

Gresham-Barlow SD 10

Code: EFA-AR
Adopted: 6/01/06

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, jellybeans, gumdrops, 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 in the GBSD will develop the knowledge and skills necessary for students to practice healthy eating patterns in accordance with the *Dietary Guidelines for Americans* that prevent nutrition related health risks. Nutrition topics will be integrated into the sequential, comprehensive, age-appropriate health education curriculum that is taught in the K-8 and high school program and other subject areas as appropriate. Consistent with OR state standards, nutrition education will focus on students' eating behaviors to help students learn:

1. The benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, and safe food preparation, handling and storage;
2. Nutrition-related skills such as planning a healthy meal, reading, understanding and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
3. How to assess personal eating habits, set goals for improvement and achieve those goals.

Nutrition education instructional activities will stress the appealing aspects of healthy eating and be participatory, developmentally appropriate and enjoyable. Instructional time for nutrition education will be no less than 5 hours per year in grades K-5 and no less than 10 hours per year in grades 6-8. At the high school level, nutrition education will maintain its current percentage of the total health curriculum. The district's program will engage families as partners in their children's education. District and school site personnel will assess all nutrition education curricula and materials for accuracy, completeness, balance and consistency with state standards and district goals.

In order to reinforce and support district nutrition education efforts, the principal is responsible for ensuring nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible.

Physical Activity

1. Physical activity should include regular instructional physical education, recess, as well as access to co-curricular activities.
2. The district will develop and assess student performance standards in order to meet the Oregon Department of Education's physical education content standards.
3. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity and through the provision of space and equipment.
4. Classroom teachers will provide short physical activity breaks in the classroom between lessons or classes, as appropriate.

5. Make school facilities available to the community and student groups outside of school hours to promote and encourage physical activity, and good nutrition.
6. During an average week of school, it is recommended that students receive a minimum of 150 minutes of physical activity.
7. The school environment supports practices where healthy eating and physical activity are modeled.

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 and 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 and 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*. Schools contracting out the food service part of their NSLP and SBP shall form a nutrition advisory committee comprised of teachers, students and parents to assist in menu planning. 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.

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 sold in food service areas before and after school meal periods, and outside of food service areas at any time, district schools are directed to prohibit such sales until one half hour following the last lunch period. All food items and beverages sold by 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, etc.) are encouraged to meet applicable Dietary Guidelines for Americans.

No Vending Machines will be located in student areas at the district's elementary schools.

Student stores will make available nutritional value information of all food and beverage products sold.

Accordingly, the district will select from the following nutritional food items¹ offered or included in all such sales:

1. Canned fruits;

¹This is a suggested list only. Modifications can be made through the District's Nutritional Advisory Committee.

2. Fresh fruit (e.g., apples and oranges);
3. Fresh vegetables (e.g., carrots);
4. Fruit juice and vegetable juice, at least 50 percent full strength, 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;
15. Popcorn.

Other Foods Offered or Sold

The district recognizes that federal government standards requiring schools to provide NSLP and 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.

It is recommended that foods offered in classrooms or school-sponsored activities and food and beverages sold as part of approved school fund-raising events, be nutritious foods as determined by the district's nutrition committee.

Staff Development

Ongoing professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food services personnel receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee's job duties. The Nutritional Service Department is

responsible to ensure that the nutrition service staff receives training including, but not limited to, the following:

1. Personnel management;
2. Financial management and record keeping;
3. Cost- and labor-efficient food purchasing and preparation;
4. Sanitation and safe food handling, preparation and storage;
5. Planning menus for students with special needs and students of diverse cultural backgrounds;
6. Customer service and student and family involvement; and
7. Marketing healthy meals.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools:

1. Nutrition education materials and cafeteria menus are sent home with K-5 students;
2. Nutrition education materials and cafeteria menus are available on the district's website for all grade levels;
3. Parents are encouraged to send healthy snacks/meals to school;
4. K-8 parents and other family members are invited to periodically eat with their student in the cafeteria;
5. Families are invited to attend exhibitions of student nutrition projects or health fairs.

Program Evaluation

In order to evaluate the effectiveness of the local wellness program in promoting healthy eating, increased physical activity among students and to implement program changes as necessary to increase its effectiveness, the superintendent or designee is responsible for ensuring:

1. Board policy and this administrative regulation are implemented as written;
2. All building, grade-level nutrition education curricula and materials are assessed for accuracy, completeness, balance and consistency with state and local district educational goals and standards;
3. Nutrition education is provided throughout the student's school years as part of the district's age-appropriate, comprehensive nutrition program;

4. Teachers deliver nutrition education through age-appropriate, culturally relevant, participatory activities that include social learning strategies and activities;
5. Families and community organizations are involved, to the extent practicable, in nutrition education.

Each school site shall establish a Wellness Committee to develop guidelines for physical activity, food rewards, celebrations, home based fundraising and school sponsored events in order to meet the intent of the District Wellness Policy.