

Board Policy Document

STUDENT PERSONNEL

Series 500

Policy Title: Nutrition and Physical Activity Wellness in the Schools

Code Number: AR504.1

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

All foods and beverages available for students during the school day, at before and after school programs, and used for fundraising on school grounds, must meet guidelines as put forth in this section.

School Meals

Meals served through the National School Lunch and Breakfast Programs including those served by the district through the summer meal program will:

- meet, at a minimum, nutrition requirements established by local, state and federal law, regulations and guidelines;
- offer a variety of fruits and vegetables;
- serve low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and
- ensure that half of the served grains are whole grain.

The School district will:

- notify parents and students of the availability of the School Breakfast and Lunch Program and summer meals program; and
- place the menus and nutritional content information on the school district website.

Meal Times and Scheduling

The school district:

- will aim to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods between 11:00 a.m. and 1:00 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities; and
- will provide students access to hand washing before they eat meals or snacks.

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Foods Sold Outside the Meal (such as vending, a la carte, sales)

Elementary schools: The food service program will provide reimbursable meal programs (and where approved, healthy snacks) to students in elementary schools. To this end:

- food in elementary schools should be in the form of balanced meals, given young children's limited nutrition skills; and
- foods and beverages provided individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Secondary schools: In middle and high schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte or snack lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

Allowed:

- Bottled water;
- Low or no calorie beverages with up to 10 calories/8 ounces (such as diet soft drinks, fitness water, or flavored waters);
- Up to 12 ounce servings of low fat and non fat regular and flavored milk with up to 150 calories/8 ounces (including nutritionally equivalent milk alternatives per USDA such as soy milk);
- Up to 12 ounce servings of 100 percent fruit juice that do not contain additional caloric sweeteners and up to 120 calories/8 ounces;
- Up to 12 ounce servings of fruit based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners;
- Up to 12 ounce servings of vegetable juice that do not contain additional caloric sweeteners;
- Up to 12 ounce servings of sports drinks with no more than 66 calories/8 ounces; and
- At least 50 percent of beverages must be water and low or no calorie options.

Not allowed:

- soft drinks containing caloric sweeteners; and
- fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners.

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Foods

A food item sold individually (as items become available):

- will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- will have no more than 35 percent of its weight from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes; and
- will include a choice of at least two fruits and/or non-fried vegetables for sale at any location on the school site where foods are sold.

Portion Size

Limit portion sizes of foods and beverages sold individually to those listed below:

- one and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
- one ounce for cookies;
- two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- eight ounces for non-frozen yogurt;
- twelve fluid ounces for milk, juice, fruit based drinks, and sports drinks;
- no portion size limit for bottled water and low or no calorie beverages (such as diet soft drinks, fitness water, or flavored water); and
- the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits:

Foods or Beverages in the Classroom

The board will support teachers who wish to embargo or confiscate food and/or beverages (other than bottled water) at the classroom door, believing that the classroom environment is primarily for learning.

Snacks

Snacks served during the school day or in before and after school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water, milk or 100 percent juice, as the primary beverage. Schools will

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assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, before and after school program personnel and parents.

Rewards

In those limited situations where rewards may be necessary (by a teacher in consultation with a principal), the school district will use especially those that meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior. Withholding food or beverages should not be used as a punishment.

Cooking Experiences within the Curriculum

Cooking experiences for students within the curriculum, during or outside of the school day, will focus on the development of life skills to learn how to prepare a variety of foods. Education will focus on promoting proper nutrition habits that contribute to health.

School-Sponsored Events

The school district encourages the inclusion of foods and beverages meeting the nutrition and portion size guidelines (stated above) as part of the routine concession stand options, and efforts shall be made to price such items competitively in relation to other fare sold.

Sharing of Foods

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Fundraising Activities During the School Day

To support children's health and school nutrition-education efforts, the school district sponsored fundraising activities on school grounds during the school day involving food will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school district encourages fundraising activities that promote physical activity.

