

# **Allen County Schools Wellness Policy On Physical Activity and Nutrition**

## **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Allen County 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, it is the policy of the Allen County School District that:

- 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-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans / Kentucky Standards for Snacks & Beverages.
- 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, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, CACFP, FFVP (K-3) and Summer Food Service Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. School Health Councils**

The school district and/or individual schools within the district will create, strengthen, or work within existing school councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. These councils may consist of Administrators, PE Teachers and Nutrition Director. The councils also will serve as resources to school sites for implementing those policies.

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **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 as specified in 7CFR210.10 & 220.8;
- Offer a variety of fruits and vegetables;
- Serve flavored and unflavored milk that is no more than 1% milk fat and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

- Introduce whole grain products into school menus.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on cycle menus, district website, cafeteria manager's office, or School Food Service Director's office.

**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:

- Schools will, to the extent possible, operate the School Breakfast Program. To increase participation different options are available in several schools: Breakfast in Classroom, Grab & Go Breakfast & 2<sup>nd</sup> chance breakfast.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including "grab-and-go or second chance breakfast.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools 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 are a CEP District and provide free meals to all students. Schools 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 meals. Toward this end, schools utilize electronic identification and payment systems; promote the availability of school meals to all students and/or use nontraditional methods for serving school meals, such as "grab-and-go" breakfast.

**Water.** Water fountains are available to all students and staff during the school day.

**Summer Food Service Program.** Summer meals will be provided at various sites throughout the county for all students for at least six weeks each summer.

**CACFP.** After-school meals are served via the CACFP program and meet the meal requirements of the program. Offered year round 9-12 and K-8 (whenever required criteria is met).

### **Meal times and Scheduling.**

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times

- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools) as much as possible;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

**Qualifications of School Food Service 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 that meets USDA Professional Standards for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Sharing of Foods and Beverages.** Schools should 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.

### **Competitive Food Ruling**

KRS 158.854 (3) prohibits sales of **any** item in competition with the breakfast and lunch programs from the time of the arrival of the first student in the morning until thirty (30) minutes after the last lunch period. This is to be followed in all of the schools in the district. The Kentucky Department of Education has and will continue to assess the statutory penalty against those schools out of compliance.

### **Competitive Food and Beverage Compliance**

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

***During the period of time beginning thirty (30) minutes after the last lunch period until thirty (30) minutes after the end of the official school day. These items must meet the Competitive Food Rule KRS 158-854 which requires and establishes the nutritional standards for food and beverages available on the school campus during the school day.***

- The school day is defined as the midnight before to 30 minutes after the end of the school day. During this time, no sales of any food or beverage item may take place except as part of the school breakfast or lunch program.

- From 30 minutes after lunch until 30 minutes after the last instructional period, vending machines, school stores and school canteens, etc. may sell food and beverage items that meet the standards in the regulation.
- From 30 minutes after the end of the school day until midnight there are no nutrient standards restricting what may be sold.

**Elementary/Middle/Junior High and High Schools.** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities) during the school day or through programs for students after the school day, will adhere to KRS 158-854 (competitive food rule) which requires and establishes the minimum nutritional standards for food and beverages available on the school campus during the school day.

### **Beverage Offerings**

The regulation requires that beverages sold through vending machines, school stores, canteens or as a la carte items on the cafeteria lines are restricted to:

1. Milk- low fat (8 oz. or less or nonfat milk, flavored or unflavored (8 oz. or less) for K-6; and (12 oz. or less) for 7-12;
2. Plain or flavored, non-carbonated water containing zero calories; K-12 (no size limit)
3. 100% fruit or vegetable juice or any combination equaling 100%;K-5 (8 oz. or less), 6-12 (12 oz. or less);
4. Low-Calorie and No-Calorie Beverage (High School Only) with or without caffeine and/or carbonation; calorie-free, flavored water not to exceed 20 oz.

These standards apply to beverages available as a la carte items on the cafeteria line during breakfast and lunch as well as beverages made available through the machines and stores from 30 minutes after the last lunch period until 30 minutes after the last instructional period. The standards are the same for elementary, middle and high schools with the one exception of volume size.

