

Student Wellness Goals for Board Policy

The Loleta School District is committed to providing school environments that promote and protect children's health, well-being and ability to learn by supporting healthy eating and physical activity. Therefore, the goals of the Loleta School District for Student Wellness include:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, the district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program.)
- The school will provide nutrition education, physical education, and recycling to foster lifelong habits of healthy eating, physical activity, and recycling to reduce waste and establish linkages between health education, school meal programs, and related community services.

TO ACHIEVE THESE POLICY GOALS:

1. School Health/Nutrition and Physical Education Committee
2. Nutritional quality of foods and beverages sold and served on campus defined by new school codes.
3. Nutrition and physical education promotion and food marketing.
4. Physical education opportunities.
5. Monitoring and policy review.

I. School Health Wellness Committee

The school district will create, strengthen, and work with the Wellness Committee health/nutrition/physical education committee to develop, implement, review, and, as necessary, revise school nutrition and physical activity policies. The committee will

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serve as a resource to school for implementing those policies adopted by the School Board. (The Wellness committee consists of a group of individuals representing the school and community, and may include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professional, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and served on Campus will be Compliant with Senate Bill 12

School Meals:

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA);
- Ensure that the served grains meet the whole grain requirements as set forth by USDA.

Breakfast

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

- We will, to the extent possible, operate the School Breakfast Program.
- We will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- We will notify parents and students of the availability of the School Breakfast Program and lunch program in the monthly newsletter.
- We will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-priced Meals: We will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, we may utilize electronic identification and payment systems; promote the availability of school meals to all students. All students on the free and reduced lunch program attending a field trip from the school grounds will be provided a sack lunch.

Meal Time and Scheduling

- We will provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

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- We will schedule meal periods at appropriate time, e.g. lunch should be scheduled between 11:00 am and 1:00 pm;
- We will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities:
- All class parties will happen no less than one hour prior to lunch.
- We will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- We will take reasonable steps to accommodate oral hygiene regimens of students with special oral health needs (e.g. orthodontia or high tooth decay risk).

Qualifications of School Food Services Staff: Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in the school. Staff development programs will include appropriate certification and/or training programs for child nutrition and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages: We discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Loleta Schools: The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals. If available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. (We have no fried foods)

- Beverages allowed: water or seltzer water without added caloric sweeteners' fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners: unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA)
- Not allowed: soft drinks containing caloric sweeteners; sports drinks: iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-fat chocolate milk (which contain trivial amounts of caffeine).

Foods (food item sold individually)

- Will have no more than 30% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Will have not more than 35% of its weight from added sugars;

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- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups' and will contain no more than 600 mg pizza, sandwiches, and main dishes.
- A choice of a least two fruits and/or non-fried vegetables will be offered for sale at any location on the school where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are a least 50% fruit juice and that do not contain additional caloric sweeteners; cooled, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Student Portion Sizes:

Limit portion sizes of food and beverages sold individually to those listed below:

- One and one quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky:
- One ounce for cookies:
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items:
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream:
- Eight ounces for non-frozen yogurt:
- Twelve fluid ounces for beverages, excluding water; and
- Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities will be limited. They will include foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Non-compliant food items may be sold (SB12) provided the items are sold by pupils and the sale of those items takes place away from the school premises or one-half hour after the end of the school day. The District will encourage fundraising activities that promote physical activity and make available a list of ideas for acceptable fundraising activities.

Snacks: Snacks served during the school day or in after-school care programs will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Celebrations: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. The district will disseminate a list of healthy party ideas to parents and teachers.

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School-sponsored Events (such as, but not limited to PTO school carnival, athletic events, dances, or performances) will be compliant with Senate Bill 12: Foods and beverages offered or sold at school-sponsored event will be sold outside the school day.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: Loleta School District will teach, encourage, and support healthy eating by students and food recycling. The district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designated to provide students with the knowledge and skills necessary to promote and protect their health; and support waste management.
- Is one part of not only health education classes, but also classroom instruction in subjects such as math, science, (and science fair), language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriated, culturally-relevant, participatory activities such as contests, promotions, taste testing, farm visits, and the school garden;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); discuss eating disorders, dangers of steroid use, etc.
- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting: 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, such as watching television and playing video games. During regular classroom hours teachers will provide:

- Opportunities for physical activity incorporated into other subject lessons; and
- Short physical activity breaks between lessons or classes, as appropriate.

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Communications with Parents: The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Offer healthy eating tips for parents, send home nutrition information, and post nutrition tips;
- Encourage parents to pack healthy lunches and snacks and discourage including beverages and foods that do not meet the above nutrition standards for individual foods and beverages;
- Encourage trash-free packaging of snacks and lunches sent from home, as well as use of recycling opportunities as school
- Provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities in the school newsletter;
- Provide opportunities for parents to share their healthy food practices with others in the school community;
- Provide information about physical education and other school-based physical activity opportunities during, and after the school day; support parents' efforts to provide their children with opportunities to be physically active outside of school;
- Share information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework; and support information about community recreational activities and programs.

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. As such, the district will;

- Limit food and beverage marketing to the promotion of foods and beverage that meet the nutrition standards for meals or for foods and beverages sold individually; and
- Promote and encourage healthy foods, including fruits, vegetables, whole grains and low-fat dairy products.

Examples of marketing techniques include the following:

- Logos and brand names on/in vending machines, books or curricula, textbook covers, calendars, school supplies, scoreboards, school structures, and sports equipments;
- Educational incentive programs that provided food as a reward;
- Programs that provide schools with supplies when families buy low-nutrition food products;
- Free samples or coupons' and food sales through fundraising activities.

Staff Wellness: Loleta School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

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- The District may establish and maintain a staff wellness committee composed of at least one staff member, school health committee member, Board member, other health professional, recreation program representative.
- The District will make available the JPA Insurance monthly newsletter to encourage healthy habits, choices and physical well-being.
- The school plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements for a healthy lifestyle among school staff.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-8

- All students in grades K-8, including students with disabilities, special health-care needs, will receive daily physical education (or its equivalent of 200 minutes every ten school days) for the entire school year.
- All physical activities will be taught by a certificated teacher.
- Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess: All students will have daily-supervised recess. Teachers will encourage moderate to vigorous physical activity through the provision of space and equipment.

Activity Throughout the Day: Loleta School will discourage extended periods of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, teachers will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Safe Routes to School: The District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public work, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours: School spaces and facilities will be available to students, staff, and community members before, during and after the school day, on Saturdays, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and

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nutrition programs. School policies concerning facility use, insurance and safety will apply at all times.

V. Monitoring and Policy Reviews

Monitoring: The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food services areas and will report on this matter to the superintendent. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district wide compliance with the district's established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all School Wellness committee members, parent/teacher organizations, school principals; school health services personnel in the district, the school site council, and the community.

Policy Review: To help with the initial development of the district's wellness policies, the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies to identify and prioritize needs.

- Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.
- As part of that review process, the school district will review:
 - Our nutrition and physical activity policies;
 - Provision of an environment that supports healthy eating and physical activity;
 - Nutrition and physical education policies and program elements;
 - The 5th and 7th grade physical fitness test to measure areas of growth in Physical Education Program and/or areas for improvement.
- The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.