

# Milton Town School District

## Procedure

### F28P: WELLNESS PROCEDURES

#### Procedure

Milton School District is committed to the optimal development of every student. We believe that for students to achieve personal, academic, developmental, and social success, we will strive to create healthy learning environments that promote positive, safe, and healthy choices in every setting and at every level throughout the school year. Research shows that good nutrition and physical activity before, during, and after the school day are strongly correlated with positive outcomes for students. These goals and guidelines strive to ensure environments and opportunities for students to practice healthy eating, healthy behaviors, and physical activity throughout the school day.

#### **I. Physical Activity Guidelines**

##### **a. Instructional Program**

- i. The district will provide a physical education program for all students that is sequential, developmentally appropriate and safe. The majority of the physical education class time is spent in moderate to vigorous physical activity.

##### **b. Curriculum**

- i. The curriculum uses developmentally-appropriate components of a health-related fitness program. Examples of programs include Fitness program, Physical Best, or President's Challenge.
- ii. The curriculum equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity, and builds students' individual competencies in their own physical abilities improving their self-confidence.
- iii. The district will offer opportunities for students in grades K-12 to participate in at least 30 minutes of physical activity within or outside of the school day. Physical activity may include recess and movement built into the curriculum, but does not replace physical education classes.
- iv. The district shall provide supervised unstructured active play, commonly referred to as recess, daily for all students PreK-5. Recess is in addition to a student's physical education class and not substituted for physical education class.
- v. Recess and physical activity will be a routine part of each student's day.

#### **II. Nutrition Education and Guidelines**

##### **a. Goals for Nutrition Services**

- i. The district shall ensure that guidelines for reimbursable school meals are not less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to sections (a) and (b) of section 9(A)(a) and (b) of the Richard B. Russell National School Lunch Act as those regulations and guidance apply to schools.
- ii. The district shall provide adequate space for eating and serving school meals.
- iii. The district shall provide a clean and safe meal environment for students.
- iv. The district shall establish meal periods that provide adequate time to eat and are scheduled at appropriate hours.
- v. Food shall not be used in district schools as a reward or punishment.

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- vi. The district shall provide training opportunities as appropriate for food service and other staff members in areas of nutrition and wellness.
- vii. Schools participating in the National School Lunch and School Breakfast programs shall make free potable water available to children in the meal service areas.
- viii. The district will limit food and beverage marketing to the promotion of only those foods and beverages that meet the USDA Smart Snacks in Schools nutrition standards on school campus.
- ix. Signage in the food service area indicates the daily menu offerings and required minimum selections to make a complete meal.
- x. School foodservice, in partnership with other school departments and community organizations, will work to creatively market and promote locally-produced food to students through activities such as: featuring food grown in the school garden in the cafeteria through sampling and inclusion in school meals and snacks, based upon availability and acceptability; and developing cafeteria and classroom themes and events related to local farmers and products grown and produced in the state and region.
- xi. Local food selections shall be labeled so students connect the foods they eat with the farms that produce them.

#### **b. Snacks and Celebrations**

All classroom snacks and celebrations involving food should be scheduled at a time that will not interfere with the students' ability to access the school lunch program.

- 1. Families and students are encouraged to bring healthy foods for snacks and celebrations.
- 2. Staff may continue to organize classroom celebrations for specific classroom achievements, curricular lessons, or community events, and may invite families to contribute foods for these events (i.e. harvest days, field days, 100<sup>th</sup> day of school, etc.)
- 3. Staff are encouraged to consider balancing celebrations with smart snacking and food-free celebrations including those celebrations that can be organized around physical activity and classroom integrated recognition rather than food.

### **III. Substance Abuse Prevention Guidelines**

- i. The district will work to develop a comprehensive health program to include an alcohol and drug education program through the guidance curriculum.
- ii. The district will align its Tobacco Prohibition Policy to the Town of Milton resolution for a community free from substance abuse, including the use of e-cigarettes, vape pens and other aerosols.

### **IV. Health Guidelines**

#### **a. Reproductive Health Education**

- i. The school district, through the Curriculum Office, will work to provide students with a comprehensive K-12 Health Curriculum in accordance with Vermont State Law (16V.S.A 131). An important component of a comprehensive education

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curriculum must include HIV/STDs, teen pregnancy, and risky sexual behavior prevention education.

- ii. The district will refer students to health services. The focus of this program is primarily prevention and early access to services.
- iii. These services will include condom availability and counseling for high school students who are in grades 9-12. Condom distribution will be managed by a school administrator, in cooperation with the school nurse.
- iv. Condoms will be available through the School Nurses' Health Office, through the Health Educator, School Clinicians (social workers) and vending machines in one set of bathrooms. Condoms and information packets will be available free of charge, with supplies for the school availability program obtained from the Vermont Department of Health and Agency of Education.

#### **b. Health Services**

- i. The school district shall provide a cohesive, integrated approach to the delivery of services to appraise, promote, and protect health.
- ii. School health services are evidenced based as outlined in the School Nurse Standards of Practice Manual, the National Association of School Nurses Scope and Standards of Practice, and the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.
- iii. The foundation of the school health services will be based on the student needs assessment, plans and implementation of programs that support the wellbeing and academic success of students.
- iv. The school district shall make available information regarding educational and counseling opportunities and referrals for promoting and maintaining individual family and community health.
- v. A data collection program, presently SNAP, will be used to keep track of student needs and plans in order to use data for future decisions on services needed for the wellness of students. Nurses' offices will manage the data collection.

#### **c. Counseling, Psychological and Social Services**

- i. The district, as part of its wellness program, will provide services through guidance, nurses and social workers to improve students' well-being.

#### **d. Healthy and Safe School Environment**

- i. Students have the right to access the bathroom, locker room and activities that support their gender identity. Students will also have the right to access a gender-neutral bathroom.

### **V. Staff Wellness**

#### **a. Health Promotion for Staff**

- i. The district recognizes that fostering a personal commitment to positive health behaviors in staff contributes to improved health status, higher morale, and greater personal commitment to the school's coordinated school health program and creates positive role modeling.
- ii. The district will encourage participation in an employee wellness program that defines planning, implementing, and evaluation.

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- iii. The district will support opportunities for faculty and staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities when possible.
- iv. The district will make available information about and encourage the use of the Employee Assistance Program (EAP).

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*Board Counsel* 04/02/18 (C.Leopold)