### **Food Offerings**

From the beginning of the school day, sales are limited to those conducted as part of the school breakfast and lunch programs and schools may offer for a la carte sale on the cafeteria line any item that meets all nutritional standards in the regulations:

- Total Fat 35% or less of total calories per item as packaged;
- Saturated Fat 10% or less of total calories per item as packaged/served;
- Tran Fat 0g per item as packaged/served;

- Sodium – Meals: K-8 (Breakfast) <540mg, (Lunch) <1110mg, 9-12 (Breakfast) <640mg, (Lunch) <1280mg or less, & Snack/Ala Carte: 200mg or less per item as packaged/served;
- Total Sugar 35% or less of weight per item as packaged/served.

### **Snacks**

Snacks served during the school day or enrichment programs will make a positive contribution to children's diets and health. Snacks sold to children during the school day or as part of on-site programs after school ends, will meet the USDA Smart Snack requirements or CACFP nutritional standards.

### **Marketing**

School based marketing shall be consistent with Smart Snack guidelines.

### **Fundraising Activities**

Fundraisers are subject to Board Policy and approval. If fundraisers are food products and are sold on school campus they must meet smart snack guidelines and/or KRS 158-854 and only be sold from 30 minutes after last lunch block until 30 minutes after the school day. This is to be followed at all schools in the district. KDE has and will continue to assess the statutory penalty against those schools not in compliance. These standards do not apply if items are sold during non-school hours from 30 minutes after the school day ends until midnight. Kentucky allows no exemptions for fundraisers.

### **Rewards**

Schools will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually (above) as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations**

Classroom celebrations will be limited to the following four (4) holidays: Christmas, Valentine's Day, Halloween and Easter. Classrooms have the option of setting aside one day per month for birthday celebrations. Classrooms are encouraged to promote nutritious snacks/foods during these occasions.

## **III. Nutrition Education and Promotion**

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

- 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;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, local farm visits, and school gardens
- incorporate locally grown food items as often as possible
- student menu sampling prior to new menu change to increase student involvement in meal planning
- 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);
- 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.**

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- 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;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Communications with Parents.**

The Allen County Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks to

refrain from including beverages and foods that do not meet the above nutritional standards for individual foods and beverages.

Allen County Schools will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

### **Staff Wellness.**

Allen County School District highly values the health and well-being of every staff member. Participation in physical activity opportunities, both on and off campus, as well as efforts to maintain a healthy lifestyle is encouraged. Stay Well is offered through employee insurance to help them track wellness goals.

## **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** Per KRS 160.345 all students in grades K-5 will have physical activity (moderate to vigorous) which may be considered part of the instructional day, not to exceed thirty (30) minutes per day or one hundred and fifty (150) minutes per week.

Physical activity for grades 6-12 will adhere to the curriculum requirements of the Kentucky Department of Education.

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 Physical Activity** All elementary school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School** All middle and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the



needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

**Physical Activity/Food 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) and meal participation as punishment.

**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. 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** Schools will adhere to Board Policy for the availability of school spaces and facilities to students, staff and community members before, during and after the school day, on weekends, and during schools vacations. School policies concerning safety will apply at all times.

## **V. Monitoring and Policy Review**

**Monitoring.** The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, 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.

### Local District Nutrition Program Report—

- (1)(a) A school food service director of the local district shall complete the assessment of the nutrition program required under KRS 158.856 and issue a report at least sixty (60) days prior to the public forum require by KRS 158.856(5).
- (b) The director may issue the report via posting to the district Web site.
- (c) A local district superintendent shall submit a summary of the findings and recommendations of the nutrition report as required by KRS 158.856(6) to the Kentucky Department of Education by May 1, 2006, and by May 1 of each succeeding year.
- (3) If the Department of Education completes review of a district's nutrition program during the school year prior to the deadline established in subsection (1) of this section, the report and recommendations of the review may constitute the district's annual assessment and report issued in accordance with subsection (1) of this section.

### Student Physical Activity—

- (1) A local district superintendent shall evaluate the student physical activity environment, including the amount of time and types of physical activity

provided in the elementary schools as required in KRS 160.345(11) and release the report at least sixty (60) days prior to the public forum required by KRS 158.856(5).

- (2) A local district superintendent shall submit the report on physical activity, including a summary of finds and recommendations to the Department of Education by May 1, 2006, and by May 1 of each succeeding year.
- (3) The superintendent may release the report via posting to the district Web site.

**Policy Review.** To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level 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, the school district will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.