

Brookings-Harbor School District 17C

Code: **EFA-AR**
Adopted: 9/21/05

Local Wellness Program

School Wellness Committee

The district will maintain a district wide wellness committee that will serve to implement, review and monitor the district's physical activity and nutrition policy on an annual basis. Beginning in the 2006-07 school year, a member from each of the schools in the district will serve as a member of the committee. The committee will also serve as a body to review federal, state and local grant opportunities as they related to health and wellness. The committee will serve as a resource to school sites for implementation of the policy.

Nutrition Education and Promotion

The district aims to teach, encourage and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

1. Encourage a positive body image;
2. Is offered at each grade level 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; and
3. Is part of not only health education classes but also classroom instruction in subjects across the curriculum.

Communication with Parents

The district will encourage parents to provide a healthy diet and physical activity for their students. The district will send home nutrition and physical activity information to parents. School meal program nutritional information and menus will be made available to parents. Schools will encourage parents to pack healthy meals and snacks to school for their students. Lists of healthy foods and beverages will be made available to parents.

School Meals

Meals serve through National School Lunch and Breakfast Programs will:

1. Be served in clean and pleasant settings; and
2. Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations.

Breakfast

To ensure that all students have breakfast, either at home at school, in order to meet their nutritional needs and enhance their ability to learn:

1. School will participate in the School Breakfast Program;
2. School will arrange bus schedules and utilize methods to serve school breakfast that encourage participation;
3. Schools will notify parents and students of the availability of the School Breakfast Program;
4. School will encourage parents to provide a healthy breakfast for their students through newsletter, bulletins, take-home materials, etc.

Free and Reduced - Price meals

School will make effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduce - priced school meals. School may utilize electronic identification and payment systems, provide meals t no charge to all students, regardless of income, promote the availability of school meals to all students and use non traditional methods for serving meals such as "grab and go" or classroom breakfasts. All students who are identified as Homeless or Migrant are guaranteed free meals.

Summer Food Program

The district will attempt to provide its students the Summer Food Program in Brookings for a minimum of 4 weeks during the summer which meets or exceeds compliance with state and federal law.

Meal Time and Scheduling

Schools:

1. Should schedule meal periods at appropriate times, e.g., lunch should be scheduled sometime between 11:00 am and 1:00 pm;
2. Should not schedule tutoring, club organizational meetings during mealtimes unless students may eat during such activities;
3. May schedule lunch periods to follow recess/activity periods in schools' and
4. Will continue to pursue the option of providing a mid morning and mid afternoon healthy snack at the elementary level.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the district's responsibility to operate a food service program, the district will encourage continuing professional development for all service personnel in schools.

Sharing of Foods and Beverages

School will discourage students from sharing their foods or beverages with one another during meal or snack times given concerns with allergies, diets and in passing along illnesses.

Food and Beverages Sold Individually

Elementary Schools. The school service program will approve and provide all food and beverages sales through the National School Lunch Program. Given young student's limited nutrition skills, food in all elementary schools should be sold as balanced meals.

Middle and High Schools. In middle and high schools, all foods and beverages sold individually outside of the reimbursement school meal programs (including those sold in school stores, a la cart, in vending machines or fund raising activities) during the school days will meet the following nutrition and portion size standards:

1. Beverages:

Water, fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain caloric sweeteners and unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages.

Special Note: As an on-going goal, the committee has requested that its contracted venders make a 50 percent reduction in the number of non-diet sodas offered in vending machines and to the extent possible, that soft drinks offered in vending machines be sugar and caffeine free. Our goals is to continually reduce the fat, sugar, and sodium content of foods and beverages sold individually to students.

2. Fund Raising Activities

School will encourage fund raising activities that promote healthy nutrition and physical activity. While we currently sell products that do not meet minimum nutrition requirements such as candy cars and cookie dough, schools in the district will research alternative food products for fund raising that better meet healthy nutritional standards such as fruit basket, gift wrap and bottled water.

3. Snacks

Snacks served during the school day will make a positive contribution to students diets and health, with an emphasis on serving fruits and vegetables as the primary snack with water and juices as the primary beverages whenever possible. Schools will assess if and when to offer snacks based on

timing of school meals, students nutritional needs, ages and other considerations. The district will develop and disseminate a list of healthful snacks items to teachers, administrators and parents.

4. Rewards

School will not use food or beverages that do not meet nutrition standards for foods and beverages (high in refined sugar and caffeine) to the extent possible as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.