- The school district prohibits the sale of actual food and beverage items within district classrooms by either school staff or students.

Fundraising Activities Outside of the School Day

In continuing support of children's health and school nutrition-education efforts, the school district sponsored fundraising activities that take place outside of the school day and not at before and after school programs are encouraged, but not required, to use ideas that promote physical activity and use of foods and beverages meeting the nutrition guidelines.

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- The school district encourages other fundraising activities (such as to friends and relatives) occurring outside of the curriculum to take on new avenues such as selling produce.
- The school district will make available a list of preferred ideas for fundraising activities.

PHYSICAL ACTIVITY

Every child should be offered the opportunity to have daily physical activity.

Daily Physical Activity

The school district will provide opportunities for physical activity that:

- is daily;
- is for all grades K-12 for the entire school year;
- has physical education taught by a certified physical education teacher;
- includes students with disabilities; students with special health-care needs may be provided physical activity in alternative educational settings; and
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the district will give students periodic breaks.

Physical Activity Opportunities after School

The district will cooperate with community agencies in the provision of before and/or after school activities that include vigorous physical engagement.

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NUTRITION EDUCATION AND PROMOTION

Educating students about the importance of healthy eating and daily physical activity will be incorporated in the curricula and instructional programs of the district, and the district shall intentionally manage its school environment to reinforce this education.

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at each elementary grade level as well as middle school and high school levels as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but could also be incorporated into subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- provides for adequate classroom materials/resources; and
- includes training for teachers and other staff.

**OTHER SCHOOL-BASED ACTIVITIES
THAT PROMOTE STUDENT WELLNESS**

Educating students about the importance of lifelong healthy eating and daily physical activity includes the education of parents and the community at large. The district will be a leader in aligning the school environment and culture with healthful practices.

Integrating Physical Activity into Classroom Settings for Total Well Being

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements 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;
- provide opportunities for physical activity to be incorporated into other subject lessons;
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate; and
- help students to develop habits inclined toward physical activity in preference to sedentary activities, such as watching television, playing computer games, etc.

Celebrations

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The school district will disseminate a list of healthy party ideas to parents and teachers.

Communication with Parents

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus;
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- support parents' efforts to provide their children opportunities to be physically active when school is not in session; and
- include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

Food Marketing in Schools

School-based marketing of items going to individual students will be consistent with nutrition education and health promotion goals of this administrative regulation (AR). The school district will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (see page 2);
- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Examples of marketing that should be avoided: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition

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food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.

Staff Wellness

The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district shall coordinate wellness activities and education while soliciting input from employees.

ASSESSMENT

Progress and compliance will be measured regularly and in an ongoing manner against benchmarks that derive from the foregoing sections. These data shall be used to gauge progress and indicate further changes in regulations and/or practices.

Monitoring

The school board charges the superintendent and the Community School Health Advisory Council (CSHAC) to ensure compliance with established school district-wide nutrition and physical activity wellness policies. Formed in 2002, CSHAC is composed of a core group of professionals and parents providing guidance, advice and support to the school district on all aspects of school health.

In the school district:

- the school district will report on the most recent USDA School Meals Initiative (SMI) reviewing findings and any resulting changes. If the school district has not received an SMI review from the state agency within the past five years, the school district will request from the state agency that an SMI review be scheduled as soon as possible;
- the superintendent will develop an annual report on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district;
- the report will be reviewed by the school board and distributed to all school building wellness committees, parent/teacher organizations, principals and health services personnel in the school district; and
- The food service department, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent.

In each school:

- the principal and staff will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent.

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Policy Review

To help with the initial development of the school district's wellness policies, each school in the school district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of these school-by-school assessments will be compiled at the school district level to identify and prioritize needs.

Assessments will be conducted every three years to help review policy compliance, determine progress and areas in need of improvement. As part of this assessment process, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district, will revise the wellness policies and develop work plans to facilitate their implementation.