

## **533 Wellness**

Jackson County Central Schools

Adopted: 8/17/2007

Last Revised: 4/25/2011

New Revision: 7/16/2013

- I. **PURPOSE:** The purpose of this policy is to assure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity. An effective wellness policy should promote the development of student skills in making lifelong healthy choices.
- II. **GENERAL STATEMENT OF POLICY**
  - A. The school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
  - B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
  - C. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.
  - D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. The Center for Disease Control and Prevention (CDC) recommends that children and adolescents should do 60 minutes or more of physical activity each day.
  - E. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition standards, and the needs of students. Food service will try to accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
  - F. The school district will provide clean, safe, and pleasant settings and adequate time for students to eat.
  - G. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior to maintain a healthy lifestyle and reduce the risk of chronic disease associated with inactivity.

H. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.

### **III. GUIDELINES**

#### **A. Food and Beverages Available at School**

1. Food and beverages available during the school day should include a variety of healthy choices that are of excellent quality, appealing to students, and served at the proper temperature.
2. Food and beverages available during the school day should promote and encourage student consumption of a healthy diet. This will include a diet rich in fruits, vegetables, whole grains, low-fat and non-fat dairy, and protein foods that are low in total and saturated fat, sodium and refined sugar, and have no trans-fat.
3. Students are not allowed to consume or have energy drinks including but not limited to:(e.g. Red Bull, Rockstar, Amp, and Monster) in school or at school functions due to the potential for negative health effects related to these beverages. This includes prior to sporting events or practices.
4. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
5. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
6. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

#### **B. Foods and Beverages Available from Food Service**

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines shall be implemented in school meal programs to prevent food-borne illness in schools.
2. The food service program will promote healthy food choices through menu preparation, food choices, and information for students.

3. The school district will support the development of farm to school programs to help students eat more nutritious foods and promote healthier lifelong eating patterns, support the local economy and local farmers, and teach students about the origins of their foods and how their food is grown.
4. As part of the school district's responsibility to operate a food service program, all food service personnel shall have adequate pre-service training in food service operations and regularly participate in professional development activities that address requirements for Child Nutrition Programs, menu planning and preparation, food safety, strategies for promoting healthy eating behaviors, and other appropriate topics.
5. The school district food service director will be responsible for the school districts food service program. Duties include helping all school stakeholders meet the nutrient guidelines for food and beverages available to students during the school day.
6. The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals foods and beverages available to students during the school day and at school sponsored events.
7. Students will be encouraged to participate in the School Breakfast Program (SBP) and National School Lunch Program (NSLP).
8. Research supports that breakfast is an important meal for student readiness to learn. The school food service will offer breakfast and/or a la carte options in the morning that meet the following criteria:
  - a. Beverages available: 1% or skim milk, 100% fruit juice, or water
  - b. Food Offered at breakfast should meet the nutrient criteria established by the Health Hunger Free Kids Act.
9. A la carte lines offered will meet nutrition guidelines

**C. Food & Beverages provided from the School, Outside of School Food Service**

1. Foods available in vending and concessions should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.
2. Classroom birthday celebrations will not include food or beverages. Alternative ways to recognize birthdays are offered by classroom teachers.

3. Classroom parties or celebrations that recognize holidays or special events may include food brought into the classroom. Classroom teachers will encourage healthy food choices according to Appendix A. Holidays excluded from the nutrition guidelines include Halloween, Christmas, and Valentine's Day. If a classroom teacher has a tradition of celebrating additional holidays in the classroom with food, preapproval from administration is required. Food brought into the classroom to share with students should be store bought and not homemade.

#### D. Nutrition Education and Promotion

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and
  - c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips
2. Classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities and time in front of a screen (television, computer).
3. Classroom education promotes fruits, vegetables, whole grain products, low fat and non-fat dairy products, healthy food preparation methods, and health enhancing nutrition policies.
4. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte [snack] lines, vending machines, and student stores.
5. Schools will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not

withhold food or beverages as punishment. If an individual student's Individualized Education Plan (IEP) outlines the use of food for behavior modification, a teacher may use food as a reward for that student. But, food shall be used as a last alternative for behavioral modification as part of an IEP, and teachers should minimize classroom use and provide healthy food when available. Teachers shall use physical activity as a reward for academic performance or good behavior, as appropriate.

