

Policy

Wellness Policy on Nutrition and Physical Activity

Background

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.

The Healthy, Hunger-Free Kids Act of 2010 authorizes funding for federal school meal and child nutrition programs and increases access to healthy food for low-income children. It also strengthens the implementation of school wellness policies as a means of ensuring the health and wellness of students, faculty and staff of the district.

The Board recognizes the following about wellness, nutrition, and physical activity:

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Good health fosters student attendance and education;

According to the United States Department of Agriculture (“U.S.D.A.”), obesity rates have increased over the last few decades, and physical inactivity and excessive calorie intake are contributing factors to obesity;

U.S.D.A. and C.D.C. statistics show that heart disease, cancer, stroke, and diabetes are responsible for many deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Many students do not participate in sufficient vigorous physical activity and do not attend daily physical education classes;

Many school age children do not meet the U.S.D.A. recommendations for eating 2 ½ cups to 6 ½ cups of fruits and vegetables each day, do not eat the minimum recommended amounts of whole grains (2-3 ounces per day), eat more than the recommended maximum daily intake of sodium (1,500 – 2,300 mg per day), and empty calories from added sugars and solid fats contribute to as much as 40% of daily calories for children and adolescents aged 2–18 years, affecting the overall quality of their diets.

Nationally, items commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

School districts around the country are facing significant fiscal and scheduling constraints; and

Community participation is essential to the development and implementation of successful school wellness policies;

Response

In response to the national obesity epidemic, the Camden City Public School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Camden City Public School District that:

- A. The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- B. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis, provided that the physical activity guidelines are consistent with the curriculum.
- C. Foods and beverages sold or served at school shall meet the nutrition recommendations of the current U.S.D.A. Guidelines for Americans.
- D. To the extent hiring and volunteerism allows, qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and to the extent possible and practicable, should accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

Adopted: August 14, 2007

NJSBA Review/Update: March 2009

Revised:

Key Words

Nutrition, Wellness, Obesity, School Lunch, Food Service

Legal References:

N.J.S.A. 18A:11-1, General mandatory powers and duties

N.J.S.A. 18A:18A-4.1 (f.- h.), Use of competitive contracting in lieu of public bidding; Boards of education

N.J.S.A. 18A:18A-5

N.J.S.A. 18A:18A-6, Standards for purchase of fresh milk; penalties; rules and regulations

N.J.S.A. 18A:33-3 through -5, Cafeterias for pupils

N.J.S.A. 18A:33-9 through -14, Findings, declarations relative to school breakfast programs.

N.J.S.A. 18A:33-10

N.J.S.A. 18A:33-15, Improved Nutrition and Activity Act (IMPACT Act)

N.J.S.A. 18A:33-16, Prohibition upon the service, sale, or give-away promotionals of certain food items on school property; snack and beverage item standards; exemptions

N.J.S.A. 18A:54-20, Powers of Board (county vocational schools)

N.J.S.A. 18A:58-7.1 through -7.2, School lunch program

N.J.A.C. 2:36-1.1, et seq., Child Nutrition Programs

N.J.A.C. 2:36-1.7, Local school nutrition policy

N.J.A.C. 6A:16-5.1(b), School safety plans

N.J.A.C. 6A:23-2.6, Supplies and equipment

N.J.A.C. 6A:32-12.1, Reporting requirements

N.J.A.C. 6A:32--14.1, Review of mandated programs and services

N.J.A.C. 6A:30-1.1, et seq., Evaluation of the Performance of School Districts

Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)

42 *U.S.C. 1751, et seq.*, Richard B. Russell National School Lunch Act

42 *U.S.C. 1771, et seq.*, Child Nutrition Act of 1966

7 *C.F.R. Part 210* Medically authorized special needs diets

7 *C.F.R. Part 210.10* Foods of minimum nutritional value

CHILD NUTRITION REAUTHORIZATION HEALTHY HUNGER-FREE KIDS ACT OF 2010

Resources:

New Jersey Partnership for Healthy Kids - Camden; MODEL POLICY

<http://www.state.nj.us/agriculture/> The New Jersey Department of Agriculture, Model Policy and Question and Answer resource.

www.usda.gov/cnpp/DietGd.pdf Dietary Guidelines for Americans.

www.usda.gov/cnpp/pyramid.html USDA Food Guide for dietary Guidelines, examples of eating patterns that exemplify these standards.

www.nasbe.org/HealthySchools/fithealthy.mgi Fit, Healthy and Ready to Learn, A School Health Policy Guide. This Guide lists elements such as the size of tables and chairs; seating is not overcrowded; a relaxed environment for socializing; amount of noise; rules of safe behavior, and cleanliness.

www.fns.usda.gov/cnd/menu/fmnv foods of minimal nutritional value (FMNV's) as defined by federal regulations at 7 C.F.R. Part 210.10.

Possible Cross References:

*1200 Participation by the public

*1220 Ad hoc advisory committees

*3000/3010 Concepts and roles in business and noninstructional operations; goals and objectives

*3220/3230 State funds; federal funds

*3450 Money in school buildings

*3510 Operation and maintenance of plant

*3542 Food Service

*3542.31 Free or reduced-price lunches/milk

*3542.44 Purchasing

*4222 Noninstructional aides

*5131 Conduct/discipline

9123 Appointment of Board Secretary

9124 Appointment of business official

*Indicates policy is included in the Critical Policy Reference Manual.