

Hugoton USD 210 Wellness Policy
Section 204 of Public Law 108-265—June 30, 2004
Child Nutrition and WIC Reauthorization Act of 2004

SEC. 204 LOCAL WELLNESS POLICY

(a) IN GENERAL - Not later than the first day of the school year beginning after June 30, 2006, each local education agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum—

- 1) Includes goals for nutrition education, physical activity and other school- based activities that are designed to promote student wellness in a manner that the local educational agency determines is appropriate;
- 2) Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
- 3) Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and section 9(f)(1) and 17(a) of the Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)0, as those regulations and guidance apply to schools;
- 4) Establishes a plan for measuring implementation of the local wellness policy, including designation of 1 or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and
- 5) Involves parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy.

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

Whereas, nationally only 2% of children (2 to 19 years) eat a healthy diet consistent with the recommendations of Choose My Plate (www.choosemyplate.gov).

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, USD 210 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 USD 210 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 *Dietary Guidelines for Americans 2010*.
- 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 [including after-school snacks]).
- 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 Council

USD 210 and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and

community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.) USD 210 will collaborate with medical personnel concerning student health needs.

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;
- offer more prepared foods from the kitchen when facilities allow and less pre-packaged food
- offer a variety of fruits and vegetables;
- serve 2% and low-fat (1%) milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

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 menus, a website, on cafeteria menu boards, placards, 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:

- USD 210 will, to the extent possible, operate the School Breakfast Program.
- USD 210 will, to the extent possible, 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. USD 210 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, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Times and Scheduling.

USD 210:

- 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, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff.

Central office staff (Food Service Director) will administer the USD 210 meal programs in cooperation of part-time supervision of a qualified nutrition professional. As part of USD 210's responsibility to operate a food service program, we will provide continuing professional development 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. The Food Service Director will collaborate with the individual school head cooks when ordering for the district kitchens to promote ordering from the same companies and not individual companies.

Sharing of Foods and Beverages.

USD 210 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.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as vending machines, snacks, fundraisers, school stores, etc.)

- **Elementary Schools.** The USD 210 Food Service Director will approve and provide all food and beverage sales to students in elementary schools which includes extra milk and snacks to Pre-K & K and snacks for the Extended Learning Day after school program. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to 2% and low-fat milk, water, fruits, and non-fried vegetables.
- **Middle and High Schools.** In middle and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or

fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Recommended Healthy Snacks

AM SNACKS – AT LEAST ONE HOUR AFTER LUNCH): jerky, nuts, crackers with cheese or peanut butter, pretzels, trail mix, popcorn, chex mix, fruit, water, juices, pickles and milk.

OCCASIONAL AFTERNOON SNACKS (At least one hour after lunch): candy, pop, sports drinks.

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 2% or low-fat 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 2% or low-fat chocolate milk (which contain trivial amounts of caffeine).

Foods

- **Item Sold Individually:**
 - will 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;
 - will have no more than 35% of its *weight* from added sugars (except for fruit, vegetables, and dairy foods);
 - 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.
 - will not exceed 200 calories per selling unit
 - Electrolyte replacement beverages that contain not more than 48g of sweetener per 20 ounce selling unit

Portion Sizes

- **Limit portion sizes of foods 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;
 - 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, USD 210 fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during the school day or in after-school care or enrichment programs 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, after-school program personnel, and parents.

- If eligible, should USD 210 provide snacks through after-school programs then USD 210 will pursue receiving reimbursements through the National School Lunch Program.

Rewards. USD 210 and its employees will not deviate from a la carte guidelines, especially those 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. IEP Team recommendations will be implemented.

Celebrations. USD 210 will encourage celebrations (Christmas, Valentine's Day, Birthdays) that involve food that meets the nutritional value during the school day. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, field trips, dances, or performances). USD 210 encourages foods and beverages offered or sold at school-sponsored events outside the school day to meet the nutrition standards for meals or for foods and beverages sold individually.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. USD 210 aims to teach, encourage, and support healthy eating by students. USD 210 will provide nutrition education and engage in nutrition promotion that:

- is at least 10 hours of classroom time each year 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, farm visits, 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;
- 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 receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and 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; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. USD 210 will support parents' efforts to provide a healthy diet and daily physical activity for their children. USD 210 will offer healthy eating seminars for parents, 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 and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. USD 210 will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the USD 210 will provide opportunities for parents to share their healthy food practices with others in the school community.

