

THE SCHOOL DISTRICT OF SOUTH ORANGE AND MAPLEWOOD, NEW JERSEY

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Wellness Policy

8510 Wellness Policy

~~THIS POLICY HAS BEEN REPEALED. REFER TO POLICY 8505 WELLNESS POLICY/NUTRIENT STANDARDS FOR MEAL AND OTHER FOODS~~

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~~Last Adopted: August 17, 2015~~

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~~Repealed:~~

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~~State and federal mandates require school districts to adhere to standards regarding the content of foods offered by the schools.~~

~~The Board of Education of the South Orange-Maplewood School District recognizes that child and adolescent obesity has reached epidemic levels in the United States and that poor diet combined with the lack of physical activity negatively impacts on students' health, and their ability and motivation to learn. The Board of Education is committed to the education and promotion of good nutrition, physical activity and other school-based activities that promote student wellness by:~~

- ~~• Providing students with healthy and nutritious food~~
- ~~• Encouraging the consumption of fresh fruits and vegetables, low fat milk and whole grains~~
- ~~• Supporting healthy eating through nutrition education~~
- ~~• Encouraging students to select and consume all components of the school meal~~
- ~~• Providing students with the opportunity to engage in daily physical activity~~

~~All reimbursable meals shall meet federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.~~

~~Nutrition Standards for Foods:  
Any food sold in schools must:~~

- ~~• Be a "whole grain rich" grain product; or~~
- ~~• Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or~~
- ~~• Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or~~
- ~~• Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).~~
- ~~• Meet the minimum nutrient requirements stated in the New Jersey State Department of Agriculture guidelines.~~

~~Nutrition Standards for Beverages:  
All schools may sell:~~

- ~~• All beverages offered for sale do not exceed 12 ounces, except water.~~
- ~~• In elementary schools only water, milk (non-fat or unflavored 1%) and 100% fruit or vegetable juice is offered for sale.~~

- ~~In middle and high schools, at least 60% of all beverages, other than water and milk (non-fat or unflavored 1%) must be 100 % fruit or vegetable juice.~~
- ~~In middle schools and high schools the 40% "other" beverages that are offered meet the standards set forth in the adopted nutrition policy.~~
- ~~Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.~~

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Other Requirements:-

Fundraisers:

- ~~Fundraising encourages healthy eating habits by promoting the sale of healthy food/beverage items or non-food products.~~
- ~~All fundraising involving the sale of food/beverage items takes place outside of the regular school day.~~
- ~~The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.~~
- ~~The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.~~

~~The Board supports the practice of healthy food and beverages being served during special school celebrations or during curriculum-related activities. In addition, the Board encourages the practice of providing non-food items for such purposes (i.e. books, crafts/activities).~~

~~This policy does not apply to medically authorized special needs diets pursuant to 7 CFR Part 210, school nurses using FMNVs during the course of providing health care to individual students or special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.~~

~~Adequate time shall be allowed for student meal service and consumption.~~

~~Schools shall provide a pleasant dining environment and be scheduled at appropriate times.~~

~~This school district's curriculum shall be consistent with the New Jersey Department of Education Core Curriculum Content Standards in Comprehensive Health and Physical Education. The district shall also promote nutrition education throughout the school day and after-school programs to provide a consistent message to parents and students.~~

~~Recognizing that recess helps children achieve the necessary daily physical activity, the Board encourages the following best practices during recess at the elementary schools:~~

- ~~1. Schools should not withhold recess from students as a form of punishment~~
- ~~2. Recess should take place before lunch whenever possible~~
- ~~3. Teachers are discouraged from keeping children from recess to complete academic work~~
- ~~4. Physical activity should be promoted during recess when feasible~~

~~The Board of Education is committed to promoting the Wellness Policy with all food service personnel, teachers, nurses, coaches and other school administrative staff so they have the skills they need to implement this policy and promote healthy eating and physical activity practices. The Board will work toward expanding awareness about this policy among students, parents, teachers and the community at large.~~

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~~The Board of Education encourages parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, and review and update of the local wellness policy.~~

~~The Board of Education continues to encourage the participation of all stakeholders by supporting the continuing mission of the District Wellness Policy and is committed to periodic measurement of the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.~~

~~Previously adopted: — September 11, 2016~~

~~First Reading: — July 20, 2015—~~

~~Second Reading: — August 17, 2015—~~

~~Latest Adoption: — August 17, 2015 —~~