

## 533.00 NOJ QAB NYOB ZOO

### LUB NTSIAB LUS

Lub ntsiab lus ntawm tsab cai nov yog xav txhawb txoj kev noj qab nyob zoo rau cov tub ntxhais kawm ntawv, cov tsev neeg thiab neeg ua hauj lwm hauv Tsoom Fwv Tsev Kawm Ntawv Nroog Xees Phos (District) los ntawm kev noj tej zaub mov zoo thiab siv lub cev ua ub no ntxiv. Txoj kev noj qab nyob zoo thiab kawm tau ntawv yeej zoo sib xws. Cov tub ntxhais kawm ntawv thiab xib hwb noj qab nyob zoo thiaj yuav ua tau raws li qhov thib ib uas peb npaj rau txoj kev kawm ntawv. Peb koog tsev kawm ntawv zoo siab txhawb lub koom haum Center for Disease Control thiab Prevention (CDC) lub niam tswv yim uas hais tias Tag Nrho Tus Me Nyuam, Tag Nrho Lub Zej Zos, Tag Nrho Lub Tsev Kawm Ntawv uas coj los tsim tsab cai nov.

### 1. TSIM TXOJ CAI COJ

*Lub niam tswv yim: Siv ntau qhov zoo los tsim txoj cai, ua kom tiav, thiab soj ntsuam kom muaj kev noj qab nyob zoo thiab siv lub cev ua ub no.*

#### A. Ua kom tiav

Tus thawj tswj koog tsev kawm ntawv yuav saib kom ua raws li txoj cai noj qab nyob zoo nov thoob plaws hauv cov tsev kawm ntawv. Cov thawj tswj hauv txhua txhia lub tsev kawm ntawv yuav tsum saib kom lawv lub tsev kawm ntawv ua raws li txoj cai nov.

#### B. Pawg saib kev noj qab nyob zoo hauv lub tsev kawm ntawv

Txhua tus thawj tswj tsev kawm ntawv yuav tsim kom muaj ib pab saib kev noj qab nyob zoo, uas muaj cov neeg ua dej num hauv tsev kawm ntawv, niam txiv/cov saib xyuas, tub ntxhais kawm ntawv, thiab neeg hauv zej zos nyob rau hauv, tuaj sib ntsib thiab sawv daws yeej lees paub hais tias lawv yog cov saib dej num. Txhua pab saib kev noj qab nyob zoo nov yuav:

1. Tsim ib tus txheej txheem los ua raws li txoj cai nov txhua xyoo,
2. Soj ntsuam seb puas ua raws li tus txheej txheem, thiab
3. Tsim ib txoj cai noj qab nyob zoo los coj rau hauv lub tsev kawm ntawv los sis chav npaj zaub mov.

#### C. Koog tsev kawm ntawv pawg neeg saib kev noj qab nyob zoo

Koog tsev kawm ntawv pawg neeg saib kev noj qab nyob zoo yuav pab tswj thiab soj ntsuam txoj cai, nrog cov neeg uas ua hauj lwm rau fab: kev noj haus, qhov chaw saib xyuas tub ntxhais kawm ntawv kev noj qab nyob zoo, qhov chaw pab cuam Human Resources, fab kawm txog kev noj qab nyob zoo, kawm txog kev muaj dag muaj zog, thiab lwm fab uas tsim nyog; cov tub ntxhais kawm ntawv thiab niam txiv/cov saib xyuas; thiab neeg zej zos. Pawg neeg saib xyuas kev noj qab nyob zoo hauv tsev kawm ntawv tuaj koom los tau. Koog tsev kawm ntawv pawg neeg saib kev noj qab nyob zoo li mam muab tej ntawv uas hais txog ua raws li txoj cai nov rau tus thawj tswj koog tsev kawm ntawv (los sis pab neeg uas tsa los saib) thiab/los sis pab tsav xwm txhua xyoo.