#### E. Physical Activity

1. The district will evaluate ways to meet physical education recommendations suggested by national and state standards as well as the National Association for Sport and Physical Education (NASPE), including adopting and implementing curriculum that connects and demonstrates the interrelationship between physical activity, good nutrition and health, according to NASPE standards.
2. Elementary students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and provide space, equipment and an environment that is conducive to safe and enjoyable activity.
3. Students in all grades shall be provided opportunities for physical activity beyond and in addition to physical education. Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television. Opportunities for physical activity shall be incorporated into other subject lessons and can be used as reinforcement, reward and celebration for achievement, positive behavior, and completion of assignments. Classroom teachers shall provide short physical activity breaks before testing, between lessons or classes, as appropriate.
4. The school district will encourage walking and bicycling to school as preferred modes of transportation for students who reside within close proximity to the school.
5. When appropriate, the district shall work together with public works, public safety and/or police departments to make it safer and easier for students to walk and bike to school.
6. The district will provide periodic bicycle and walk safety programming for students.

**F. Communication with Parents**

1. The school district will support family involvement to promote a healthy diet and daily physical activity for their children.
2. The school district encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value. Parents are encouraged to follow the school nutrition guidelines. See Preferred Snacks and Beverages for suggestions of preferred lunch and snack ideas.
3. The school district will provide information about extracurricular activities and will support families' efforts to provide their children with opportunities to be physically active outside of school. Support shall include sharing information through the school website, newsletters, notes or other take-home materials.
4. The school district will post and update the Wellness Policy on the school's website.

**IV. IMPLEMENTATION AND MONITORING**

- A. The superintendent or designee will ensure compliance with the wellness policy and will provide an annual report of the school district's compliance with the policy to the school board.
- B. The school food service director will implement and monitor those sections of the Wellness Policy related to the operation of the food service program.
- C. Building principals will implement and monitor those sections of the Wellness Policy related to classroom instruction and activities, physical activity, and nutrition education.
- D. Wellness Committee will review implementation and suggest changes.

## Preferred Snacks and Beverages

String cheese  
Low fat cheese  
Cottage cheese  
Hard boiled eggs  
Raisins  
Fresh vegetables (celery, carrots, peppers, cucumbers, cherry tomatoes, snap peas, broccoli, etc)  
Fresh fruits (bananas, apples, peaches, grapes, strawberries, blackberries, etc.)  
Fruit cups in 100% juice  
Applesauce (unsweetened)  
Graham crackers  
Low fat yogurt  
Whole grain tortilla chips  
Crackers  
Popcorn

Dips - peanut butter, salsa, low fat dressings, hummus, fat free cream cheese, guacamole

Beverages - water, 1% or skim milk, 100% fruit juice

School staff would like to offer healthy foods and beverages to students, but it is often difficult to define "healthy" food or beverage. The following criteria, which are based on the Institute of Medicine's recommendations from the "Nutrition Standards for Foods in School" (2007), are meant to serve as a guideline for how to evaluate the healthfulness of foods and beverages offered to students in schools. These nutrient guidelines are particularly helpful when evaluating the healthfulness of pre-prepared and portioned foods available from vendors.

**Legal References:** 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) 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)

**Local Resources:** Minnesota Department of Education, [www.education.state.mn.us](http://www.education.state.mn.us)

Minnesota Department of Health, [www.health.state.mn.us](http://www.health.state.mn.us) County Health Departments

Action for Healthy Kids Minnesota, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

Healthy-Hunger Free Kids Act of 2010,

[http://www.fns.usda.gov/cnd/governance/legislation/cnr\\_2010.htm](http://www.fns.usda.gov/cnd/governance/legislation/cnr_2010.htm)

Action Guide for School Nutrition and Physical Activity Policies,

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>

### **Time of Day**

- These guidelines apply to all beverages sold on school grounds during the regular and extended school day.
- The extended school day includes before and after school activities like clubs, yearbook, band, student government, drama and childcare/latchkey programs.
- These guidelines do not apply to school-related events where parents and other adults are part of an audience or are selling beverages as boosters during intermission, as well as immediately before or after an event. Examples of these events include school plays and band concerts.