

WELLNESS POLICY: NUTRITION AND PHYSICAL ACTIVITY

Model Administrative Regulations: Based on the Alliance for a Healthier Generation's Healthy Schools Program Framework

A Health Promoting Environment

School Wellness Council: Membership and Meetings

The superintendent shall establish the district level school wellness council. Membership on the council shall include but is not limited to:

- Curriculum Director (Health Education and Physical Education)
- Food Services Director
- Parent/Family Member/Guardian
- Student
- Community Member (business owner, representative of a youth serving organization)
- Human Resources Director
- Facilities Director
- School Building Level Administrator
- School Board Member
- Health Services/School Nurse

Schools will also convene school building level school wellness councils to ensure the implementation of the wellness policy and related activities. School level wellness councils will include membership similar to the district level council. Principals should make efforts to link building level wellness council plans and activities to school improvement plans and activities.

The school and district wellness councils will meet at least every other month during the school year.

Family Involvement

District wellness council meetings will be scheduled to make it possible for a parent and student to attend regularly. Minutes from the school wellness council will be available on the district website and regularly communicated to parents in the district. The school wellness council will develop and implement a process to solicit parent input on recommendations to the school board on student health and wellness activities and programs.

In order to promote family and community involvement in supporting and reinforcing a health-promoting environment in the schools, the school principal or his/her designee is responsible for ensuring:

- Information on healthy nutrition and physical activity is sent home to families in menus, newsletters and other forms of communication that are provided in languages and literacy levels accessible to the family population;
- Parents are encouraged to promote their child's participation in the school's physical education programs and after school activities;
- Families are invited to attend and participate in physical activity programs and health fairs;
- Physical education and health education curricula includes homework that students can do with their families;
- School staff consider the various cultural preferences in development of menus, activities, physical education and health education programs; and
- School employees are encouraged to cooperate with other agencies and community groups to provide opportunities for students to participate in physical activity programs.



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Nutrition

School Mealsⁱ

1. Only food or beverages that meet the minimal nutritional values, as defined by the Food and Nutrition Service of the U.S. Department of Agriculture, may be sold or served in the school until 30 minutes after the last lunch period. Such a provision specifically precludes the sale of carbonated beverages, water-ices unless made with 100% fruit juice, licorice, marshmallow candies, chewing gum, candies, fondant, spun candy and candy-coated popcorn.

2. The School Meal Program shall offer:

- Only 1%, ½% or fat-free milk (flavored or unflavored)
- At least four non-fried, no-added sugar fruit and/or vegetable options daily
- At least one low-fat entrée choice at lunch
- Only non-fried food products that have had no deep fat frying in the preparation
- Non-fried fish at least one time per week
- Only lean protein products such as lean red meat, skinless poultry, lean deli meats, fat-free or low-fat cheese, beans, tofu, etc.
- Only unsaturated, zero trans fat oils during on-site food preparation
- At least one fruit (canned or in light syrup) at breakfast in addition to 100% fruit juice
- A daily salad with three fruits or vegetables in addition to lettuce/lettuce mix and portion controlled 1 oz. low-fat or no fat dressing
- All whole grains at breakfast and lunch daily
- Only desserts that meet the nutrition standards for school competitive foods in this policy

3. Foods sold or served in school should assist students to comply with the U.S. Dietary Guidelines for Americans by demonstrating adequate nutrient content without excessive caloric intake by providing a variety of grains, fruits, vegetables, and foods low in saturated fat, trans fat, cholesterol, sugars and salt.

4. Apple or other fresh fruit machines are acceptable at all times.

5. Food that is sold must meet the health department's standards in regard to storage, preparation and serving.

6. Meal prices will be established by the superintendent and food service director, with the approval of the school board at the beginning of each school year.

7. Healthy option foods should be competitively priced.

Nutrition and Food Services Operation

In order to support the school's nutrition and food services operation as an essential partner in the educational mission of the district and its role in the district's comprehensive nutrition program, the superintendent along with the food service director and school principals are responsible for:

- Encouraging all students to participate in the school's child nutrition meal program
- Providing varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans
- Providing adequate time and space to eat meals in a pleasant and safe environment
- Ensuring access to safe, fresh drinking water throughout the school day
- Engaging students and parents, through taste tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices
- Sharing information about the nutritional content of meals with parents and students and making the information available on menus, district or school website, cafeteria menu boards, placards or other point-of-purchase materialsⁱⁱ

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Staff Development

Annual in-service and professional development training opportunities for staff will be completed by 100% of food service staff, covering techniques to reduce fat and sodium in food preparation and food safety.

Free and Reduced Price Meals

Efforts will be supported by school principals to encourage eligible students and families to participate in the free and reduced price meal program. Cafeterias will utilize an electronic point of sale system¹ that protects low-income students participating in the free or reduced price meal program from being overtly identified or stigmatized.

Competitive Foods

The following nutrition standards are district policy and meet the Alliance for a Healthier Generation's Competitive Foods and Beverages Guidelines.ⁱⁱⁱ This policy covers beverages served and/or offered for sale to students outside of the school meal program such as products sold in school vending machines, a la carte lines, snack bars, treats and desserts, fundraisers and school stores in **<insert district name>** schools.