### 2. QHOV CHAW KAWM NTAWV ZOO

*Lub niam tswv yim: Tsim kom tsev kawm ntawv muaj txoj kev txhawb rau kev noj qab nyob zoo thiab siv lub cev ua ub no.*

- A. Cov neeg ua hauj lwm hauv tsev kawm ntawv yuav tsis txwv cov tub ntxhais kawm ntawv txoj kev mus qoj cev, xyaum dag zog los sis lwm yam tej, vim lawv coj cwj pwm tsis zoo los sis kawm tsis tau ntawv.
- B. Cov neeg ua hauj lwm hauv tsev kawm ntawv yuav muab tej yam uas tsis yog khoom noj los ua nqi zog rau tub ntxhais kawm ntawv, vim lawv kawm tau zoo los sis coj cwj pwm zoo.
- C. Txhua tus tub ntxhais kawm ntawv yuav tsum muaj caij noj tshais thiab noj sus txhua hnuv. Koog tsev kawm ntawv tsis xav kom muaj lwm yam ua rau lub caij noj mov, tsuas ntshe tias tub ntxhais kawm ntawv yeej yuav noj mov rau lub caij uas ua yam ntawd.
- D. Ua koob tsheej: Tsis pub cov xib hwb ua koob tsheej rau hauv chav kawm ntawv tshaj ib hlis ib zaug uas muaj khoom noj los sis dej qab zib haus.
- E. Xav kom tsev kawm ntawv tsim kom muaj tej yam uas siv lub cev ua, ua ntej kawm ntawv, thaum kawm ntawv thiab tom qab kawm ntawv tas.
- F. Cov tub ntxhais kawm ntawv theem qis yuav lawb ua si kom lub cev tau mus ua si heev zog.
- G. Tsev kawm ntawv yuav npaj tej qhov chaw muaj kev ruaj ntseg, kev kawm thiab tej twj qoj ib ce kom haum rau tub ntxhais kawm ntawv.
- H. Tsis pub kom kev nrhiav nyiaj, muag khoom los sis qhia khoom tawm muaj kev cov nyom rau txoj kev noj khoom zoo thiab siv lub cev ua ub no. Yog li ntawd, tsev kawm ntawv yuav tau txo tej khoom noj thiab dej haus kom haum USDA tus qauv noj haus.
- I. Qhov yuav ua kom muaj kev ruaj ntseg thiab kev noj qab nyob zoo rau cov me nyuam uas muaj kev tsis taus, thiab cov uas muaj tej yam noj txhaum, koog tsev kawm ntawv yuav ua tej yam pab rau hauv tsev kawm ntawv li uas tsim nyog ua tau, raws nraim li teev tseg nyob rau hauv tsab ntawv teev nws tej kev kawm.

### **3. NOJ THIAB MUAG COV KHOOM NOJ KHOOM HAUS ZOO**

*Lub niam tswv yim: Npaj kom muaj khoos kas zaub mov zoo hauv tsev kawm ntawv thiab tej khoom noj khoom haus sab nraud los puav leej yog khoom noj haus zoo xwb.*

- A. Lub tseem ntsiab rau toom nov, hnuv kawm ntawv pib txij li ½ teev ua ntej tsev kawm ntawv pib mus txog rau tom qab lub tswb nrov xaus rau kev kawm ntawv hnuv ntawd.
- B. Koog tsev kawm ntawv mam li qhia rau cov tsev neeg txog qhov khoos kas noj sus dawb/txo nqi, thiab cov ntawv (applications) sau mus noj sus.
- C. Yuav muaj dej haus dawb rau hauv cov chav noj mov rau lub caij noj sus kom txhua tus mus muab tau haus raws li USDA tau hais tseg.
- D. Cov Khoom Noj Rau Hnuv Kawm Ntawv
  - 1. Tiv thaiv kev zais ntawm txhua tus tub ntxhais kawm ntawv, xam tag nrho cov uas tau noj mov dawb los sis txo nqi tib si, txhua chav noj sus yuav tsis siv nyiaj ntsuab. Tiam sis, cov tub ntxhais kawm ntawv yuav siv ib tug zauv (PIN) mus yuav su noj.
  - 2. Cov khoom noj thiab dej haus uas muag hauv tsev kawm ntawv yuav zoo txog Pawg Neeg Saib Kev Noj Qab Nyob Zoo Hauv Koog Tsev Kawm Ntawv tus qauv npaj tseg, uas yuav zoo txog los sis tshaj USDA tus qauv. Koog tsev kawm ntawv mam qhia cov khoom uas coj los ua noj rau tub ntxhais kawm ntawv thiab cov tsev neeg.

