

NECCS SCHOOL NUTRITION WELLNESS POLICY

The Board of Education, or recognized school authorities, recognizes 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 student's health, and their ability and motivation to learn. The Board is committed to :

Nutrition Education and Promotion

Students will receive consistent nutrition messages through the classrooms, cafeteria, and school media.

- Teachers will integrate nutrition education in the core curriculum.
- Nutrition promotion will include participatory activities such as contests, promotions, and farm visits.
- Nutrition education will be offered in the cafeteria as well as the classroom, with coordination between the food service staff and teachers.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- Nutrition education will be provided to families via handouts, newsletters, and postings on the website. The school menu will also be posted on the school's website.

Nutrition Standards for All Foods and Beverages served on School Grounds

School meals will include a variety of healthy choices while accommodating special dietary needs. NECCS will participate in the USDA school breakfast, lunch, and after-school snack programs.

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- All outside snacks are prohibited on school grounds.
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- The school meal program will be administered by a team that will include a food service manager and a certified lunch coordinator. All cafeteria staff will be provided training on USDA meal plans/ reimbursable meals so that they can properly advise students as to the meal components they must take, as well as sanitation and food safety.
- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced.
- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast, lunch, and afterschool snack food programs.
- NECCS will use non-traditional breakfast services to increase participation, such as breakfast served in the classroom.

Policy / Procedure

Physical Activity

All students will have opportunities for physical activity beyond physical education class daily. Short (3-5 minute) “energy release” physical activity breaks will be provided between classes. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students. All NECCS students will have at least 15 minutes a day of supervised recess during which moderate to vigorous physical activity will be encouraged.

Evaluation and Enforcement

This wellness policy has been developed by the NECCS Wellness Committee, a group comprising individuals from the following groups: parents, teachers, school administration, food service director and staff, and health and physical education staff. The Principal of NECCS will ensure compliance within the school and provide a report to the school board and the wellness committee. The principal will identify a coordinator who will ensure that NECCS implements the rules of the policy.