These foods include but are not limited to: fruits, vegetables, yogurts (including drinkable yogurt and yogurt smoothies), puddings, soups, cheeses, snack chips (potato, tortilla, corn, veggie, etc.), pretzels, crackers, popcorn, nuts, seeds, French fries, dried meat snacks, granola bars, energy bars, breakfast bars, health bars, cookies, brownies, snack cakes, coffee cakes, pastries, doughnuts, Danishes, candy, confectionery, chocolate, ice cream, frozen yogurt, sherbet, ice pops, frozen fruit bars, and other similar foods.

Items that would be considered to be entrées if sold in the reimbursable meal program, but are sold à la carte as competitive foods, are not subject to the following criteria:

1. Any fruit with no added sweeteners or vegetables that is non-fried. Since fresh fruits and vegetables vary in size and calories naturally, they have no calorie limit. However, calories for packaged fruits and vegetables are easily ascertained according to package nutrition labeling. As such, calorie limits for these fruits and vegetables are specified as follows:
 - a. Fresh fruit or vegetable, no calorie limits
 - b. Fruit or vegetable packaged in its own juice or dried fruits or vegetables:
 - Elementary: 150 calories
 - Middle: 180 calories
 - High: 200 calories
2. Any reduced-fat or part-skim cheese ≤1.5 oz.
3. Any one egg with no added fat or equal amount of egg equivalent with no added fat.
4. Any other food that meets all of the following criteria:
 - a. ≤35% of total calories from fat (nuts, nut butters and seeds are exempt from above limitation and are permitted)
 - b. ≤10% of calories from saturated fat –OR– ≤1g saturated fat
 - c. 0 g trans fat
 - d. ≤35% sugar by weight
 - e. ≤230 mg sodium
 - Low fat and fat-free dairy products can have ≤480mg sodium

¹An electronic point of sale system is one example given in this policy as a way to protect the identity of those students eligible for free or reduced price meals.

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- Vegetables with sauce and soups can have ≤480mg sodium if they contain one or more of the following: ≥2g fiber; or ≥5g protein; or ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ≥½ serving (¼ cup) of fruit or vegetables.
- f. Dairy products must be non-fat or low fat
- g. Meet 1 of the following calorie requirements:
 - ≤100 calories
 - Vegetables with sauce and soups meeting 4e above can have 150 calories if they contain two or more of the following: ≥2g fiber; or ≥5g protein; or ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ≥½ serving (¼ cup) of fruit or vegetables.
 - Other foods can have calorie limits per below if they contain one or more of the following: ≥2g fiber; or ≥5g protein; or ≥10% DV of Vitamin A, C, E, folate, calcium, magnesium, potassium, or iron; or ≥½ serving (¼ cup) of fruit or vegetables: ≤150 calories for elementary schools; ≤180 calories for middle schools; ≤200 calories for high school.

For individual serving packages, these nutritional standards are defined for a whole package as labeled on the package's Nutrition Facts panel. In the event that the food is bought in bulk but served individually, such as on an à la carte line, then the criteria apply to the serving size actually offered to students.

Competitive Beverages

This policy covers beverages served and/or offered for sale to students outside of the school meal program such as products sold in school vending machines, a la carte lines, snack bars, fundraisers and school stores. These standards are intended to be developmentally appropriate and balance children's nutritional and hydration needs with appropriate caloric consumption.

Elementary School

- Bottled water
- Up to 8 ounce servings of milk and 100% juice
- Fat-free or low fat regular and flavored milk with up to 150 calories / 8 ounces
- 100% juice with no added sweeteners, up to 120 calories / 8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

Middle School²

- Bottled water
- Up to 10 ounce servings of milk and 100% juice
- Fat-free or low fat regular and flavored milk with up to 150 calories / 8 ounces
- 100% juice with no added sweeteners, up to 120 calories / 8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals

High School

- Bottled water
- No or low calorie beverages with up to 10 calories / 8 ounces
- Up to 12 ounce servings of milk, 100% juice, and certain other drinks
 - Fat-free or low fat regular and flavored milk with up to 150 calories / 8 ounces
 - 100% juice with no added sweeteners, up to 120 calories / 8 ounces, and with at least 10% of the recommended daily value for three or more vitamins and minerals
 - Other drinks with no more than 66 calories / 8 ounces
- At least 50% of non-milk beverages must be water and no- or low-calorie options

²As a practical matter, if middle school and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standards.

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Time of Day

These standards shall apply to competitive foods and beverages served and/or sold on school grounds or at school activities during the regular and extended school day when events are primarily under the control of the school or third parties on behalf of the school. The extended school day is defined as the time before or after the official school day that includes activities such as clubs, yearbook, band and choir practice, student government, drama, sports practices, intramural sports and childcare / latchkey programs. These standards shall also apply to food supplied by schools during official transportation to and from school and school-sponsored activities, including but not limited to parties, field trips and interscholastic sporting events where the school is the visiting team.

