

Students

STUDENT NUTRITION AND PHYSICAL ACTIVITY

BP 5040 (a)

Note: This policy is intended to provide a framework for developing a legally compliant wellness policy. The policy adopted by your school board must be developed with the involvement of the identified advisory group discussed in Section A.

The School Board recognizes that schools are in a position to promote healthy lifestyle choices by students that can affect their lifelong wellness. Therefore the School District will provide environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity.

Schools will provide nutrition promotion and education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between nutrition education and school meals.

(cf. 1020 - Youth Services)

A. Planning and Periodic Review by Stakeholders

The school district and/or individual schools within the district will create or work with an appropriate existing advisory group that will assist in developing, implementing, monitoring, reviewing and, as necessary, revising school nutrition and physical activity goals. The advisory group should be composed of students, parents, food service personnel, school board, school administration, (*teachers, health professionals*) and other interested community members. The advisory group should be provided with appropriate information and clear guidelines to assist in the development and/or revision of relevant policies. The district will promote opportunities to participate in the advisory group through parent and stakeholder communication which may include: newsletters, public announcements, web-postings, parent communication, etc.

(cf. 1000 - Concepts and Roles)

B. Nutrition

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

All foods and beverages provided through the National School Lunch or School Breakfast Programs shall meet nutritional requirements of National School Lunch Act. (7 C.F.R. Parts 210 and 220).

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To the maximum extent practicable, all schools in the district will participate in available federal school meal programs.

All other foods and beverages made available on campus (including, but not limited to vending, concessions, a la carte, student stores, classroom parties, and fundraising) during the school day, between the hours of 12:00 AM and 30 minutes after the conclusion of the instructional day, shall meet nutritional requirements of the National School Lunch Act, Nutrition Standards for All Foods Sold in Schools also known as Smart Snacks in School (Federal Register/Vol. 78, No. 125). For the purpose of this policy, the school campus is defined as all property under the jurisdiction of the school district that is accessible to students.

Schools will provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate, as much as possible, 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.

Traditional cultural foods may be exempted from the nutritional requirements when offered free of charge and for educational purposes. Traditional cultural foods offered for sale or as a part of the school breakfast or lunch program must meet nutritional requirements.

Foods and beverages will not be offered as reward for students' performance or behavior.

Schools will provide free potable water in the place where meals are served and elsewhere throughout the school buildings. Vol. 78, No. 125, Part II, Department of Agriculture. When practicable, Alaska farm and fish products will be utilized in meals and snacks. Schools will encourage all students to participate in federal school meal programs and protect the identity of students who eat free and reduced priced meals.

Schools will encourage all students to eat healthy and nutritious meals within the school dining environment and will, to the extent practicable, involve students in menu planning.

Schools are encouraged to utilize behavioral economic strategies such as the USDA Smarter Lunchroom techniques to improve consumption of healthier foods and discourage waste.

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To the extent practicable, schools will schedule lunch as close to the middle of the school day as possible. Schools are encouraged to provide opportunities for mid-morning or mid-afternoon healthy snack breaks.

Schools will limit food and beverage marketing on campus to the promotion of foods and beverages that meet the National School Lunch Act, Nutritional Guidelines for All Foods Sold in Schools.

Schools will work to provide age-appropriate nutrition education as part of the health and physical education curricula that respects the cultural practices of students, is integrated into core subjects, and provides opportunities for students to practice skills and apply knowledge both inside and outside the school setting. The District will seek to provide evidence-based nutrition education curricula that foster lifelong healthy eating behaviors integrated into comprehensive school health education. To the extent practicable:

- (a) Students in grades pre-K-12 shall receive nutrition education that teaches the skills needed to adopt lifelong healthy eating behaviors.
- (b) Classroom nutrition education shall be reinforced in the school dining room or cafeteria setting as well as in the classroom, with coordination among the nutrition service staff, administrators and teachers.
- (c) Students shall receive consistent nutrition messages from schools and the district. This includes in classrooms, cafeterias, outreach programs and other school-based activities.
- (d) Nutrition education shall be taught by a certified/licensed health education teacher.
- (e) Schools will strive to establish or support an instructional garden within nutrition education and the core curriculum that provides students with experiences in planting, harvesting, preparing, serving and tasting.

