

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.
2. "Nutrition education" means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits.
3. "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.
4. "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.
5. "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:

- o 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.
- o 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
- o How to assess one's personal eating habits, set goals for improvement and achieve those goals.
- o Allot one week of each school year to inform, celebrate and focus on Wellness at all grade levels.

In order to reinforce and support district nutrition education efforts, the building principal is responsible for ensuring:

- o 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 and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible.
- o Links with nutrition service providers (e.g., qualified public health and nutrition professionals) are established to: provide screening; referral and counseling for nutritional problems; inform families about supplemental nutritional services available in the community (e.g., food stamps, local food pantries, summer food services program, child and adult care food program); and implement nutrition education and promotion activities for school staff, Board members and parents.
- o In keeping with the district's nutrition program goals, only classroom reward or incentive programs involving food items which meet the requirements of the district's nutrition policy and regulation will be encouraged (i.e., 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).

Physical Activity

The superintendent or designee is directed to keep the district in compliance with state standards for physical activity.

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 maintain the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act.
4. The school's NSLP and SBP operate 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. A nutrition committee comprised of students, family members and school personnel will be encouraged to provide input in menu planning for districts operating their own food service component of the NSLP and SBP (i.e., food services purchasing, menu planning, food production and meal service.) 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, nurse practitioner or registered nurse. 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 encouraged to minimize such sales by requiring that at least 25% of all such 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.) meet applicable Dietary Guidelines for Americans.

Special Note: Our goal is to continually evaluate the fat, sugar, sodium and caffeine content of foods and beverages sold individually with the effort of decreasing total amounts.

Examples of acceptable Beverages:

- Water
- Fruit juices
- Vegetable juices
- Fruit-based drinks that contain at least 50% fruit juice and that do not contain caloric sweeteners
- Unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent nondairy beverages.

Fund Raising Activities

Schools will encourage fundraising activities that promote healthy nutrition and physical activity. Myrtle Point School District will research alternative food products for fund raising that better meet healthy nutritional standards such as fruit basket, gift wrap, greeting cards, magazine sales and bottled water.

Snacks

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks 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, children's nutritional needs, ages and other considerations. The district will develop and disseminate a list of healthful snacks items to teachers, administrators and parents. This list will also be found in the Student Handbook and reminders will be sent home before known party dates.

Rewards

Schools will not use foods or beverages that do not meet nutrition standards for foods and beverages to the extent possible as rewards for academic performance or good behavior and will not withhold food or beverages as a punishment.

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 school district will disseminate a list of healthy party ideas to parents and teachers. The school district is requesting that all food and beverage products used in celebrations be commercially prepared.

School-sponsored Events

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

Staff Development

Ongoing pre-service and 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 building principal and food service personnel are responsible to ensure appropriate training is made available.

Nutritional and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

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

Encourages a positive body image;

- o 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
- o Is part of health education classes and classroom instruction in subjects across the curriculum;

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amounts of daily activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education classes. Toward that end, the Myrtle Point School District will encourage that:

- o Classroom health education will complement 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.
- o Opportunities for physical activity will be incorporated into other subject lessons.
- o Classroom teachers will provide short physical activity breaks between lessons and classes as often as is practical and possible.

Health Promotion

The school district will establish a wellness committee in each school to plan and schedule activities, review the program and activities, process suggestions for adding or changing activities and direct the wellness policy. Each building administrator will report during his or her regular board reports about Wellness progress and activities.

Communications with Parents

The school district will support parents' efforts to provide a healthy diet and physical activity for their children. The district/schools 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 children. Lists of healthy foods and beverages will be made available to parents.

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 and foods and beverages sold individually. The promotion of healthy foods is encouraged.

Example of marketing techniques in schools 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. Examples of positive food and beverage

marketing include such items as: vending machine covers that promote water, sales of fruit for fundraisers and coupons for the gym.

Staff Wellness

The Myrtle Point School District highly values the health and well-being of every staff member and will encourage the development of individual school and whole school district wellness programs. The school district will support and encourage personal efforts by staff to live a healthy lifestyle.

Physical Activity Opportunities and Physical Education

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

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

Kindergarten through 6th grade: Students participate in physical activities during recess and specially designed PE lessons provided by administrators, teachers and instructional assistants.

Junior/Senior High School: All 7th and 8th grade students will be required to successfully complete a P.E. and Health course each year. Freshman will be required to complete one year of P.E. Sophomores will be required to complete one year of Health. It is suggested that the requirement for P.E. be increased for grades 10 - 12.

Daily Recess

All first through sixth grade students will have at least 35 minutes per day of supervised recess, preferably outdoors, during school hours. Half-day Kindergarten students will have at least 15 minutes per day of supervised recess. This recess should encourage moderate to vigorous physical activities through verbal instruction, modeling and provision of space and safe equipment. Should students participate in activities requiring long periods of time with physical inactivity, frequent breaks for stretching and moving around should be encouraged and provided.

Physical Activity Opportunities Before, During and After School

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

All after school and child care programs should encourage moderate to vigorous physical activities for children.

Use of School Facilities Outside of School Hours

The Myrtle Point School District has an effective policy on the use of school facilities for community groups outside of regular school hours. Myrtle Point School District facilities are available for use by

community groups offering physical activities and nutrition programs. School policies regarding building use and safety will apply at all times.

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 school district. The school 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 school district will report to the School Board on the most recent USDA School Meals Initiative or SMI review findings and any resulting changes. This occurs at least every 5 years.

At each May School 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 School Board and distributed to other agencies as requested.

The school 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:

- o President's Physical Fitness Challenge
- o Active Lifestyles Program with rewards
- o Healthy Teens Surveys
- o Healthy Kids Survey
- o Vending company monitoring and reports of products offered and purchased
- o Develop and test new ideas and programs

As part of the assessment and review, the school district Wellness Committee will gather assessment information and school 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 School Board and implemented district-wide.