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Physical Education and Physical Activity

Physical Education

It is the district's position that all students have equal and equitable opportunities for physical activity and fitness education in our schools. The superintendent or his/her designee shall review and consider implementing physical activity and fitness education program improvements. Physical education in <name of district> is based on a written and sequential curriculum that is aligned to the <name of state> standards for physical education.

Within budget and appropriate classroom student-teacher ratios, every effort will be made to have physical education taught by licensed physical educators at the secondary level or appropriately trained classroom teachers at the elementary level.

All teachers that teach physical education shall receive annual professional development on effective practices for physical education to ensure that all physical education instruction:

- Utilizes instructional strategies and practices that support the needs of all students, including students with chronic health conditions and/or special needs
- Offers appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education consistent with state and national standards
- Engages students in moderate to vigorous physical activity for at least 50% of physical education class time
- Assesses all students in the mastery of skills and content in physical education

Physical Activity

It is critical for lifelong health and well-being that students incorporate physical activity into their daily activities. Within the constraints of time and staffing, principals will implement:

- Daily physical activity breaks with an annual plan to integrate physical activity into most subject areas
- At least 20 minutes of daily recess at the elementary level
- Opportunities for competitive and non-competitive physical activity aimed at engaging students in fun, recreational and lifelong learning opportunities before or after the school day

Schools shall prohibit the use of physical activity and withholding of physical education class and other forms of physical activity as punishment.

School Facilities and Transportation

School grounds and facilities shall be open and available to students, their families and the community before, during and after the school day, on weekends, and during school vacation periods for access to physical activity. School facilities should be made available through joint use agreements; facilities use

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agreements and other partnerships with youth and community organizations so additional opportunities are available for all youth in our communities to participate in quality physical activity, fitness, sports and recreation programs.

Before and afterschool programs operating on school grounds shall provide at least 20% of their time to physical activity.

Schools shall identify safe and active walking and bicycle routes to school and promote these and similar alternative methods for children to travel to and from school, such as walking and bicycle programs.

Schools will ensure safe and hazard free facilities and playground structures for students through the use of a school environmental health assessment tool completed annually. The results of the assessment will be available to the school principal and the school wellness council for use in planning and prioritizing their work.

Health Education and Nutrition Education

Health Education

Skills-based health education instruction that includes information on healthy eating and physical activity as part of a comprehensive health education curriculum is offered to every student at each grade level, elementary through high school. The superintendent or his/her designee shall review the district health education curriculum and ensure it is responsive to and inclusive of the diversity of the student population. The superintendent or his/her designee shall review and consider implementing health education program improvements. Health education in <name of district> is based on a written and sequential curriculum that is aligned to national and/or <name of state> health education standards.

All students will be regularly assessed in health education and the results of this assessment will be included on their report cards every term that they are enrolled in health education.

To ensure that health education is medically accurate, developmentally appropriate, current and effective, all teachers who teach health education will receive annual professional development on effective practices in health education.

Nutrition Education and Promotion

Schools should provide nutrition education and engage in nutrition promotion at each grade level. This education is part of the sequential, comprehensive, standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health and healthy eating messages will also be integrated into classroom instruction such as math, science, language arts, social sciences, and elective subjects, and in the school cafeteria.

The district level school wellness council and school building level wellness councils will advise the district and schools on how to best integrate healthy eating messages into other subject areas.

Marketing to Students

School-based marketing will be consistent with nutrition education. Food and beverage marketing is restricted to those foods and beverages that meet the standards for school competitive foods and beverages as outlined in this policy. In addition, commercial food and beverage branding is prohibited in non-food environments such as recreational facilities, classrooms and hallways.

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School Employee Wellness

The district school employee wellness programs and policies value the role of school employees in the success and health of students. Each school building will provide a school employee wellness coordinator for the purpose of:

- Coordinating school building efforts with district level policies and programs
- Convening a school employee wellness committee that is a subgroup of the school wellness council
- Surveying the needs and interest of school staff in wellness activities and knowledge
- Creating and implementing a school employee wellness action plan to address identified areas of concern to include those activities shown that are evidenced based to prevent chronic disease and absenteeism. The action plan will include but is not limited to weight management, health screenings, tobacco cessation and stress management.
- Reporting the implementation and results of the school employee wellness action plan to the school wellness council

Evaluation and Monitoring of Policy

Principals at each school shall be responsible for the implementation of this policy. The district level School Wellness Council will monitor and evaluate the implementation of this policy. A report on the progress of implementation will be delivered to the superintendent and/or school board at the conclusion of each school year. The council may also consider as part of its evaluation the status of student health and health behaviors related to healthy eating and physical activity.

Cultural Competence

The implementation of this policy shall also be evaluated on the basis of equity, accessibility and cultural responsiveness of the district programs and services described. Changes to this policy shall be proposed as needed.

Cross References:

Legal References:

ⁱ Policy language in this document adapted from the Washington State School Directors' Association: *Sample School Nutrition and Physical Activity Policy*

ⁱⁱ Policy language in this document adapted from the National Alliance for Nutrition and Activity: *Model School Wellness Policies*

ⁱⁱⁱ Policy language in this document adapted from the Alliance for a Healthier Generation: *Healthy Schools Program Framework*