, state, and Federal Statutes and regulations. (The District offers reimbursable school meals that meet USDA Nutrition Standards)
- \*Promote healthy food and beverage choices

### ***Staff Qualifications and Professional Development***

The school nutrition program director, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

### ***Water***

Free, safe, unflavored drinking water will be available to all students throughout the school day. The District will make water available to students where school meals are served during meal times.

### ***Competitive Foods and Beverages***

The District is committed to ensuring that all foods and beverages available to students and staff on the school campus during the school day support healthy eating. Staff are expected to model healthy nutrition habits in the presence of students. The foods and beverages sold and served

outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. A guide to Smart Snacks in Schools is available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. Smart Snack Calculator is at <https://foodplanner.healthiergeneration.org/calculator/>. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, and snack or food carts. Proceeds from competitive food and beverage sales occurring one half hour before to one half hour after meal periods shall be directed to Nutrition Services to maintain the integrity of the Nutrition Services Program.

### **CELEBRATIONS AND REWARDS**

All foods offered by the District shall meet or exceed the USDA Smart Snacks in School nutrition standard. Food will not be used as an incentive or reward. The District will provide ideas for non-food incentives and rewards. The District will make suggestions to parents and school staff for healthy alternatives for parties, celebrations, and classroom snacks.

### **FUNDRAISING**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas or comparable resources. Foods that will not be consumed on school premises may be used for fundraising activities. [https://www.fns.usda.gov/sites/default/files/allfoods\\_fundraisers.pdf](https://www.fns.usda.gov/sites/default/files/allfoods_fundraisers.pdf) . Foods or beverages sold for fundraising cannot be in competition with school meals.

### **NUTRITION PROMOTION**

Nutrition promotion includes marketing and advertising nutritious foods and beverages to students. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

### **NUTRITION EDUCATION**

The District will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- \*Is designed to provide students with the knowledge and skills necessary to promote and protect their health

- \*Is part of not only health education classes, but also integrated into other classroom instruction

- \*Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods
- \*Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- \*Includes nutrition education training for teachers and other staff
- \*Incorporates nutrition education for parents/guardians

## **FOOD AND BEVERAGE MARKETING IN SCHOOLS**

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. Advertising and marketing will only be permitted for those foods and beverages that are allowed to be sold on the school campus. Any foods and beverages marketed or promoted to students on campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards. This shall include but not limited to:

- \*Displays, such as vending machine exteriors
- \*Corporate brands, logos, names or trademarks on school equipment, such as Marquees, scoreboards, or backboards. (Note: immediate replacement of these items are not required but shall be changed when contracts are up for renewal for compliance with the wellness policy)
- \*Advertisement in school publications or other school mailings

As the District/school nutrition services/Athletics Department reviews existing contracts and considers new contracts, equipment and product purchasing and replacement, decisions should reflect the marketing guidelines established by the District wellness policy.

## **PHYSICAL ACTIVITY**

Children and adolescents should participate in physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program. This will reflect quality physical education as the foundation, physical activity promotion before, during, and after school, staff involvement, family involvement, and community engagement.

Leyton Public Schools will promote physical activity through multiple opportunities throughout the day. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education. Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will not be withheld as punishment. The District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs. The

District will also encourage students to be physically active before and after school including active transport (i.e. walking or biking to school)

### ***Physical Education***

The District implements age appropriate physical education curriculum. This curriculum promotes the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporates essential health education concepts. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equal participation for all students and will adapt physical education classes and equipment as necessary. The District's physical education program will promote student physical fitness through curriculum-based fitness and activity assessments.

Health education will be promoted in all elementary grades and the District will require middle and high school students to take and pass at least one health education course.

### ***Recess (Elementary)***

All elementary schools will offer at least 30 minutes of recess on all days during the school year. Exceptions may be made as appropriate, such as on early dismissal days. If recess is offered before lunch, transition time will be built in to ensure time for proper hand-washing and sanitizing before eating. Outdoor recess will be offered when weather and other conditions make it feasible for outdoor play. Recess will not be a substitute for physical education class. In the event that recess must be held indoors, teachers and staff will promote and provide physical activity for students in the gym as space allows.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minutes) physical activity breaks to students during and between classes. These breaks will complement, not substitute, physical education class, recess, and class transition periods. Teachers will serve as role models by being physically active alongside the students whenever feasible.

## **STAFF WELLNESS AND HEALTH PROMOTION**

The District supports a wellness program for all staff. The program shall seek to improve overall health for staff and could have financial benefits of reduced health care costs. <http://ehawellness.org/> allows staff to participate in fun, online wellness programs which focus on different topics. The District encourages staff to participate in these offered programs. When

feasible, the District will offer professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors at school. Staff may also utilize wellness options during staff development days or at staff meetings. Activities may include CPR training, activity or exercise groups, or healthy recipe exchanges.

### **MENTAL HEALTH WELLNESS**

Mental health is important at every stage of life, from childhood and adolescence through adulthood. The District will promote and implement mental health wellness using research-based strategies for both staff and students to enhance emotional and social well-being. Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. Mental health wellness also strongly influences an individual's potential for achieving their goals and is an important tool in obtaining and maintaining a feeling of well-being. The District will promote social and emotional competency and build resiliency, help ensure positive and safe schools, teach and reinforce positive behaviors and decision-making, encourage helping others, and help ensure access to mental health supports.

Adopted on: August 11, 2008  
Revised on: July 10, 2017  
Reviewed on: July 9, 2018  
Reviewed on: July 8, 2019  
Reviewed on: January 13, 2020  
Reviewed on: July 13, 2020  
Revised on: August 10, 2020  
Revised on: July 12, 2021  
Reviewed on: July 11, 2022