
THE DISTRICT'S WELLNESS PROGRAM

The District, in conjunction with parental efforts, is committed to providing intellectually stimulating school environments that promote and protect students' health, social and emotional well-being, and ability to learn by supporting healthy eating, physical activity, and other behaviors that contribute to student wellness. Good health fosters student attendance and educational attainment. Students need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

Nutrition Education

Students will receive nutrition education that is interactive and teaches the skills they need to adopt lifelong habits of healthy eating. The curriculum will be based on the state health standard regarding the promotion of healthy eating: *Acquire knowledge and skills to understand and practice healthful nutrition that contributes to growth and energy and helps prevent chronic disease*

The District elementary detailed curriculum outlines the nutrition education that is to be provided at grades K-5. State benchmark standards will also help guide instruction.

Kindergarten

- Naming foods from plants and animals
- Naming fruits and vegetables
- Identifying healthy snacks

First Grade

- Identifying food groups and placing foods in various groups
- Making healthy food choices

Second Grade

- Understanding the Food Guide Pyramid
- Introducing dietary guidelines
- Making healthy food choices with introduction of fats and oils

Third Grade

- Introducing serving size
- Following dietary guidelines for healthy eating
- Examining personal eating habits
- Developing healthy eating habits

Benchmark #1 (Grade 3): Recognize the importance of variety and moderation in food selection and consumption; Choose a variety of foods to eat from different food groups; Advocate for more fruits and vegetables at school.

Fourth Grade

- Introducing nutrients, minerals and vitamins
- Understanding the importance of water
- Introducing proteins, carbohydrates, starches, sugars and salts
- Introducing unsaturated fats vs. saturated fats
- Reading food labels

- Understanding the function of preservatives and additives
- Developing healthy eating habit

Fifth Grade

- Introducing simple and complex carbohydrates
- Introducing calories
- Introducing the digestive process
- Introducing cholesterol
- Evaluating nutrients in various foods
- Discussing hunger, appetite, satiety and eating disorders

Benchmark #2 (Grade 5): Explain how healthful eating habits can lead to wellness; Describe how media, cultural, and family influences healthy eating.

Middle School

- Articulating the relationship between good nutrition and overall health
- Expanding on the Food Guide Pyramid and evaluating meal plans
- Discussing healthy weight control
- Studying vitamins and their benefits to the body
- Discussing eating disorders
- Developing healthy eating habits

Benchmark #3 (Grade 8): Explain the importance of variety and moderation in food selection and consumption; Track progress toward achieving a short-term personal goal related to variety and moderation within healthy eating.

High School Health

- Describing factors that influence food choices
- Defining nutrients, the role of each class of nutrients in maintaining good health, food sources for each nutrient
- Contrasting complete and incomplete proteins
- Discussing properties of water-soluble and fat-soluble vitamins
- Describing the recommended range of servings for the food groups
- Explaining how to control fat, sugar and sodium intake
- Developing healthy eating habits

Benchmark #4 (Grade 10): Describe dietary guidelines, food groups, nutrients and serving size for healthy eating habits; Critique the adequacy of own diet for key nutrients and identify foods that supply the identified nutrients; Set a personal goal based on a dietary analysis to enhance health.

Attractive, current educational materials regarding nutrition shall be displayed in the dining area/cafeteria.

Physical Activity

Physical activity includes regular physical education, athletics and intramurals, and recess (at the elementary level). All students will be encouraged to participate in regular physical activity and will be provided with appropriate opportunities for participation in physical activity. Physical education instruction will be consistent with state adopted standards.

Recognizing the critical importance of sufficient physical activity for students, elementary schools will withhold recess for disciplinary reasons only as part of an individual or schoolwide plan. Access to physical education classes at any level will not be withheld for unrelated disciplinary reasons. Schools will be encouraged and supported to the extent practical to develop opportunities for students to engage in physical activity during the day.

Recess time will be provided at all elementary schools. All elementary schools will provide a minimum of 15 minutes of recess time per day. In addition, all elementary schools will provide a minimum 30 minute daily lunch period that provides for at least 10 minutes of recess time.

All elementary schools will provide a minimum of 30 minutes of physical education per full calendar week for kindergarten students. All elementary schools will provide a minimum of 60 minutes of physical education per full calendar week for students in grades 1st – 5th. All middle schools will provide a minimum of one semester of physical education per year. High school students will be required to earn one credit of physical education. High school students will be strongly encouraged to participate in additional physical education classes.

