



# NEBO SCHOOL DISTRICT BOARD OF EDUCATION POLICIES AND PROCEDURES

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**SECTION:** E – Support Services  
**POLICY TITLE:** Student Wellness  
**FILE NO.:** EFA  
**DATED:** November 8, 2023

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## TABLE OF CONTENTS

1. PURPOSE AND PHILOSOPHY
  2. POLICY
  3. SCHOOL ACTIVITIES
  4. PHYSICAL EDUCATION
  5. NUTRITION EDUCATION
  6. NUTRITION PROGRAMS
  7. NUTRITION GUIDELINES
  8. IMPLEMENTATION AND EVALUATION
  9. MARKETING
- 

### **1. PURPOSE AND PHILOSOPHY**

- 1.1. The Nebo School District is committed to promoting healthy environments by supporting good nutrition and regular physical activity as part of the total educational experience. The District supports a healthy atmosphere where children learn and participate in positive dietary and lifestyle practices enhanced through basic nutrition education and other school activities designed to promote student wellness.
- 1.2. As an inherent part of promoting wellness, Nebo School District will comply with federal, state, and local requirements. This policy, together with [Nebo School District Policy ECF, Vending Machines](#), satisfies the requirement under [7 CFR 210.31](#) that each local educational agency establish a wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast Program.

### **2. POLICY**

- 2.1. All school activities shall be consistent with and support the nutrition guidelines outlined in this policy.
- 2.2. Adequate physical education shall be provided. A sequential and developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to be physically active throughout their lives. Physical activity should include regular instructional physical education. The District encourages additional physical activity through extracurricular activities in the secondary schools, recess in the elementary schools, community education, and city recreation programs.
- 2.3. Sequential and interdisciplinary nutrition education shall be provided and promoted.
- 2.4. Child nutrition programs shall be accessible to all students and must comply with federal, state, and local requirements.
- 2.5. In order to promote student health and reduce childhood obesity, the District shall develop nutritional and safety guidelines for all foods and beverages made available to students on

campus. Specific guidelines for foods sold in schools are found in [Nebo School District Policy EFC, Vending Machines](#).

- 2.6. Each school principal shall oversee the implementation and evaluation of this policy in their school.

### 3. SCHOOL ACTIVITIES

All school activities shall be consistent with and support the nutrition guidelines outlined in this policy. After-school programs shall encourage physical activity and the formation of healthy habits. The policy guidelines shall be considered when planning all school-based activities (such as school events, field trips, dances, assemblies, etc.)

### 4. PHYSICAL EDUCATION

Adequate physical education shall be provided as required by [UTAH ADMIN. CODE R277-700](#). A sequential and developmentally appropriate curriculum shall be utilized to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to be physically active throughout their lives. Physical activity should include regular instructional physical education. The District encourages additional physical activity through extracurricular activities in the secondary schools, recess in the elementary schools, community education, and city recreation programs.

- 4.1. Each school shall ensure the physical education core is taught in grades k-12. Physical education activities shall be encouraged in other content areas, in the home and the broader community.
- 4.2. Schools are encouraged to implement a wide variety of physical activity courses aimed at improving student confidence, fitness levels, motor skills, and self-management skills, i.e. circuit training, walking classes, weight training, jump rope, dance, etc.
- 4.3. Schools will work toward meeting state standards for physical education.
- 4.4. School Community Councils, PTAs, and other organizations are encouraged to provide additional avenues for students to participate in community education and recreation programs, i.e. scholarships, discounts, etc.
- 4.5. Elementary students shall be allowed a regular recess period each school day not to include scheduled lunch time. Recess periods should generally be 15 minutes and should not routinely be used as a punishment or a reward.
- 4.6. Training focusing on the Utah State Core Standards will be provided for elementary physical education specialists in support of this policy.

### 5. NUTRITION EDUCATION

Sequential and interdisciplinary nutrition education shall be provided and promoted.

- 5.1. Each school shall ensure the health core is taught in grades K-12. Nutrition education shall be encouraged in other content areas, in the home, and in the broader community.
- 5.2. Efforts should be made to promote a healthy lifestyle through fairs, assemblies, and other activities conducted throughout the school year. Parent, student, government, and other entities providing and organizing these activities (displays, skits, speeches, presentations, etc.) should, where applicable, focus attention on nutrition, exercise, and other healthy lifestyle activities.
- 5.3. Nebo School District will provide information and resources to promote student wellness through the district website, brochures, newsletters, etc.

## 6. NUTRITION PROGRAMS

Child nutrition programs shall be accessible to all students and must comply with federal, state, and local requirements.

## 7. NUTRITION GUIDELINES

In order to promote student health and reduce childhood obesity, and pursuant to regulations adopted by the Department of Agriculture under [Title 7 CFR, Subtitle B, Chapter II, Food and Nutrition Service](#), the District shall abide by the following nutrition guidelines for all foods and beverages made available to students on campus during the school day. Should any part of this policy conflict with federal regulations, the federal regulations, as updated and amended by the Department of Agriculture, shall be followed.

### 7.1. Foods and Beverages Sold in Schools

**7.1.1.** Except as provided in subsections 7.1.2 and 7.1.3 below, all foods and beverages available for sale to students on the school campus during the school day, including but not limited to sales through á la carte menus, vending machines, student stores, etc., must meet the nutrition standards outlined in [7 C.F.R. § 210.10](#) and [7 C.F.R. § 210.11](#), both of which are summarized in [Nebo School District Policy EFC, Vending Machines](#).