USD 210 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 will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. USD 210 will cease and desist food marketing in schools. 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). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel 12; free samples or coupons; and food sales through fundraising activities. 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; and coupons for discount gym memberships.

Staff Wellness. USD 210 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. USD 210 will establish and maintain a staff wellness committee, which will be a subcommittee of the School Health Council, composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, and employee benefits specialist. The committee should promote staff health and wellness.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. Currently, USD 210 is a full day Kindergarten program and will continue classroom physical activity implemented by the teacher to meet basic requirements (50-75 minutes/week). Kindergarten teachers will consult with the physical education teacher to promote physical activity in the classroom. All students in grades 1-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 100 minutes/week for elementary school students and 151-200 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified physical education 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. This section is applicable to students who have not met high school credit requirements.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, in compliance with the following schedule (1st- 2nd) grade three recess' daily, 3rd – 4th grade two recess' daily, & 5th-6th grade one daily recess preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

USD 210 discourages 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 elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. This will be done in part with our local Recreation Commission. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer 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.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

USD 210 will comply with Quality Performance Accreditation Regulation 91-31-34: Local Board of Education Requirement (g) “Athletic Practice” 1) Any elementary or middle school that includes any of the grades six through nine may conduct athletic practice during the school day only at times when one or more elective academic courses or a study period is offered to students 2) A high school shall not conduct athletic practice during the school day, and athletic practice shall not be counted for credit or as a

part of the school term. A school shall neither offer credit for athletic practice nor count athletic practice as a physical education course.

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 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. When appropriate, the district will work together with local public works, 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. USD 210 school spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations as per approval of superintendent or designee. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Monitoring and Policy Review

Monitoring. The USD 210 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.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). 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, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review. To help with the initial development of the district's wellness policies, USD 210 School Health Council 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 our 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.

Current Fundraisers

<u>Elementary School</u>	<u>Middle School</u>	<u>High School</u>
Box tops	Box tops	Magazines
Pop can tabs	Campbell Soup labels	Poinsettias
Game concessions	Scrapbook packet	Candles
Apparel (Occasional)	Apparel	Apparel
Dinners	Game Concessions	FFA Fruit
		Concessions
		Zak's Cheese
		Blue & Gold
		Red Wheel
		Eagle Cards

Fundraising Ideas

Fundraisers – Cell phone recycling (www.phoneraiser.com or grrecycling.com), Scratch Card Fundraiser (www.fundraisingideas.com or www.fundraising-ideas.org/DIY/index.html)

Band & Choral Fundraisers – Singing telegrams, CDs, Holiday wreaths & caroling

(www.fundraiserhelp.com & www.charitycds.com)

Event Fundraisers – Kiss a pig, Human Ice Cream Sundae, Murder Mystery Party, Send the “Principal to the Roof”, Beauty Pageant, Golf Tournament (www.fundraiserhelp.com or www.fundraisingideas.com)

Sports – Goofy Olympics for children, Raffle special seats at games, host clinics

Journalism or Video Broadcasting – “Get the Picture” (www.fundraiserhelp.com), Sale highlight pictures or video of sporting events, school play, or another school event

The above websites are filled with different fundraising ideas however when looking through the site use discretion and make healthy choices when choosing a fundraiser

Healthy Websites

Choose My Plate – www.choosemyplate.gov

U.S. Department of Agriculture (USDA) – www.usda.gov

Kids Health – www.kidshealth.org (Great site for parents, children, teenagers, and teachers! i.e. Healthy eating info, fitness, recipe ideas for meals and snacks, recipe ideas for children with special needs, teen health, lesson plans, related articles)

Disney’s Healthy Kids – www.disney.go.com/healthykids

Empowered Kids: The Power of Healthy Eating – www.empoweredkidz.com

Power Panther: Eat Smart Play Hard – www.powerpanther.org

U.S. Food and Drug Administration Kids Homepage - www.fda.gov/oc/opacom/kids

First Gov for Kids - http://www.kids.gov/k_health.htm (Link site to multiple different health choice websites)

Girls Health.gov - <http://www.4girls.gov/index.htm>

Healthy Kids.com - www.healthykids.com

Eartwiggles.com - www.eartwiggles.com

5aDay: The Color Way - www.5aday.com

CDC: Body and Mind – www.bam.gov