Nutrition Guidelines

Definitions:

1. Food of minimal nutritional value (FMNV) is defined as:
 - Soda Pop
 - Water Ices – Frozen, sweetened water, various “sicles” except those containing fruit or fruit juice
 - Chewing Gum
 - Certain candy: hard candy (breath mints, lollipops, sour balls etc.), sugar wafers, jelly beans, gum drops, jellied fruit slices, marshmallows and marshmallow candy, candy corn, soft mints, licorice, cotton candy; candy-coated popcorn. Specific examples: Life Savers, Jolly Ranchers
2. Food of limited nutritional value (FLNV) is defined as a food in which most calories are provided in the form of fat and/or sugar. Examples may include fried potato chips, chocolate bars, donuts, snack cakes and cookies
3. A healthy snack (HS) is defined as an item that is not composed of more than 35% fat, sodium, or added sugar and potentially include Fig Newtons, graham crackers, rice cakes, pretzels, low-fat popcorn, trail mix, low-fat granola bars, 100% fruit snacks such as roll-ups, low fat string cheese, low fat sports bars, baked chips, fruit, veggies with low fat dip, peanut butter and crackers, certain jerky. . Students will have access to a variety of affordable, nutritious, and appealing foods for breakfast, lunch and snacks.

School Beverage Guidelines

In collaboration with the American Beverage Association, the District will make available only nutritious and low calorie beverages to students during regular school hours. At the elementary and middle school level, offerings will include water, ~~nutrient rich 100% juice~~ light juices and low fat or non fat milk. At the high school level, offerings will include water; ~~nutrient rich 100% juice~~; light juices low fat and non fat milk; calorie-free or low calorie drinks including teas, sport drinks, fitness waters, light juices and sport drinks.

No soda pop, diet or regular, will be sold during school hours. On a limited basis, school staff may provide soda pop to students for special events and/or as a specific part of a lesson design during school hours.

No beverage vending machines will be permitted at the elementary level.

Regular and diet soda pop may be made available at events that occur outside regular school hours.

School Food Guidelines

On a limited basis, school, staff may provide FMNV for special events and/or as a specific part of a lesson design during school hours. Foods of minimal nutritional value may be available at events that occur outside regular school hours.

Schools are encouraged to limit the sale or distribution of foods of limited nutritional value (FLNV) in favor of foods that are considered healthy snacks (HS) both during school hours and at events that occur outside regular school hours.

Schools that operate student stores are ~~strongly encouraged~~ to have ~~at least 50% of~~ **all** food items offered for sale meet the requirements of a healthy snack. During the lunch period, schools are ~~encouraged~~ to limit opening student stores to the last ~~10-15~~ minutes.

Schools ~~are encouraged to limit the~~ **shall not** use of FLNV as rewards in favor of foods that are considered HS. All food that is offered as an incentive, reward, or part of the curriculum should be used judiciously, taking into consideration the nutritional value of the food being served and the frequency of use.

Schools are encouraged to limit the use of FLNV in fund raising efforts in favor of efforts that promote physical activity (Jog-a-thon, golf tournaments, etc.), academic enhancement (Read-a-thon, book sales, etc.), or the sale of items that are not food-based (bulbs, magazines, plants, t-shirts, etc.)

Schools are encouraged to promote HS at all classroom parties and to develop guidelines for the number of classroom parties that are allowable per year. Any elementary-level classroom party involving food should be conducted after the students' lunch period. A list of HS options and beverage guidelines will be made available to elementary-level parents at the beginning of the school year.

Competitive food sales or offerings, ~~excluding~~ **including** student stores, need to be reviewed with the Fiscal Services Director and/or the Food Service Director with the goal of eliminating or mitigating the fiscal impact on the District's food service program.

School staffs are encouraged to model the nutrition guidelines when in the presence of students.

National School Breakfast and Lunch Program

The District's food service operations will provide nutrient-dense, tasty food that offers a variety of fruits and vegetables and always provides a vegetarian option. Nutrition standards will meet or exceed those set by the National School Breakfast and Lunch Programs.

The District will operate the National School Breakfast and Lunch Program in all schools and employ strategies that encourage participation in the program. The District will notify families of the availability for free or reduced price meals and will maintain the confidentiality of students and families applying for or receiving free or reduced price meals.

Recognizing the importance of sufficient time to eat and a pleasant, relaxed eating environment, schools will adopt a minimum number of minutes that students have to eat lunch and will consider other strategies, such as recess before lunch, that contribute to healthy eating. School dining areas will be reviewed to ensure that seating is not overcrowded, noise is not allowed to become excessive, rules for safe behavior are consistently enforced, tables and floors are cleaned between meal periods, and the physical structure of the eating area is in good repair.

The District will provide to families, on request, information about the ingredients and nutritional value of the foods served.

Monitoring and Policy Review

The Superintendent will:

1. Utilize site councils to function as the district's Wellness Committee.
2. Ensure compliance with the established policy and AR.
3. Present a summary report, every two years, to the Board that summarizes the results of the district's wellness policies and procedures.

4. Distribute the summary report to all schools in the district

Each school principal will:

1. Ensure compliance with the policy and AR in his/her school
2. Provide information every two years to the Superintendent regarding the results of the District's wellness policies and procedures

Site councils will:

1. Review schoolwide implementation of the District wellness policy and AR for compliance on an annual basis.
2. Report to the Superintendent any problems and possible solutions encountered while implementing the District's wellness policy and AR

The Board will:

1. Review the policy in one year after receiving a summary report from the Superintendent
 2. Revise the wellness policy, if needed, and provide guidance on revisions to the AR.
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