(cf. 0210 - Goals for Student Learning)

(cf. 3550 - Food Service)

(cf. 3551 - Food Service Operations)

(cf. 3552 - Regular Lunch Program)

(cf. 3553 - Free and Reduced Price Meals)

(cf. 3554 - Other Food Sales)

(cf. 6163.4 - School Gardens, Greenhouses, and Farms)

NOTE: While federal law does not require the language in Section C: Physical Education and Section D: Physical Activity, Districts *must* have physical activity goals. The following optional policy language meets those requirements.

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C. Physical Education

Physical education will be closely coordinated with the overall school health program, especially health education, so that students thoroughly understand the benefits of being physically active and master the self-management skills needed to stay active for a lifetime.

To the extent practicable, all elementary students will be provided at least the National Association for Sport and Physical Education (NASPE) recommendation of 150 minutes of physical education per week, for the entire school year.

To the extent practicable, middle and high school students shall be provided at least the National Association for Sport and Physical Education (NASPE) recommendation of 225 minutes of physical education per week for the entire school year.

All elementary and middle-school students will be required to participate in physical education for all years of enrollment in elementary and middle school. All high school students shall be required to participate in physical education for one full year. Physical education shall be exclusive of health education and shall be available for all four years of high school.

The district will adopt a physical education curriculum that aligns with the Alaska State Standards for Physical Education for grades K-12, with grade level benchmarks. The curriculum shall be reviewed in accordance with regular curriculum review and adoption schedule of the District. Student achievement shall be based on physical education standards, and a written physical education grade shall be reported for students according to the grading schedule of the District. A fitness assessment shall be performed using a valid and reliable tool and used to track student progress. Physical education classes shall have a pupil-teacher ratio comparable to that in the core classes. Accommodations will be made for those with medical, cultural, or religious considerations. To the extent practicable, physical education shall be taught by a certified/endorsed physical education teacher

Physical education equipment shall be age-appropriate, inviting, and available in sufficient quantities for all students to be able to participate. Equipment shall be inspected regularly for safety and replaced when needed.

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D. Physical Activity

Elementary and middle school students shall be provided with at least 30 minutes each day of physical activity, not including time spent in physical education. This time may be accumulated throughout the school day and may include recess and before/after school-sponsored activities.

Whenever possible, all students shall be given opportunities for physical activity through a range of programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.

Elementary students must be provided at least 20 minutes each day of structured, active recess. Classroom based physical activity is encouraged and counts toward the 30 minute requirement as long as it does not replace recess.

When practicable, recess shall be scheduled before lunch periods and take place outdoors.

Indoor and outdoor facilities shall be available so that physical activity is safe and not dependent on the weather. Physical activity equipment shall be age-appropriate, inviting, available in sufficient quantities for all students to be active. Equipment shall be inspected regularly for safety and replaced when needed.

Using physical activity as punishment or withholding physical activity/physical education time for behavior management is strongly discouraged.

The district/school will promote strategies/events designed to generate interest in and support active transport to school (walking school busses, 'bicycle trains', Walk/Bike to School Day, Safe Routes to School Programs).

Schools are encouraged to negotiate mutually acceptable and fiscally responsible arrangements with community agencies and organizations to keep school spaces and facilities available to students, staff and community members before, during, and after the school day, on weekends, and during school vacations.

(cf. 1330 - Community use of school facilities)

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E. Communication with Parents

The district/school will regularly, at least annually, inform and update the public, including students, parents, and the community, about the content, implementation of and progress toward goals in this policy. Parents will be actively notified through email or other notification processes and provided access to this policy and all subsequent reports and updates.

