

## WELLNESS POLICY

All students in Fletcher School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Fletcher School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Fletcher School District adopts this school wellness policy with the following commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

### School Meals

- School lunches and breakfasts will meet menu-planning system guidelines as required by USDA.
- School lunches will provide 1/3 of the recommended dietary allowances (RDA) for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- School breakfasts will provide 1/4 for calories, protein, calcium, iron, vitamin A, and vitamin C as required by USDA.
- The total calories from saturated fat in school meals will total less than 10 percent when averaged over one week.
- The total calories from fat in school meals will be limited to 30 percent when averaged over one week.
- School meals will meet the USDA Dietary Compliant Guidelines.
- School meals will meet low sodium requirements.

### Other Food Items Sold on School Campus

- Foods not meeting nutritional standards are prohibited from being sold or served during student meal services in the food service and where USDA reimbursable meals are served or eaten.
- Beverage contracts will not restrict the sale of fluid milk products at any time during the school day or at any place on the school premises.
- Students in elementary schools will not have access to foods not meeting nutrient standards except on special occasions.
- Diet soda will be available for sale at the secondary schools only in vending areas outside of the cafeteria.

- Students in junior high will not have access to non-nutritional foods except after school, at events that take place in the evening, or on special occasions.
- Healthy food options will be provided at the high school in order to encourage students and staff to make healthier food choices.

#### Nutrition Education

- Nutrition education will be offered in the school cafeteria as well as the classroom.
- The Wellness Advisory Committee will make recommendations regarding health education, nutrition, and health services.

#### Physical Activity

- The Wellness Advisory Committee will study and make recommendations regarding physical education and physical activity.
- Students in Grades PK through 6 will participate in 120 minutes of physical activity each week.

#### School-Based Activities

- Fletcher Public Schools will establish a Wellness Advisory Committee that is composed of representatives from each level as well as students and parents. It will meet and make recommendations to the superintendent.
- The Wellness Advisory Committee will include involvement in the National School Lunch Program that can include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
- School meals will not be used as a reward or punishment.

This School Wellness Policy adopted the Board of Fletcher Public Schools at the regularly scheduled meeting on this, the 9th day of February in the year 2017.

Signature

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Aaron Jones, President

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Shane Gilbreath, Superintendent