3. Koog tsev kawm ntawv li mam npaj zaub mov raws li tsim nyog rau cov tub ntxhais uas muaj tej yam noj txhaum nyob rau hauv tsev kawm ntawv tus khoos kas noj mov.
  4. Cov tub ntxhais kawm ntawv yuav tsum nyob twj ywm ntawm tsev kawm ntawv rau lub caij noj sus.
  5. Tsev kawm ntawv yuav tau cais kom lub caij noj sus muaj rooj txaus zaum. Tsev kawm ntawv yuav tau cais kom muaj sij hawm so ua si ua ntej mus noj sus.
  6. Yuav muaj chaw huv thiab neeg saib xyuas rau cov tub ntxhais kawm ntawv noj sus.
- E. Lwm Yam Khoom Noj Rau Hnub Kawm Ntawv:
1. Tsev kawm ntawv mam soj ntsuam seb yog yuav muab khoom txom ncauj rau tub ntxhais kawm ntawv no thaum twg mam muab kom raws li noj mov hov ntev lawm, me nyuam yuav tsum noj heev npaum li cas, lawv lub hnub nyoog, thiab lwm yam uas xav tau hais tias zoo.
  2. Muab cov uas tsis yog khoom txom ncauj USDA rau me nyuam noj hauv tsev kawm ntawv, thaum zov me nyuam tom qab lawb ntawv los sis rau hauv cov khoos kas tom qab lawb ntawv yuav pab rau lawv txoj kev noj haus thiab kev noj qab nyob zoo.
  3. Txhua yam khoom noj los sis dej haus uas muag rau tub ntxhais kawm ntawv hauv tsev kawm ntawv, xam lub thawv tso khoom tib si, yuav tsum zoo txog USDA Smart Snacks hauv tsev kawm ntawv txoj cai.

F. Cov Khoom Noj Uas Yuav Sab Nraud:

1. Txhua yam khoom noj khoom haus uas cov tub ntxhais kawm ntawv yuav hauv cov thawv muag khoom thiab cov khw hauv tsev kawm ntawv yuav tsum zoo txog tus qauv uas pab neeg saib kev noj qab nyob zoo hauv koog tsev kawm ntawv cov ntsiab lus tau qhia tseg.
2. Koog tsev kawm ntawv yuav kom muag tej khoom noj khoom haus uas pab tau txoj kev noj qab nyob zoo rau hauv cov koom txoos tom qab lawb ntawv, raws li thawj tswj koog tsev kawm ntawv pom zoo.

4. **TEJ UAS SIV LUB CEV UA THIAB KEV KAWM**

*Lub niam tswv yim: Siv qhov khoos kas muaj ntau yam uas siv lub cev ua thiab kev kawm kom zoo li tus ncej zeb txheem.*

- A. Cov tub ntxhais kawm ntawv yuav mus kawm tau rau hauv cov chav kawm qoj ib ce thiab/los sis siv cov twj qoj ib ce tsis hais muaj tus cwj pwm los sis kawm tau ntawv li cas.
- B. Koog tsev kawm ntawv yuav npaj cov kev kawm qoj ib ce kom txog tus qauv national standards hauv Society of Health and Physical Education (SHAPE) thiab koog tsev kawm ntawv tus cwj ciam thib ib.
- C. Koog tsev kawm ntawv tsuas ntiav cov xib hwb qhia qoj ib ce uas muaj ntaub ntawv los qhia xwb.
- D. Tsis pub tso tseg, zam, los sis hloov txoj kev kawm xyaum ib ce rau hauv tsev kawm ntawv theem siab, thiab yeej xav kom muaj kev kawm xyaum ib ce rau hauv tsev kawm ntawv theem nrab.
- E. Tsev kawm ntawv txoj kev npaj kom noj qab nyob zoo yuav tsum muaj qhov kawm xyaum ib ce nyob rau hauv.
- F. Koog tsev kawm ntawv yuav npaj cov kev kawm txhawb ntxiv (professional development) kom muaj kawm xyaum ib ce nyob rau hauv chav kawm ntawv.
- G. Hais kom tsev kawm ntawv yuav tsum muaj so xyaum ib ce hauv tsev kawm ntawv rau cov tub ntxhais kawm ntawv. Hais kom cov neeg ua hauj lwm yuav tsum koom cov kev xyaum ib ce thiab kev noj qab nyob zoo uas npaj muaj thiab.
- H. Hais kom tsev kawm ntawv muaj thiab txhawb txoj kev tuaj mus kawm ntawv xws li koom qhov khoos kas uas ua kom txoj kev mus kawm ntawv muaj kev thaj yeeb thiab muaj txoj kev ua ub no, npaj kom muaj khoos kas qhia caij tsheb kauj vab thiab taug kev kom muaj kev thaj yeeb, thiab siv cov neeg uas pab coj hla kev.
- I. Yuav qhib cov tsev uas muaj chaw siv lub cev xyaum ua ub no sab hauv thiab sab nraud rau cov neeg zej zos rau lub sij hawm uas tsis kawm ntawv. Yuav tsum ua raws li koog tsev kawm ntawv tus qauv tso cai.

