

Wellness Policy

In support of the Bismarck Public School District wellness policy, the following administrative rules are put in place:

School Meals

Meals served through the National School Lunch and Breakfast Programs will comply with USDA regulations.

The school food service program will work to engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. The school food service program will share information about the nutritional content of meals with parents and students via menus, website, on cafeteria menu boards or other point-of-purchase materials.

Free and Reduced-Priced Meals

Schools will make every effort to eliminate any social stigma attached to and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Summer Food Service Program.

Schools and parks that are eligible for summer meals may sponsor the Summer Food Service Program. Meals offered will comply with summer meal USDA regulations.

Meal Times and Scheduling

Schools:

- Will schedule meal periods at appropriate times and will normally provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Should not schedule tutoring, club, or organizational meetings or activities during meal times, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk); and
- Will require sharing tables at all elementary schools under the guidance of the Child Nutrition Program Director.

Elementary: Consider making lunch periods longer; with more raw and fresh vegetables and fruits, it's been shown in studies that 15 minutes is not a sufficient amount of time to eat. It's also been proven there's a decrease in waste with a little longer lunch. Strongly encouraged to schedule lunch periods to follow recess periods.

Middle School: Encourage outside movement opportunity after lunch.

High School: Require competitive pricing for healthy choices as well review of portion sizes each year that meet the federal guidelines.

Qualifications of School Food Service Staff

Qualified professionals will administer the school meal programs; a licensed, registered dietitian will be part of the team. Continuing professional development will be encouraged and will be made available to all school food service staff according to USDA regulations.

Foods and Beverages Sold During the School Outside of Reimbursable Meals

(i.e., vending machines, fundraisers, school stores, etc.)

Meals and drinks from competitive, commercial eating establishments will not be allowed in school cafeterias for consumption or sale. Schools must comply with the USDA's "All Foods Sold in Schools" (Smart Snacks in Schools) Standards (https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/).

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and fruit/vegetable juice, milk or water as the primary beverages. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. Schools that meet eligibility requirements that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Celebrations

Schools should normally limit celebrations that involve food during the school day to no more than one party per class per month. Unless otherwise prohibited by federal regulations, each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

Fundraising

Foods sold for fundraising purposes shall not be sold while Food Service meals are being served. Fundraising projects sold during the school day (midnight to 30 minutes after last bell) must meet the USDA's "All Foods Sold in Schools" (Smart Snacks in Schools) Standards. Any fundraising sold outside of school hours are exempt from USDA guidelines.

School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances) Foods and beverages offered or sold at school-sponsored events outside the school day are not restricted under this policy but will comply with any applicable federal law or regulations. Smart snack guidelines must be followed from midnight to 30 minutes after the last bell. Foods and beverages that make a positive contribution to children's diets and health will be encouraged.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹ and will not withhold food or beverages (including food served through school meals) as a punishment.

Nutrition Education and Promotion. The Bismarck Public School District aims to teach, encourage, and support healthy eating. Schools are encouraged to provide nutrition education and engage in nutrition promotion that:

- Is offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as media time;
- Opportunities for physical activity are to be encouraged as a part of other subject lessons; and
- Classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

¹ Unless this practice is allowed by a student's individual education plan (IEP).

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess. Weather permitting, it is preferred that recess be held outdoors, and schools should encourage moderate to vigorous physical activity and provide the space and equipment to do so.

BPS encourages administration to find alternative pathways to physical activity in the case recess time is used for re-teaching or restitution.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools (directly or in cooperation with another local provider) are encouraged to offer extracurricular physical activity programs with a stipend for supervisor, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools should normally offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs should normally provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Communications with Parents

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks as per the USDA's "All Foods Sold in Schools" (Smart Snacks in Schools) Standards and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. Schools are encouraged to refer parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

It is encouraged to follow the healthy snack guidelines for lunches brought from home for school lunch as well.

These items are acceptable at home in moderation, but are unacceptable as regular school lunch items. Teachers may ask students who bring these items into the lunchroom to put them into their lunch bags until after school. We ask parents and students to support lunch choices that align with health and nutrition education taught in the schools and with the BPS Wellness Policy.

The district/school will provide information about physical education, nutrition and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).² School-based marketing of brands promoting predominantly low-nutrition foods and beverages³ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness

The committee will invite community members to meet twice a year. Could include Go Bismarck committee members.

The Bismarck Public School District highly values the health and wellbeing of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school district will establish and maintain a staff wellbeing committee that could include staff members, school health council members, local hospital representatives, dietitians or other health professionals, recreation program representatives, union representatives, and an employee benefits specialist.

The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage financial wellbeing, community wellbeing, social wellbeing, career wellbeing, and physical wellbeing. The staff wellbeing committee should distribute its plan to the school health council annually.

End of Bismarck Public School District Administrative Rule ABCC-AR2

Adopted: 1/22/2018

² Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

³ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards