

La Harpe Community District #347 School Wellness Policy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students. Our commitments to providing nutrition education and regular physical activity, as well as access to nutritious foods for all students, are described here.

I. Nutrition education and promotion

Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, and school media:

- Teachers will integrate nutrition education into core curricula. Specifically, the nutrition curriculum will encompass:

- Promotion of adequate nutrient intake and healthy eating practices;
- Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information;
- Examination of the problems associated with food marketing to children;
- Nutrition themes including, but not limited to USDA's MY Plate, Dietary Guidelines for Americans, adequate nutrient intake (such as carbohydrates, proteins, fats), body image and food safety.

- The nutrition education program will be linked to school meal programs, school gardens, and cafeteria nutrition promotion;

- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes;

- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar;

- Staff will only use approved nutrition curriculum in the classroom. Curriculum developed by corporate interests is prohibited;

- Nutrition education will be provided to families via handouts, newsletters, postings on the web-site, presentations, and workshops. The school menu will be posted online;

- Staff is strongly encouraged to model healthful eating habits, and discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum. Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos);

- Families, who pack lunches, will be given information on how to pack lunches and snacks that meet district nutrition standards.

II. Nutrition Standards for All Food and Beverages Sold or Served on School Grounds

A. USDA School Meals: School meals will include a variety of healthy choices while accommodating special dietary needs and ethnic and cultural food preferences. District shall participate in the USDA school breakfast and school lunch. In addition:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements;

- Meals served through the National School Lunch and Breakfast Programs will be appealing and attractive to children, be served in a clean and pleasant setting, offer a variety of fruits and vegetables, and ensure that half of the served grains are whole grain.

- Participation in the School Breakfast Program will be advertised. Parents will be encouraged to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

- Cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they may/must take, as well as cooking techniques, recipe implementation, sanitation, and food safety;

- Sample USDA menus or USDA software for menu review will be used;

- Students will be provided at least 10 minutes to eat breakfast and 20 minutes to eat lunch after being seated;

- Meals will be served in a clean and pleasant setting and under appropriate supervision. Rules for safe behavior will be consistently enforced;

- Tutoring, club, or organizational meetings will not be scheduled during meal time, unless students may eat during such activities;

- Students will have access to hand washing/hand sanitizing facilities before meals and snacks and staff will remind students to make use of them;

- Information on the nutritional content and ingredients of meals will be found on menus, in school newsletters and on the district web-site. Parents and students will be informed that information is available and information shall be kept up-to-date;

- Participation in school meal programs will be promoted. Parents will be notified of the availability of the breakfast and lunch and will be encouraged to determine eligibility for reduced or free meals.

-Students will be discouraged from sharing their food and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

B. Competitive Foods and Beverages: All foods and beverages sold on school grounds to students outside of reimbursable school meals are considered "competitive foods." Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores and for in-school fundraisers. All competitive foods must comply with the district's nutrition standards, as well as all applicable state and federal standards.

The Institute of Medicine's nutrition standards for competitive foods/beverages in schools has been adopted by the district. A summary of the standards is below.

-Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below:

- Packaged items shall not exceed one serving per package/200 calories;

- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;

- Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30grams of total sugars per 8 oz serving;

- Items shall contain less than or equal to 200mg of sodium per packaged portion;

- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., ½ serving of fruit and ½ serving of whole grain in one portion).

-Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

-The only beverages allowed to be sold outside of school meals include: -Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of total sugars per 8 oz); -100% fruit/vegetable juice in 4 oz portions for elementary and middle school; Plain water or seltzer water without added caloric sweetener.

C. Additional Foods Available to Students

Fundraising - Non-food fundraising is promoted. When in-school fundraising involves food, items must meet the district's nutrition standards for competitive foods and cannot be sold for immediate consumption

- Fundraising activities that promote physical activity are encouraged.
- Fundraising activities will not promote branded products (for example, Domino's Dough Raising Program, branded candy sales, etc.)

Celebrations - Celebrations that involve food will be limited to one per month. Only foods that meet district's nutrition standards will be allowed at school celebrations;

- Parents will be made aware in advance of when a celebration with food is taking place and what is to be served;
- Non-food celebrations will be promoted and a list of ideas will be available to parents and teachers.

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 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 and parents.

Access to Drinking Water - Students and school staff members will have access to free, safe, fresh drinking water at all times throughout the school day. Supervisory staff will facilitate access to water in the cafeteria. Students will be allowed to bring drinking water into the classroom.

- Water will be promoted as a substitute for sugar-sweetened beverages (SDBs)
- School staff will be encouraged to model drinking water consumption.
- Maintenance will be performed on all water fountains regularly to ensure that hygiene standards for drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water are maintained.

III. Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, the following guidelines apply:

- Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy; Examples of marketing techniques include the following: - Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or on its container;

- Displays, such as on vending machine exteriors; - Corporate brand, logo, name, or trademark on cups, posters, book covers, school supplies, or educational materials;
- Advertisements in school publications or school mailings;
- Sponsorship of school activities, fundraisers, or sports teams;
- Educational incentive programs such as contests, or programs that provide schools with supplies or funds when families purchase specific food products;
- Free samples or coupons displaying advertising of a product

IV. Physical Activity

A. Physical Education

All PK-8 students will receive daily physical education (125 minutes per week for elementary school students and 200 minutes per week for junior high school students) for the entire school year. Physical Education will be standards- based, using national and state developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, and responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills. Student involvement in other activities, including those involving physical activity (e.g. interscholastic or intramural sports), will not be substituted for physical education.

- Physical education classes will count toward graduation and GPA;
- The school will provide adequate space/equipment and conform to all safety standards;
- The school prohibits the use of withholding physical education class and other forms of physical activity as punishment;
- All Physical Education classes will be taught by a qualified physical education teacher and at least 50% of class time will be spent in moderate to vigorous activity;
- Physical education staff will receive professional development on a yearly basis;
- The school will conduct annual Fitness gram assessments and will send confidential reports to parents, along with additional resources.

B. Physical Activity

All students will have opportunities for physical activity beyond physical education class on a daily basis. Classroom health education will reinforce the knowledge and skills needed to maintain a physically active lifestyle. Students will be encouraged to reduce sedentary time, and will not be required to engage in sedentary activities for more than two hours without an opportunity to stretch and move around. Short (3-5 minute) “energy release” physical activity breaks will be provided between classes in elementary school. Teachers will be expected to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

C. Recess

All elementary school students will have at least 20 minutes a day of supervised recess during which moderate to vigorous physical activity will be encouraged. Outdoor recess will only be withheld in the event of extreme weather, as defined by the district. In the event that recess must be held indoors, teachers and staff will follow indoor recess guidelines, developed by the school’s Wellness Committee, to ensure adequate physical activity for students.

D. Physical Activity Programs

Elementary and junior high school will offer extracurricular physical activity programs, such as interscholastic sports programs to all students.

E. Safe Routes to School

The school 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. For example, crossing guards may be stationed around the school to facilitate safe walking and biking school commutes, and bike racks will be available. The school will work together with local public works, public safety, and/or police departments in those efforts.

V. Staff Wellness

The 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. The Wellness Committee will develop, promote, and oversee a plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle.

VI. Evaluation and Enforcement

This wellness policy was developed by the District Wellness Committee. The committee meets annually to review and revise, if needed, policy content and to design and evaluate implementation plans throughout district schools. A progress report is/will be prepared after each meeting for the

superintendent evaluating the implementation of the policy and regulations and include recommended changes or revisions. All meeting dates and times will be posted on the school district's website. The principal of each school will ensure compliance within the school and will report on compliance to the superintendent. The following information will be included in an annual report: (1) the extent to which each school is in compliance with the wellness policy, (2) the progress made in attaining the goals of the policy; (3) any recommend changes to the policy. The annual report shall be posted on the school district. Policy revisions will take into account new research and evidence on health trends, new national and state standards and guidelines, new state and federal initiatives, local evaluation data, changing district priorities, and other issues.