The district/school will support the efforts of parents to provide a healthy diet and daily physical activity for their children. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards. The district will provide parents and the public with information on healthy foods that meet the requirements of the National School Lunch Act, Nutritional Standards for All Foods Sold in Schools also known as Smart Snacks at School and ideas for policy compliant foods for vending, concessions, a la carte, student stores, classroom parties and fundraising activities (Federal Register/Vol. 78, No. 125)

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

(cf. 6020 - Parent Involvement)

F. Monitoring, Compliance and Evaluation

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies and administrative regulations. Administrative regulations may be developed to ensure that information will be gathered to assist the Board and district in evaluating implementation of these policies-and to ensure that necessary documentation is maintained in preparation for the triennial administrative review conducted by Child Nutrition Programs, Department of Education & Early Development.

The Superintendent or designee will designate one or more persons to be responsible for ensuring that each school within the district complies with this policy, and that school activities,

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including fundraisers and celebrations, are consistent with district nutrition and physical activity goals.

The school board will receive an annual summary report on district-wide compliance with the established nutrition and physical activity policies, and the progress made in attaining the district nutrition and physical activity goals, based on input from the schools within the district. The report will also be distributed to advisory councils, parent/teacher organizations, school principals, and school health services personnel and will be made to the public.

Legal Reference:

UNITED STATES CODE

Richard B. Russell National School Lunch Act, 42 U.S.C. 1751-1769j

CODE OF FEDERAL REGULATIONS

*7 C.F.R. Parts 210 and 220, National School Lunch Program and Breakfast Program
Child Nutrition Act of 1996, 42 U.S.C. 1771-1793*

FEDERAL REGISTER

*Nutrition Standards for ALL Foods Sold in Schools (“Smart Snacks in School”), Vol. 78, No. 125, Part II,
Department of Agriculture (2013)*

Revised 2/11

Revised 4/16/201

Revised 4/14/15

PETERSBURG SCHOOL DISTRICT
ADOPTED: June 21, 2005
REVISED: April 16, 2013; April 14, 2015

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NUTRITION

Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative and Healthy, Hunger-Free Kids Act of 2010. All schools in the district will participate in available federal school meal programs. Current USDA guidelines are available on-line at: www.fns.usda.gov. The food service director must attend the Alaska State Nutrition training each year.

All students will have at least a 20-minute lunch period.

Schools will not withhold food or beverages as a punishment. Schools will not use foods or beverages as rewards for academic performance or good behavior. Suggestions for alternatives to food rewards:

Elementary school students:

- Make deliveries to the office
- Teach a lesson
- Sit by friends
- Eat lunch with teacher
- Play favorite game
- Stickers
- Fun video
- Extra recess
- School supplies
- Trip to treasure box filled with non-food items
- Paperback book
- Show and tell
- Listen to music while working at desk
- Bank system - earn play money to be used for privileges
- Teacher performs special skill/challenge

Middle School students:

- Sit with friends
- Listen to music while working at desk
- 5-minute chat break at the end of class
- Reduced homework
- Extra credit

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- Fun video
- Computer time
- Special assembly
- Field trip
- Eat lunch outside (or have class outside)

High school students:

- Extra credit
- Fun video
- Reduced homework
- Coupons to video store, restaurant, etc.
- Drawings in donated prizes
- Few minutes of “free choice” time at end of class period

Traditional cultural foods may be exempted from the food standards for educational and/or special school events.

Food and beverages (including but not limited to vending, concessions, a la carte, student stores, parties and fundraising), served from one-half hour before the start of the school day until one-half hour after the end of the school day, must meet the following food and beverage nutrition standards:

Competitive Foods:

All food (including but not limited to vending, concessions, a la carte, student stores, classroom parties and fundraising) sold in school must:

- Be either fruit, a vegetable, a dairy product, a protein food, a “whole-grain rich” grain product (50% or more whole grains by weight or have whole grains as the first ingredient), or a combination food that contains at least ¼ cup fruit or vegetable; or
- Contain 10% of the Daily Value (DV) of a nutrient cited as a public health concern in the 2010 Dietary Guidelines for Americans (DGA) (calcium, potassium, vitamin D, or fiber).

