

Local Wellness Program

The district's comprehensive age-appropriate nutrition program will be implemented in district schools in accordance with the following requirements:

Definitions:

1. "Competitive foods" means any food or drink sold in competition with the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) in food service areas during the meal periods;
2. "Dietary Guidelines for Americans" means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks;
3. "Nutrition education" means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits;
4. "Foods of minimal nutritional value (FMNV)" means:
 - a. In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and
 - b. In the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are - protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron;
 - c. Food that is classified into four categories:
 - (1) Carbonated soft drinks;
 - (2) Chewing gum;
 - (3) Water ices; and
 - (4) Certain candies made predominantly from sweeteners such as hard candy, licorice, jelly beans, gum drops, marshmallows, fondant, cotton candy and candy-coated popcorn.
5. "Food service area" means any area on school premises where NSLP or SBP meals are both served and eaten, as well as any areas in which NSLP or SBP meals are either served or eaten;
6. "Meal period" means the period(s) during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.

Nutrition Education

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education standards. Nutrition education at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
2. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
3. How to assess one's personal eating habits, set goals for improvement and achieve those goals.

In order to reinforce and support district nutrition education efforts, the building principal, teacher, aides district staff and superintendent are responsible for ensuring:

1. Nutrition instruction and food services are following the government recommended guidelines on healthy eating and healthy life styles. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;
2. Nutrition Services shall issue periodic newsletters to provided information about healthy lifestyles, healthy nutrition, and other related items of living healthy. The district shall provide an area for parents to obtain information about services available in the community(e.g., food stamps, local food pantries, summer food service program, child and adult care food program);
3. In keeping with the district's nutrition program goals, all classroom reward or incentive programs involving food items shall exclude all items listed in FMNV definitions and supplant with healthier choices when possible (i.e., all foods served fit in a healthy diet as recommended in the Dietary Guidelines for Americans, and contribute to the development of lifelong healthy eating habits for the district's students). Edible awards or incentives will only be allowed in the afternoon Nutrition Services will recommended a listing of portion sizes.

Physical Activity

In order to insure students are afforded the opportunity to engage in physical activity in the school setting, the district will provide all students with a minimum of 30 minutes of physical activity per school day.

Nutrition Guidelines 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 building principal is responsible for ensuring:

1. The school encourages all students to participate in the school's NSLP and SBP meal opportunities;
2. The school notifies families of need-based programs for free or reduced-price meals and encourages eligible families to apply;
3. The school's NSLP/SBP maintains the confidentiality of students and families applying for or receiving free or reduced-priced meals or free milk in accordance with the National School Lunch Act;
4. The school's NSLP/SBP operates to meet nutrition standards in accordance with the Healthy Meals for Healthy Americans Act of 1994, as amended, and applicable state laws and regulations;
5. The school sells or serves varied and nutritious food choices consistent with the applicable federal government Dietary Guidelines for Americans. Cultural norms and preferences will be considered;
6. Food prices set by the district are communicated to students and parents. District pricing strategies will encourage students to purchase full meals and nutritious items;
7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served;
8. Modified meals are prepared for students with special food needs:
 - a. The district will provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies the student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the food or foods to be omitted and the food or choice of foods that must be substituted;
 - b. Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent submits a signed request that includes a medical statement signed by a physician, physician assistant, registered dietitian or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of food(s) that may be substituted in place of the lunch or breakfast menu being served.
9. Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety;
10. Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure:
 - a. Tables and chairs are of the appropriate size for students;
 - b. Seating is not overcrowded;
 - c. Students have a relaxed environment;
 - d. Noise is not allowed to become excessive;
 - e. Rules for safe behavior are consistently enforced;
 - f. Tables and floors are cleaned between meal periods;

- g. The physical structure of the eating area is in good repair;
 - h. Appropriate supervision is provided.
11. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations and guidance apply to schools.

Other School Based Activities

The district will provide the following activities and encourage the following practices which promote local wellness:

- 1. Scoliosis screenings;
- 2. Intramural sports;
- 3. Foodless Fundraisers;
- 4. Monthly/weekly school walks;
- 5. Assemblies which focus on wellness issues such as obesity and obesity related diseases, healthy eating, and the benefits of physical exercise;
- 6. The use of alternates to food as rewards in the classroom;
- 7. Limits the amount of foods with no nutritional value that are sold in vending machines; and
- 8. Support groups for overweight students.

Foods of Minimal Nutritional Value (FMNV) and Competitive Food Sales

In keeping with federal regulations, the district controls the sale of FMNV and all competitive foods.

Though federal regulations permit FMNV to be offered for sale in food service areas before and after school meal periods, and outside of food service areas at any time, district schools (effective 2006-07 for Creslane and the Middle School, and by 2008-09 for the High School) are directed to minimize such sales by requiring that half of all such food items and beverages offered for sale meet Dietary Guidelines for Americans this will include any organization or entity at any location on district premises and at district-sponsored events (e.g., vending machine offerings, student stores, school or district events, food sales at activity/athletic events.)

The following are examples of nutritional food items that meet Dietary Guidelines for Americans.

- 1. Canned fruits;

2. Fresh fruit (e.g., apples and oranges);
3. Fresh vegetables (e.g., carrots);
4. Fruit juice and vegetable juice, at least 50 percent real juice, and bottled water, within established district guidelines;
5. Low-fat crackers and cookies, such as fig bars and ginger snaps;
6. Pretzels;
7. Bread products (e.g., bread sticks, rolls, bagels and pita bread);
8. Ready-to-eat, low-sugar cereals;
9. Granola bars made with unsaturated fat;
10. Low-fat (one percent) or skim milk;
11. Low-fat or nonfat yogurt;
12. Snack mixes of cereal and dried fruit with a small amount of nuts and seeds;
13. Raisins and other dried fruit;
14. Low-fat crackers.

The sale of all other foods, other than FMNV, in competition with the district's NSLP/SBP meals shall be permitted in school food service areas during school meal periods only when all income from the food sales accrues to the benefit of the district's nutrition and food services operation.

Other Foods Offered or Sold

The district recognizes that federal government standards requiring schools to provide NSLP/ SBP meals consistent with applicable Dietary Guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Foods offered in classrooms shall be of nutrition value.

Staff Development

Ongoing in-service and professional development training opportunities for staff will be encouraged.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are sent home with students;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Families are invited to attend exhibitions of student nutrition projects or health fairs.

Program Evaluation

The district shall evaluate the effectiveness of the local wellness program annually. The superintendent or designee is responsible for administering the Healthy School Index or other similar instrument to comply with the evaluation component of this policy.