



## **D200 Wellness Policy, revised 6/13 Frequently Asked Questions**

**Q: Why a new Wellness Policy?**

**A:** It is always a good practice to review school policy on a regular basis. In order to comply with new federal regulations, this policy was reviewed and updated to go into effect for the 2013-14 school year. The committee sought input through a district-wide survey. Responses are reflected in the revisions of the policy.

**Q:** The new policy states that physical activity should be promoted as a positive health benefit; therefore forms of exercise shall not be used for disciplinary reasons during the school day. Does this mean that students can not miss recess for disciplinary reasons or to finish uncompleted work?

**A:** We do not support students missing out on opportunities for physical activity as a means of consequences. Loss of privilege should be the exception and only used at the discretion of the building administrator. All students are expected to participate in P.E.; therefore this does not apply to P.E.

**Q:** What snacks are considered “following the guidelines in this policy”?

**A:** The recommended snack should be nutrient dense such as fruit or vegetable/ whole grain products or low-fat, non-fat dairy foods.

**Q:** What are the nutrition guidelines for foods served or sold on campus?

**A:** Food sold by our food vendor is required to follow the guidelines by the National School Lunch Program. The Dietary Guidelines for Americans, recommends that no more than 30 percent of an individual’s calories come from fat, and less than 10 percent from saturated fat. School lunches should provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.

**Q:** What requirements exist for a la carte food items that are sold?

A: In a new attempt to promote healthier eating in schools, the USDA has proposed new regulations targeting competitive foods, including those sold in a la carte lines, vending machines and school stores. USDA defines a la carte food that is sold outside reimbursable meals. USDA is proposing nutrition standards, including calorie, sugar, sodium and saturated fat limits in food to be sold during a school day. The standards represent a minimum that schools must meet.

Q: What food and beverage **fundraisers** are acceptable **within** school hours?

A: New federal regulations regarding fundraisers are being determined currently by the USDA. Under the proposed requirements set forth by the USDA, the sale of food items through fundraising, that meet the proposed nutritional requirements, will not be limited in any way. However, information about fundraisers that do not follow nutritional requirements will be forthcoming as it becomes a requirement.

Q: Are there recommendations or guidelines for fundraisers **outside** the school hours? (i.e., PTA, boosters, clubs, student council)

A: Fundraisers which include food items can be conducted **outside** the school day with no restrictions, but we always encourage the healthy alternative (any fundraiser during the school day must follow State and Federal guidelines).

Q: How do we handle situations when food is delivered at lunch (i.e., take-out foods, McDonald's, etc.)?

A: Food brought to students should be done in a discreet manner and not to interrupt instruction (this includes drawing attention to unhealthy food choices and/or the potential exclusion of students). Food should not be shared with peers to prevent any adverse health reactions.

Q: What about students with 504s and IEPs who have food as a reinforcer?

A: Any provisions in a student's 504 or IEP take precedence over the recommendations in this Wellness policy.

Q: What are the changes to this current policy with regards to **edible treats** during the school day?

A:

- **Birthday**- Only non-edible items will be used for birthday celebrations.
- **Student Recognition/Rewards**- Only non-edible items will be used.

- **Holiday Parties-** Elementary School typically has 3 parties per year: Halloween, winter, Valentine's Day. Food items brought in should be a balance of a special treat and healthy options.
- **Curricular Purposes-** Options beyond food items are encouraged; however, foods for these purposes should take into consideration portion size and calorie content.
- **Fundraising Rewards/Incentives-** This is considered an in-class reward during the school hours; therefore, treats are only allowed with prior approval of the building administrator.

Q: How will each building monitor the progress of their Wellness goals?

A: A monitoring tool is in the early stages of development and will be released as soon as it is completed.