**7.1.1.1.** The school campus includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

**7.1.1.2.** The school day means, for purposes of this policy, the period from the midnight before, to thirty (30) minutes after the end of the official school day.

### 7.1.2. Fundraiser Exception

Foods and beverages sold as school-sponsored fundraisers on the school campus during the school day are exempt from the standards outlined in [Nebo School District Policy ECF, Vending Machines](#) with the following limitations:

**7.1.2.1.** Fundraisers which include the sale of foods or beverages that do not meet the standards outlined in [Nebo School District Policy ECF, Vending Machines](#) may not take place during any meal service.

**7.1.2.2.** Fundraisers which include the sale of foods or beverages that do not meet the standards outlined in [Nebo School District Policy ECF, Vending Machines](#) may not take place more than three times per year per site, with each fundraiser lasting no longer than five consecutive school days.

**7.1.2.3.** The principal of each school shall designate an employee to maintain records of such fundraisers.

### 7.1.3. Entrée Exception

**7.1.3.1.** Any entrée item offered as part of the lunch program or the breakfast program is exempt from the standards outlined in [Nebo School District Policy ECF, Vending Machines](#) if it is offered for sale to students on the day of, or the school day after, it is offered in the lunch or breakfast program.

**7.1.3.1.1.** Exempt entrée items offered as a competitive food must be offered in the same or smaller portion sizes as in the lunch or breakfast program.

**7.1.3.1.2.** Side dishes offered as part of the lunch or breakfast program and served a la carte must meet the standards outlined in [Nebo School District Policy EFC, Vending Machines](#).

**7.1.3.1.3.** An entrée item means an item that is one of the following:

**7.1.3.1.3.1.** A combination food, as defined in [Nebo School District Policy EFC, Vending Machines](#), of meat or meat alternate and whole grain rich food; or

**7.1.3.1.3.2.** A combination food, as defined in [Nebo School District Policy EFC, Vending Machines](#), of vegetable or fruit and meat or meat alternate; or

**7.1.3.1.3.3.** A meat or meat alternate alone with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters, and meat snacks (such as dried beef jerky).

## **7.2. Parties, Celebrations, and Rewards**

**7.2.1.** Parents, teachers, and schools are encouraged to use non-food items for parties, celebrations, and rewards. Foods made available to students on campus for purposes of class or school parties, celebrations, or rewards should feature healthy choices and emphasize nutrient density, fruits and vegetables, minimal fats and added sugars, and moderate portion sizes.

**7.2.2.** Pursuant to the U.S. Department of Health and Human Services Food and Drug Administration [Food Code](#), as adopted by [UTAH ADMIN. CODE R392-100](#), schools may not offer for human consumption foods prepared in a private home. Therefore, students, parents, teachers, and others who bring food for distribution to other students, such as for birthdays, holidays, and other occasions, must bring food items that have been commercially packaged.

## **8. IMPLEMENTATION AND EVALUATION**

The Child Nutrition Coordinator shall work with school principals and the District Health and Sex Education Committee, organized under [Nebo School District Policy IGAI, Health Instruction and Sex Education](#), to oversee implementation of this policy. The Child Nutrition Department shall, at least triennially, report to the committee to review compliance and develop procedural guidelines that will positively impact student health. The committee will also regularly monitor the overall effectiveness of this policy and recommend policy and/or procedural modifications.

## **9. MARKETING**

Advertising and marketing of foods and beverages on the school campus during the school day is permitted only for those foods and beverages that meet the nutrition standards outlined in [Nebo School District Policy EFC, Vending Machines](#), as set forth by federal regulations. All advertising must also comply with [Nebo School District Policy KACA, School Advertising Restrictions](#).

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### **EXHIBITS**

None

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### **REFERENCES**

[Healthy, Hunger Free Kids Act of 2010, Pub. L. No. 111-296; 124 Stat 3183 \(2010\)](#)  
[Child Nutrition and WIC Reauthorization Act of 2004, Pub. L No. 108-265, 204; 118 Stat 729 \(2004\)](#)  
[Richard B. Russell National School Lunch Act, 42 U.S.C. 1751, et seq.](#)  
[Child Nutrition Act of 1966, 42 U.S.C. 1771, et seq.](#)  
[7 C.F.R. 210](#)

[7 C.F.R. 220](#)

[Food Code, U.S. Department of Health and Human Services, Health Services and FDA, 2013](#)

[UTAH ADMIN. CODE R277-700](#)

[UTAH ADMIN. CODE R277-719](#)

[UTAH ADMIN. CODE R392-100](#)

[Nebo School District Policy EFC, \*Vending Machines\*](#)

[Nebo School District Policy IGAI, \*Health Instruction and Sex Education\*](#)

[Nebo School District Policy KACA, \*School Advertising Restrictions\*](#)

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## **FORMS**

None

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## **HISTORY**

**Revised – November 8, 2023.** Identified and clarified legal requirements throughout; moved implementation responsibility from wellness specialists to Child Nutrition Department, with report to Health and Sex Education Committee rather than separate wellness committee; made technical changes.

**Revised –April 11, 2018.** Clarified recommendation on using recess as punishment or reward; made technical changes.

**Revised – June 14, 2017.** Revised section on nutrition guidelines per Smart Snacks final rule; added section on marketing; made technical changes.

**Revised – December 10, 2014.** Updated section on fundraisers per USBE rule R277-719.

**Revised – March 12, 2014.** Made substantial revisions throughout as required by federal Smart Snacks interim rule.

**Revised – January 13, 2010.** Updated nutritional and safety guidelines.

**Revised or adopted July 12, 2006.**

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