

**STATEMENT OF PURPOSE:**

All schools should establish and maintain nutritional practices and policies that support optimal health outcomes for students.

**AUTHORIZATION/LEGAL REFERENCE:**

7 CFR, Part 210 § 10 – National school lunch program <https://www.fns.usda.gov/school-meals/fr-072916d>

Federal Food & Nutrition Services

Instruction 113-1 <https://fns-prod.azureedge.net/sites/default/files/113-1.pdf>

16 V.S.A. §1261-1265 – Food programs <https://legislature.vermont.gov/statutes/chapter/16/027>

16 V.S.A. § 136 – Wellness program <http://legislature.vermont.gov/statutes/section/16/001/00136>

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- Rules Governing the Licensing of Educators and the Preparation of Educational Professionals–  
[https://education.vermont.gov/sites/aoe/files/documents/Rules%20Governing%20the%20Licensing%20of%20Educators\\_9\\_20\\_2019.pdf](https://education.vermont.gov/sites/aoe/files/documents/Rules%20Governing%20the%20Licensing%20of%20Educators_9_20_2019.pdf).
  - School Nurse/Associate School Nurse Endorsement: *5440-65 School Nurse (Revised March 2017) (page 178); 5440-65A Associate School Nurse (Revised Sept. 2019) (page 182)*
- Required Wellness Policy: [Vermont School Wellness Policy Guidelines](#).

**RATIONAL**

School Nursing recognizes the crucial role of healthy nutrition on children and youths' ability to learn and to thrive. They are the healthcare clinician in school with the knowledge and skill to facilitate access to schools' nutrition services for all students and to coordinate care for those with specific health and nutritional needs.

**REQUIRED SCHOOL NURSE/ASSOCIATE SCHOOL NURSE ROLES:**

1. Follow equity guidelines for Child Nutrition Programs, School Meals Programs, or specific programs such as School Breakfast Program and National School Lunch Program:
2. Schools receive reimbursement (at different rates) for meals served to free, reduced, and paid-status students.
3. Schools must not overtly identify the students receiving free or reduced-price meals and maintain confidentiality and anonymity .
4. Do not segregate by the different categories, and it is important the rosters and registers to not indicate students' eligibility statuses.
5. Assess students with special or chronic health conditions for food and nutrition needs and develop and implement appropriate individual healthcare plans (see [Manual Section #27 Students with Special Needs](#)).
6. Provide nursing care coordination to guide and support student, family, and school team
7. Be familiar with *\*Accommodating Children with Disabilities in the School Meal Programs*
  - a. *Guidance for School Food Service Professionals (\*See Resources)*.
8. Be aware of the school or LEA's Wellness Policy required by the National School Meal Program.
9. Utilize concepts the Framework for 21st Century School Nursing Practice TM, and nursing judgement to develop your plan to address the nutrition needs of students.

**SUGGESTED SCHOOL NURSE ROLES:**

In collaboration with administrators, guidance personnel, food service personnel, health educators and classroom teachers:

- Provide age-appropriate and culturally sensitive instruction to help students develop the knowledge, attitudes and behaviors to adopt and maintain healthy eating habits.
- Serve on SU/SD health council or WSCC Team to contribute to policies ensuring all foods and beverages available on the school campus and at school events contribute toward healthy eating patterns, and to assist in developing the district wellness policy.
- Provide information to parents, faculty and students about healthy nutritional practices and risk factors for obesity and eating disorders and refer to medical home and/or community services as appropriate.
- Students at risk for social determinants of health factors should be assessed for nutritional risk factors of food insecurity and referred to the School Meals Program

#### RESOURCES:

Action for Healthy Kids - [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org)

\*Accommodating Children with Disabilities in the School Meal Programs Guidance for School Food Service Professionals

<https://education.vermont.gov/document/AccommodatingChildrenwithDisabilitiesSchoolMealProgramsManual>  
(also linked on VT AOE website under Student Support, Nutrition).

American Academy of Pediatrics: *Bright Futures Nutrition, 3rd Edition, Pocket Guide*

<http://shop.aap.org/Bright-Futures-Nutrition-3rd-Edition-Pocket-Guide-Paperback>

American Cancer Society Nutrition and Physical Activity Guidelines - <http://tinyurl.com/msl5u39>

American Heart Association Healthy Kids - <http://tinyurl.com/2a239xk>

Centers for Disease Control and Prevention - <https://www.cdc.gov/healthyschools/nutrition/schoolnutrition.htm>

Food Allergies in School: <http://www.cdc.gov/healthyschools/foodallergies/index.htm>

Food Allergy Research & Education (FARE) <http://www.foodallergy.org>, specifically  
<https://www.foodallergy.org/life-with-food-allergies/living-well-everyday/avoiding-cross-contact>

Hunger Free Vermont- <http://hungerfreevt.org/>

Metabolic Syndrome (NIH: National Heart, Lung, and Blood Institute [nd]: <https://www.nhlbi.nih.gov/health-topics/metabolic-syndrome> Retrieved 10/15/19

National Association of School Nurses. (2016). Framework for 21st Century School Nursing Practice. NASN School Nurse, 31(1), 45-53. doi: 10.1177/1942602X15618644

Policy Memorandum on Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program: [https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP14-2017\\_SFSP10-2017os.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP14-2017_SFSP10-2017os.pdf)

Serving Up Science: The Path to Safe Food in Schools: [https://www.cnsafefood.k-state.edu/resources/serving-up-science/slide\\_sets/Food%20Allergies.pdf](https://www.cnsafefood.k-state.edu/resources/serving-up-science/slide_sets/Food%20Allergies.pdf)

USDA Wellness Policy Guidelines - [https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary\\_finalrule.pdf](https://fns-prod.azureedge.net/sites/default/files/tn/LWPsummary_finalrule.pdf)

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- Accommodating Children with Disabilities in the School Meal Programs Manual (2019): <https://education.vermont.gov/document/AccommodatingChildrenwithDisabilitiesSchoolMealProgramsManual>
- School Nutrition Program: <https://education.vermont.gov/student-support/nutrition>  
Free & Reduced Meals: [https://education.vermont.gov/student-support/nutrition/school-programs/free-and-reduced-meals\(8/23/19\)](https://education.vermont.gov/student-support/nutrition/school-programs/free-and-reduced-meals(8/23/19))

Vermont Department of Health Fit and Healthy Kids - <http://www.vermontfitness.org/fit-healthy-kids/>

VT FEED program - <http://www.vtfeed.org/>

Vermont Medical Statement Form template: <https://education.vermont.gov/document/edu-vermont-medical-statement-form>

Whole School, Whole Community, Whole Child Model (AOE, 2016)

<https://education.vermont.gov/documents/healthy-safe-schools-whole-school-community-child>

#### **SAMPLE POLICIES, PROCEDURES, AND FORMS:**

Vermont Nutrition and Fitness Policy Guidelines/ Healthy Schools Resource - Wellness Policy Guidelines

[http://www.healthvermont.gov/sites/default/files/documents/pdf/HPDP\\_PA%26NutritionSchoolIEEC%20VT%20School%20Wellness%20Policy%20Guidelines.pdf](http://www.healthvermont.gov/sites/default/files/documents/pdf/HPDP_PA%26NutritionSchoolIEEC%20VT%20School%20Wellness%20Policy%20Guidelines.pdf)