5. **KAWM TXOJ KEV MUAJ DAG MUAJ ZOG THIAB TXHAWB NQA**

*Lub niam tswv yim: Qhia cov kev kawm muaj dag muaj zog kom cov tub ntxhais kawm ntawv muaj tswv yim, cwj pwm, kev txawj thiab paub noj khoom zoo thiab siv lub cev ua ub no.*

- A. Cov tub ntxhais kawm ntawv yuav to kev kawm txog cov kev muaj dag

muaj zog uas haum lawv lub hnuv nyoog rau kev noj thiab paub txog kev muaj dag muaj zog, xws li muaj zog rau tus cwj pwm, kev pw, thiab to kev txais kev pab rau kev muaj dag muaj zog, tsis hais tus uas muaj tus cwj pwm los sis kev kawm tau ntawv zoo li cas.

- B. Hauv paus tsev kawm ntawv yuav npaj cov kev kawm txog kev muaj dag muaj zog kom txog li lub teb chaws tus qauv hauv Society of Health and Physical Education (SHAPE) thiab hauv paus tsev kawm ntawv tus cwj ciam.
- C. Tsev kawm ntawv yuav cob cov tub ntxhais kawm ntawv kom txawj ua ub no xws li npaj tswv yim ua noj haus, npaj khoom noj haus, thiab nyeem cov npe khoom.

## **6. COB TXUAS THIAB QHIA MUS TOM NTEJ**

*Lub niam tswv yim: Qhia cov tub ntxhais kawm ntawv mus rau tej chaw pab kev noj qab nyob zoo, pab lub hlwb kev xav thiab kev noj nyob kom qhia txog kev txawj noj, kev qoj ib ce, thiab tiv thaiv kab mob.*

Koog tsev kawm ntawv yuav koom tes nrog cov koom haum hauv zej zos pab kom cov tub ntxhais kawm ntawv thiab lawv tsev neeg paub mus nrhiav kev pab rau kev noj qab nyob zoo, tu lub qhov ncauj, pab rau lub hlwb, thiab kev txawj noj, kev qoj ib ce, thiab tiv thaiv kab mob.

## **7. TSEV NEEG THIAB ZEJ ZOS KEV NOJ QAB NYOB ZOO**

*Lub niam tswv yim: Koom tes nrog tsev neeg thiab tswv cuab hauv zej zos los tsim qauv qhia kev noj qab nyob zoo thiab tej kev ua ub no kom lub cev muaj zog koj los xyaum thiab tsim khoos kas.*

- A. Koog tsev kawm ntawv yuav koom tes nrog tsev neeg/cov saib xyuas thiab tswv cuab hauv zej zos los pab kom niam txiv/cov saib xyuas npaj tau txoj kev noj haus zoo thiab ua ub ua no txhua hnuv pab rau lub cev rau lawv cov me nyuam.

- B. Koog tsev kawm ntawv thov kom cov niam txiv/saib xyuas uas ntim su rau me nyuam tsis txhob ntim tej zaub mov thiab dej haus uas noj mus tsis pab lub cev.
- C. Cov neeg ua hauj lwm hauv tsev kawm ntawv yuav nrog cov niam txiv/saib xyuas tham kom lawv qhia rau me nyuam txog kev sib faib zaub mov noj thiab dej haus nyob tsam sib kis mob thiab yuav tau ceev faj txog tej tug uas muaj txhaum (allergies) rau khoom noj txaus tuag.
- D. Xav kom tsev kawm ntawv npaj tej yam ua ub ua no kom muaj kev noj qab nyob zoo rau cov tsev neeg.
- E. Koog tsev kawm ntawv yeej nco tau tias muaj tej tus tub ntxhais kawm ntawv muaj tej yam mob uas noj tsis tau tej yam khoom thiab lub cev ua tsis tau tej yam dab tsi, xws li muaj kev txhaum khoom noj, ua tsis taus pa, thiab ntshav qab zib. Koog tsev kawm ntawv yuav nrog cov tub ntxhais kawm ntawv, cov tsev neeg, thiab kws kho mob npaj kom muaj kev tswj tau lawv tej kev mob thaj yeeb lug.
- F. Koog tsev kawm ntawv yuav txais cov tsev neeg thiab tswv cuab hauv zej zos tej tswv yim tsis tu ncuaj los npaj zaub mov, kev ua si, khoos kas kawm pab kev noj qab nyob zoo, thiab xyuas rau tej yam uas tej kev lis kev cai tsis pub ua thiab tej uas nyiam kom ua.

