

Comparison of Blue Ridge Wellness Policy to Model Wellness Policy

School Year: 2018

Guideline	Model Policy	District Policy	District Status	Plan/Updates Needed
I. School Wellness Committee				
Committee Role and Membership	Each school within District will establish an ongoing School Wellness Committee that meets at least four times per year.	The District LWP provides for this at least three times per year.	Two meetings have been held, with a third scheduled.	The District will look to meet quarterly.
Leadership	The Superintendent or designee(s) will convene, facilitate development and update the wellness policy to ensure each school's compliance with the policy.	Language is in the LWP	The District is doing this through the Food Service Liaison	
II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement				
Implementation Plan	District will develop and maintain a plan for implementation to execute this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school	District wellness committee meets to evaluate the LWP annually.	Implemented	
Recordkeeping	The District will retain records to document compliance with the requirements of the wellness policy [District's Administrative Offices, Room #] and/or on [District's central computer network].	The District Foodservice Department keeps all records for the required years.	Implemented	
Annual Notification of Policy	The District will actively inform the public each year of basic	Information is available on the District website, brUSD.org	Implemented	

	information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications.			
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.	The District continually works to update the policy.	Implemented	
Revisions and Updating the Policy	Committee will update or modify the wellness policy based on the results of the assessments and/or as District priorities change.	The DWC meets annually to review and update the policy	Implemented	
Community Involvement, Outreach and Communications	The District is committed to being responsive to community input. Will actively communicate ways in which all members can participate in the development, implementation and periodic review and update of the wellness policy.	Community members are involved and invited to attend all DWC meetings	Implemented	
III. Nutrition				
School Meals	District is committed to serving healthy meals to children and meeting the nutrition needs of school children within their calorie requirements.	The LWP is in compliance with this standard	Implemented	
Staff Qualifications and Professional Development	All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.	This language is not currently included in the LWP, but standards are being met and tracked.	District is following this standard	District will look to update language of LWP to include this standard

Water	To promote hydration, the District will make drinking water available where school meals are served during mealtimes. Water cups/jugs will be available in the cafeteria if a drinking fountain is not present. All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets and other methods for delivering drinking water.	This is currently not included in the LWP, but standards are being met	District is following this standard	District will look to update language of LWP to include this standard
Competitive Foods and Beverages	The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards.	The District follows all USDA and ADE regulations	Implemented	
Celebrations and Rewards	<p>All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards:</p> <p>Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.</p> <p>Classroom snacks brought by parents. The District will provide to</p>	The District follows all USDA and ADE regulations. Food Service works with schools on healthy celebrations, and this information is posted on the District website	Implemented	District Administration is continuing to work with site Administration on the healthier options available

*Model Policy Regulations adapted from USDA’s Alliance for a Healthier Generation

	<p>parents a list of foods and beverages that meet Smart Snacks nutrition standards.</p> <p>Rewards and incentives. The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.</p>			
Fundraising	<p>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.</p> <p>Schools will use only non-food fundraisers, and encourage those promoting physical activity.</p> <p>Fundraising during <u>and outside</u> school hours will sell only non-food items or foods and beverages that meet Smart Snacks nutrition standards.</p>	The District follows all USDA and ADE regulations	Implemented	District has provided healthier options on its website and will continue to work towards physical activity and wellness in fundraising
Nutrition Promotion	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.	The District and the DWC promote healthy eating in the district	Implemented	
Nutrition Education	The District will teach, model, encourage and support healthy	The District provides nutritional	Somewhat Implemented	DWC will continue to work with the District to improve

*Model Policy Regulations adapted from USDA's Alliance for a Healthier Generation

	eating by all students. Schools will provide nutrition education and engage in nutrition promotion.	education to its students		access and frequency of nutritional education
Essential Healthy Eating Topics in Health Education	The District will include in the health education curriculum essential topics on healthy eating.	The District does not currently have this in its LWP	Not Implemented	DWC will work with its stakeholders to see viability of incorporating
Food and Beverage Marketing in Schools	The District will protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.	The LWP follows this standard	Implemented	
IV. Physical Activity				
Physical Education	The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards. All elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.	The LWP follows these standards	Implemented	
Prohibited use of or withholding physical activity as punishment	Provide a daily recess period, which is not used as a punishment or a reward.	The LWP does not specifically provide for recess	K-8 students are provided recess. This time can be revoked if a student engaged in unsafe or inappropriate behavior, or for academic intervention	District will work to add providing recess to LWP, and discuss the denial of recess.

*Model Policy Regulations adapted from USDA's Alliance for a Healthier Generation

Recess Requirement (Elementary)	All elementary schools will offer at least 20 minutes of recess on all days during the school year.	The LWP does not specifically address this	Elementary students are provided 20 minutes of recess every day	DWC will work to add this to policy
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-minute) physical activity breaks to students during and between classroom time at least three days per week.	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating
Active Academics	Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating
Before and After School Activities	The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating
Active Transport	The District will support active transport to and from school, such as walking or biking.	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating
I. <u>Other Activities that Promote Student Wellness</u>				
Community Partnerships	The District will develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating

*Model Policy Regulations adapted from USDA’s Alliance for a Healthier Generation

	coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.			
Community Health Promotion and Family Engagement	The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating
Staff Wellness and Health Promotion	The committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating
Professional Learning	When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.	The LWP currently does not have language that reflects this standard	Not Implemented	DWC will work with its stakeholders to see viability of incorporating