

Ronan School District No. 30

School Wellness Procedure on Physical Activity and Nutrition

Policy 2510P

Background

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year. In response to requests for guidance on developing such policies, the National Alliance for Nutrition and Activity (NANA, see www.nanacoalition.org) convened a work group of more than 50 health, physical activity, nutrition, and education professionals from a variety of national and state organizations to develop a set of model policies for local school districts.

The Ronan School District policy 2510 meets the new federal requirement. This comprehensive set of nutrition and physical activity procedures (Policy 2510P) is based on nutrition science, public health research, and existing practices from exemplary states and local school districts around the country. The Ronan School District wellness council's first priority is to promote children's health and well-being. However, feasibility of policy implementation also was considered.

School Health Council

Sandra Beal, Ronan Middle School Vice Principal; Marsha Wartick, Food Service Kitchen Supervisor; Jessica Jones, Ronan Middle School Teacher; JeNaia McGreevey, Middle School / High School Nurse and parent; Makenzy Kelch, Middle School / High School Health Enhancement Teacher; Darci Nice, Pablo Elementary Teacher; Brenda Rubel, Assistant Food Service Kitchen Manager; Ginger Pitts, SNAPS-Ed Nutrition Ed.; Laura Arvidson, Food Corps; Nicki Jimenez, 21st Century Grant Coordinator & After School Club Supervisor; Autumn Adams, Ronan School District Substitute & parent.

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, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
- Whereas, being overweight is an academic issue - overweight children have more school absences than children with a healthy weight, weight related teasing is a significant cause of bullying at school, and overweight children report a lower quality of life.
- Whereas, nutrition and fitness have been found to reduce irritability, anxiety, depression, apathy, infections, and absences.
- Whereas, nutrition and fitness improve attendance, energy levels, behavior, participation, test scores, and academic success.
- 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 Ronan 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 District that:

The District proposes to 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.

1. All students in grades K-12 have opportunities, support, and encouragement to be physically active on a regular basis.
2. Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
3. Qualified child nutrition professionals provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students, accommodating 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.
4. To the maximum extent practicable, the District will participate in available federal school meal programs (including the School Breakfast Program, school snacks, National School Lunch Program including after-school snacks).
5. Schools will continue to provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and establish linkages between health education and school meal programs, with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The school district strives to create, strengthen, or work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also serves as resources to the school for implementing these policies. A school health council consists of a group of individuals representing the school and community, and should include school administrator, a member of the school board, student(s), representatives of our school food program, teacher(s), health professionals, parents, and members of the public.

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

School Meals

Meals served through the National School Lunch and Breakfast Programs:

- should 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 (¹) and chocolate (1%) milk and nutritionally-equivalent nondairy alternatives (to be defined by USDA); and
- ensure that the served grains are whole grain.

The school’s food service program should share information about daily meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, or other point-of-purchase materials.

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, Ronan School District will, to the extent possible:

- Operate the School Breakfast Program.
- Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- 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. Ronan School District makes 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 meals². Toward this end, Ronan School District may utilize electronic identification and payment systems; promote the availability of school meals to all students.

Qualifications of School Food Service Staff. Qualified food service program employees participate in the school meal programs team. As part of the school district’s responsibility to operate a food service program, we will encourage and support continuing professional development for food service employees. The food service staff hired will operate as a team under the direction of the Food Service Supervisor.

Sharing of Foods and Beverages. Ronan School District discourages 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.

Elementary School (K-4 Students). The school food service program approves and provide all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, food in elementary schools should be sold as balanced meals. Foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Beverages

- **Allowed:** water or seltzer water³ 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);

¹ As recommended by the *Dietary Guidelines for Americans 2005*. ² A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

² It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

³ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210). If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit. Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

- **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-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually:
 - have no more than 35% 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;
 - have no more than 35% of its *weight* from added sugars;
 - 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 of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site 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 at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, 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).

Portion Sizes:

- Encourage limiting portion sizes of foods and beverages sold individually to those listed below (refer to Smart Snack Guidelines):
 - 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 look at what is sold
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. 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 encourage foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Ronan School District encourages fundraising activities that promote physical activity.

Rewards. Ronan School District limits foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,⁴ and not withhold food or beverages (including food served through school meals) as a punishment. Encourages the use of non-food items as rewards.

III. Nutrition and Physical Activity Promotion and Food Marketing

⁴ Unless this practice is allowed by a student’s individual education plan (IEP).

Nutrition Education and Promotion. Ronan School District aims to teach, encourage, and support healthy eating by students. We encourage nutrition education and engage in nutrition promotion that:

- supports comprehensive standard based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, school greenhouse, and school gardens;
- 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;

Integrating Physical Activity into the Classroom Setting. For students to receive and fully embrace regular physical activity as a personal behavior, students may receive opportunities beyond the state required minimum for 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;

Communications with Parents. The district supports parents' efforts to provide a healthy diet and daily physical activity for their children. The district sends home nutrition information, posts nutrition tips on school websites, and makes school menus available.

The district 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. Such supports may include sharing information about physical activity and physical education through a website, newsletter, or other take home materials, special events, extra-curricular sports/inter-murals, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).⁵ School-based marketing of brands promoting predominantly low-nutrition foods and beverages⁶ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; or coupons for discount gym attendance, etc.

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

⁵ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

⁶ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

lifestyle. For example, reduced ticket price for staff wellness ski days, blood analysis, flu shots, or walk to school events.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-8. All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive a minimum of the Montana state requirement for physical education. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the state physical education requirement.

Recess. K-5 students will have at least 20 minutes a day of recess, preferably outdoors, during which we will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School. Ronan School District offers extracurricular physical activity programs, such as physical activity clubs or intramural programs. Ronan School District, as appropriate, offers interscholastic sports programs. A range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs are supported.

Safe Routes to School. The school district assesses and if necessary, partners with the community and county governments, to the extent possible, makes 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 works, public safety, and/or police departments in those efforts.

V. Monitoring and Policy Review

Monitoring / Policy Review

The school food service team will ensure compliance with nutrition policies within school food service 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.

The Wellness Committee or designee will develop, review, and update this summary report, School Wellness Procedure on Physical Activity and Nutrition as necessary on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on observations in the district. The results of these assessments will be compiled at the district level to identify and prioritize needs. Assessments will be repeated as necessary to help review policy compliance, assess progress, and determine areas in need of improvement.

VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

- *Making it Happen: School Nutrition Success Stories*, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <<http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>>
- *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, Centers for Disease Control and Prevention, <www.cdc.gov/mmwr/pdf/rr/rr4509.pdf>
- *Healthy School Meals Resource System*, U.S. Department of Agriculture, <<http://schoolmeals.nal.usda.gov/>>

- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <<http://www.uffva.org/fvpilotprogram.htm>>
- *National Health Education Standards*, American Association for Health Education, <http://www.aahperd.org/aahe/pdf_files/standards.pdf>
- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), www.fns.usda.gov/tn/Educators/index.htm
- *The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions*, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, <www.fns.usda.gov/tn/resources/power_of_choice.html>
- National Eating Disorders Association, <www.nationaleatingdisorders.org>

Reference:

- *Gallatin Gateway School, School Wellness: Physical Activity & Nutrition*, <http://www.gallatingatewayschool.com/media/bin/HeathSafety/School%20Wellness%202012-%20Physical%20Activity%20and%20Nutrition.pdf>