#### **8. COV NEEG UA HAUJ LWM KEV NOJ QAB NYOB ZOO**

*Lub niam tswv yim: Npaj ib qho khoos kas noj qab nyob zoo uas txhawb txoj kev noj khoom zoo thiab siv lub cev ua ub no kom muaj zog rau txhua tus neeg ua hauj lwm.*

Koog tsev kawm ntawv yuav npaj los sis koom tes npaj kom muaj khoos kas pab kev noj qab nyob zoo rau cov neeg ua hauj lwm uas tej zaum yuav muaj xyaum los sis kev qhia txhawb txoj kev noj qab nyob zoo, kev kawm thiab kev pab cuam txhawb tus peev xwm, thiab nyob lub neej muaj dag muaj zog, tiv thaiv kev raug mob, txo txoj kev uas pheej mob tsis zoo, thiab ua tau tus qauv zoo. Ib qho uas yuav ua yog koog tsev kawm ntawv yuav koom tes muab kev txhawb zog rau cov tsev kawm ntawv uas noj cov zaub mov zoo, thiab ua raws tus qauv uas muag khoom noj khoom haus rau cov neeg ua hauj lwm.

#### **9. COB QHIA NTXIV THIAB MUAJ CHAW RAU HAUV TSEV KAWM NTAUV**

*Lub niam tswv yim: Ntiav cov neeg uas tsim nyog, thiab muab kev cob qhia ntxiv rau cov neeg ua hauj lwm hauv fab kev qhia siv lub cev kom muaj dag muaj zog, qhia txog kev noj qab nyob zoo, Nutrition Services, thiab kev noj qab haus huv, lub hlwb kev xav, thiab cov txwj laug muab kev sib pab thiab cov laus uas pab saib thaum me nyuam lawb ua si, hauv chaw noj mov thiab tej khoos kas rau lub caij tsis kawm ntawv.*

Koog tsev kawm ntawv yuav muab kev cob qhia rau cov neeg ua hauj lwm hauv cov tsev kawm ntawv kom lawv paub los txhawb txoj kev noj qab nyob zoo thiab cov them siv pab rau txoj kev noj qab nyob zoo.

#### **10. KEV ZAM**

Qhov uas yuav zam tau ntawm txoj cai nov tsuas yog pawg tsav xwm kev kawm ntawv thiaj zam tau yog tias pom zoo los ntawm thawj tswj koog tsev kawm ntawv raws li qhov yuav zoo tshaj plaws rau koog tsev kawm ntawv xwb.

29 U.S.C. § 794 (Section 504 of Rehabilitation Act of 1973, as Amended)  
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)  
42 U.S.C. § 12101 et seq. (Americans with Disabilities Act of 1990, as Amended)  
P.L. 108-265 (2004) § 204 (Local Wellness Policy)  
7 U.S.C. § 5341 (Establishment of Dietary Guidelines)  
7 C.F.R. § 210.10 (School Lunch Program Regulations)  
7 C.F.R. § 220.8 (School Breakfast Program Regulations)

**COV CAI SAIB SIB PIV**

- Policy 414.00 – Tobacco Free Environment
- Policy 504.00 – Drug Free Schools
- Policy 505.00 – Bullying Prohibition
- Policy 716.00 – Advertising in the Schools

**LUS QHIA/COV QAUV**

- American Association for Health Education (AAHE)
- Coordinated School Health Programs: Improving the Health of Our Nation's Youth—At A Glance 2011, Atlanta: CDC; 2011
- National Association for Sports and Physical Education (NASPE)
- United States Department of Agriculture (USDA)