Additionally, foods sold must meet a range of calorie and nutrient requirements:

- Total fat must be no more than 35% of calories; saturated fat must be no more than 10% of calories; and trans fat must be 0g as stated on the label. Exemptions are provided for reduced fat cheese; nuts and nut butters without other ingredients and seafood with no added fat;

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- Snack items shall contain no more than 200 milligrams of sodium. For entree items, sodium levels must be no more than 480 milligrams per protein, for non-NSLP/ SBP entree items;
- For total sugar levels the proposal includes two alternatives: one is no more than 35% of calories and the other is no more than 35% of weight. Exemptions are provided for fruits and vegetables packed in juice or extra-light syrup and for certain yogurts.
- Snack items have a limit on calories of no more than 200 calories per portion. Non-NSLP/SBP entree items have a calorie limit of no more than 350 calories.

Beverage Requirements:

Elementary School:

- Plain water (no size limit);
- Low fat milk, plain (not more than 8 fluid ounces);
- Non fat milk, plain or flavored (not more than 8 fluid ounces);
- Nutritionally equivalent milk alternatives as permitted by the school meal requirements (not more than 8 fluid ounces); and
- 100% fruit/vegetable juice (not more than 8 fluid ounces).

Middle School:

- Plain water (no size limit);
- Low fat milk, plain (not more than 12 fluid ounces);
- Non fat milk, plain or flavored (not more than 12 fluid ounces);
- Nutritionally equivalent milk alternatives as permitted by the school meal requirements (not more than 12 fluid ounces); and
- 100% fruit/vegetable juice (not more than 12 fluid ounces).

High School:

- Plain water (no size limit);
- Low fat milk, plain (not more than 12 fluid ounces);
- Non fat milk, plain or flavored (not more than 12 fluid ounces);
- Nutritionally equivalent milk alternatives as permitted by the school meal requirements (not more than 12 fluid ounces);
- 100% fruit/vegetable juice (not more than 12 fluid ounces).
- Calorie-free, flavored and/or carbonated water (not more than 20 fluid ounces) allowed, but not in the meal service area during meal service periods;
- Other beverages (not more than 20 fluid ounces) that comply with the FDA requirement for bearing a “calorie free” claim of less than 5 kcals/serving allowed, but in the meal service area during meal service periods; and

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- Other beverages in not more than 12 oz servings allowed, but not in the meal service area during the meal service periods. No more than 40 calories per 8 ounce serving of beverages (or no more than 60 calories per 12 ounce serving of such beverages) for high school students.

Exceptions to these administrative regulations for food and beverages may be made for individual products which have sufficient nutritional value to offset sugar or fat content, or other requirements or to prohibit the sale of individual products which are deemed inappropriate for sale to students despite meeting these guidelines. Nutritional information, along with samples of the product in question (when possible) shall be provided to the superintendent's designee in charge of nutrition services for approval before product are placed in schools.

PHYSICAL ACTIVITY

Physical Activity Opportunities

Schools shall strive to encourage students to take advantage of the opportunity for moderate physical activity each day to include time before, during, and after school. Schools will provide movement activities throughout the day, and will discourage extended periods of inactivity.

The district will be available at least one hour before school starts for students, staff, and community members. The school facilities will be available for staff and students during the school day and facilities will be available for students, staff, and community upon request in the evenings and on the weekends based on the fee schedule. Supervision will be provided by groups sponsoring the activity or using the facility. School staff will provide supervision of students fifteen minutes prior to the start of each school day, but will not be responsible for students and/or groups who arrive earlier than that.

Physical Education

The district will provide all students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, with quality daily physical education or its equivalent.

Health curricula will include instruction on the benefits of good nutrition and the role nutrition plays in preventing chronic diseases and maintaining a healthy weight. Health

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curricula will reflect continuity across grade levels and will be aligned with Alaska's Skills for a Healthy Life. It is recommended that staff members receive annual inservice training regarding nutrition education by a trained nutritionist or medical professional. It is further recommended that coaches receive training specifically related to nutritional needs of athletes, information regarding use of nutritional supplements, etc.

Nutrition education will occur on a continuous basis, in conjunction with activities in the lunchroom. Nutrition information will be provided on a regular basis to parents/families in order to encourage healthy eating habits at home and to improve quality of snacks brought to school.

