

ALMOND-BANCROFT SCHOOL DISTRICT
Board Policy Handbook

Almond-Bancroft School District Wellness Policy

The Almond-Bancroft School District recognizes that nutrition influences a student's development, health, well-being and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

The policy of the Almond-Bancroft School District is to:

1. Provide a positive environment and appropriate knowledge regarding food.
 - Ensure that all students have access to healthy food choices during school and at school functions.
 - Provide a pleasant eating environment for students and staff.
 - Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
2. When using food as a part of class or student incentive programs, parents, staff and students are encouraged to utilize healthy, nutritious food choices.
3. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.
4. Reduce student access to food of minimal nutritional value.
 - In keeping with contractual obligations to the National School Lunch/Breakfast programs, ensure the integrity of the school lunch program by prohibiting food and beverage sales that are in direct conflict with the lunch/breakfast programs.
 - Encourage the practice of good nutrition by reducing the sale or distribution of foods of minimal nutritional value through a multi-year plan that focuses on:
 - Reducing access to non-nutritional foods.
 - Educating students about healthy foods.
 - Selective pricing that favors sales of healthy foods.
5. Provide physical education instruction in accordance with a developmental, sequential, comprehensive physical education curriculum taught by certified personnel for all pupils. The Almond-Bancroft School District believes that such a physical education program should help students learn a broad variety of neuro-muscular skills and therefore acquire the body of knowledge necessary to play and work in today's modern world. These learned attitudes and behaviors will provide the basis for a desirable lifetime of

fitness and healthy habits. It is believed that the various body systems grow, develop and function best when they are exercised regularly and appropriately. Physical education students, programs, and instruction should be evaluated regularly to determine whether objectives are being met.

District Nutrition Standards

The Almond-Bancroft School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient-dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient-dense foods in the school setting, the District has adopted the following Nutritional Standards governing the sale of food, beverages, and candy on school grounds:

Food:

- Encouraged that any food item for sale prior to the start of the school day and throughout the instructional day will have no more than 7 grams of fat per serving.
- Encouraged that any food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient-dense foods, i.e., whole grains, fresh fruits, and vegetables.

Beverages:

- Vending sales of soda or artificially sweetened drinks will not be permitted during the times when school lunch or breakfast programs are operating.
- Vending sales of soda and artificially sweetened drinks will be limited to before and after school.
- Milk, water and fruit juice may be sold on school grounds both prior to and throughout the instructional day.

APPROVED: 6/15/06