5. Celebrations

School parties should include no more than one food or beverage that does not meet the minimum nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy party ideas to parents and teachers. The district is encouraging food and beverage products used in celebrations be commercially prepared.

6. School-sponsored Events

Food and beverages offered or sold at school-sponsored events outside of the school day will be encouraged to meet nutritional standards for meals, foods, and beverages sold individually.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will make an effort to limit food and beverage marketing to the promotion of foods and beverages that meet nutrition standards for meals, foods, and beverages sold individually. The promotion of healthy foods is encouraged.

Examples of marketing techniques in school include the following but are not limited to: logos and brand names, school supplies, scoreboards, sports, equipment, educational incentive programs that provide food as a reward, and food sales through fund raising activities. Example of positive food and beverage marketing include such items as: vending machines covers that promote water, sales of fruit for fund raisers and coupons for the gym.

Daily Physical Education (P.E.) K-12

All students without exception will receive opportunity for daily physical education and/or physical activity.

Kindergarten through 6th grade: Students participate in physical activities during recess and/or specially designer PE lessons provided by PE specialists, teachers, and instructional assistants. Elementary schools currently provide physical activities and PE (all grades Except K).

7th and 8th Grades: The 7th and 8th graders have two PE specialists who work with the students population providing physical education and activities. Students also participate in daily recess.

High School: in the 2006-07 school year, all freshman will be required to successfully complete a Freshman Wellness course. The course will include classroom activities emphasizing state health education standards for promotion of nutritious diet, exercise, and lifelong health. It will also include state standards for physical activity. Students are also required to take additional credits of PE. 0.5 credits for freshman, 1.5 credits for all others.

Physical Activity Opportunities

All elementary, middle, and high schools will encourage participation in extracurricular activities such as sports clubs, school-sponsored sports and intramural program. Schools will be encouraged to offer a range of activities that will meet the needs, interests and abilities of all students.

Physical Activity and Punishment

Teachers and other school personnel will refrain from excessive physical activity as a punishment for student behavior. The practice of withholding time for physical activity will be at a minimum such as the loss of recess or PE.

Safe Routes to School

The district will assess and, if necessary and to the extent possible, incorporate needed improvements to make it safer and easier for students to walk or bike to school.

Use of School Facilities Outside of School Hours

The district has an effective policy on the use of school facilities for community groups outside of regular school hours. The district facilities area available for use by community groups offering physical activities and nutritious programs. School policies regarding building use and safety will apply at all times.

Staff Wellness

The district highly values the health and well-being of every staff member and will encourage the development of individual school and whole district wellness programs. We encourage and support each staff member to find a way to exercise during lunch and before and after work hours. The district will support and encourage personal efforts by staff to live a healthy lifestyle. One example is groups of staff that regularly walk during the lunch period. The district Wellness Committee will be a resource for school personnel regarding healthy eating and exercise ideas and opportunities. Other ideas that may be possible are a district wellness calendar that is sent each month to staff making suggestions about healthy diet and exercise, walking teams, recognition drawings, bulleting boards "activities of the month" and promotions to join athletic clubs and gyms.

Monitoring and Policy Review

The superintendent or designee will ensure compliance with established district-wide physical activity and nutrition wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and the policies of the district. The principal or designee will report on the school's compliance with district policies on an annual basis to the superintendent or designee.

School food service professionals at both the school and district levels will ensure compliance with nutrition policies within school food service areas and will report on compliance to the superintendent or designee. In addition, the district will report to the Board on the most recent USDA School Meal Initiative or SMI review findings and any resulting changes. This occurs at least every five years.

At each June Board meeting, the superintendent or designee will develop a summary report on district-wide compliance with the district's established physical activity and nutrition wellness policy, based on input from the schools and district Wellness Committee. The report will be presented to the Board and distributed to another agencies as requested.

The district will research and develop various assessments to be used in the monitoring and revision of the policy. Some of the suggested assessment tools and processes are:

1. President's Physical Fitness Challenge;
2. Active Lifestyles Program and rewards;
3. Healthy Teens Survey;
4. Healthy Kids Survey;
5. Vending company monitoring and reports of products offered and purchased.

As part of the assessment and review, the district Wellness Committee will gather assessment information and district practices with regards to physical activity and nutrition and determine how these current practices meet the requirements of the district policy. Revisions to the policy will be made as determined and agreed upon. Changes to the policy will be approved by the Board and implemented district-wide.