Recess

All elementary students shall have at least 20 minutes a day of supervised recess, preferably outdoors as weather permits, during which students are encouraged to participate in moderate to vigorous physical activity with space and equipment to support these activities.

Other

Teachers and other school and community personnel will not use physical activity as a recurring form of punishment (i.e. running laps, pushups), and will only withhold opportunities for physical activity as punishment on a limited basis (i.e., recess, physical education, physical activity breaks).

Schools should provide at a minimum, one indoor and one outdoor physical activity facility for community, student and school staff use. Schools should provide, at a minimum, one indoor and one outdoor physical activity facility for community, student and school staff use.

Monitoring, Compliance and Evaluation

In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past three years, the district will request from the state agency that

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a SMI review be scheduled as soon as possible. The food service program must also be certified in the USDA 6 cents certification program.

This policy should be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local education agency's local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

Assessments will be repeated every four years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will conduct School Health Index, PECAT, and HECAT. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

DATE: April 14, 2015

Smart Snacks in School

USDA's "All Foods Sold in Schools" Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The *Smart Snacks in School* standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

- **Any food sold in schools must:**
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

- **Foods must also meet several nutrient requirements:**
 - **Calorie limits:**
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories

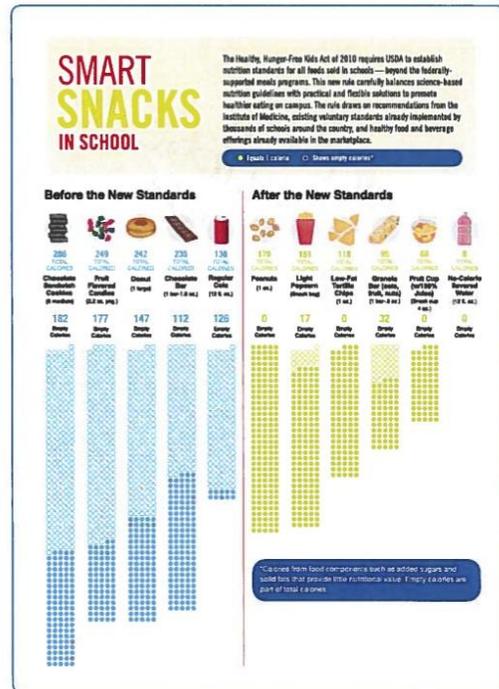
 - **Sodium limits:**
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg

 - **Fat limits:**
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams

 - **Sugar limit:**
 - ≤ 35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



Nutrition Standards for Beverages

- **All schools may sell:**
 - Plain water (with or without carbonation)
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- **Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.**
 - No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of
 - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other Requirements

- **Fundraisers**
 - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
 - The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
 - The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.
- **Accompaniments**
 - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
 - This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Public Comment

USDA is seeking comments on these standards. The formal 120-day comment period is open through October 28, 2013. We also want to continue to receive feedback during implementation of the standards, so that we are able to make any needed tweaks to the standards based on real-world experience. Feedback from students, parents, school food staff, school administrators, State agencies and other interested parties is critical to ensuring successful standards.

To find the standards online, simply go to <http://www.regulations.gov> and search by the docket number, which is FNS-2011-0019, or you may type in the name of the rule "Nutrition Standards for All Foods Sold in School".

Comment Online:
<http://www.regulations.gov>

Comment by Mail:
William Wagoner
Section Chief, Policy and
Program Development Branch
Child Nutrition Division
Food and Nutrition Service
P.O. Box 66874
St. Louis, MO 63166



Section 204 of PL 108-265 – June 30, 2004
Child Nutrition and WIC Reauthorization Act of 2004

IN GENERAL - Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for school under the local educational agency that, at a minimum –

- 1) Includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- 2) Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
- 3) Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9 (f) (1) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f) (1), 1766 (a)), as those regulations and guidance apply to schools;
- 4) Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with the operational responsibility for ensuring that the school meets the local wellness policy; and
- 5) Involves parents, students, and representatives of the school food authority, the School Board, school administrators, and the public in the development of the school wellness policy.

Added 2/06

Date: April 16, 2013