

The board is committed to providing a school environment that promotes student wellness as part of the total learning experience for its students. To this this end, the board shall promote and monitor a local wellness program. The program shall:

- Include goals for providing proper student nutrition at school, nutrition education, physical activity, and other school-based activities designed to promote student wellness in a manner that the board determines is appropriate;
- Include nutrition guidelines for all foods available in each school during the school day, with the objectives of the guidelines to be promoting student health and reducing childhood obesity; Ensure foods and beverages sold at breakfast and lunch meet the nutrition guidelines for the School Breakfast Program and National School Lunch Program;
- Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students;
- Provide opportunities, support, and encouragement for students in grades K-12 to be physically active on a regular basis;
- Assure that guidelines for reimbursable school meals shall not be less restrictive than Federal and state statutes, regulations, and guidance issued by the Secretary of Agriculture, as they apply to schools;
- Involve parents, students, representatives of the school food authority, district physical education teachers, school health professionals, the school board, administrators, and the public in the development, implementation, and periodic review of the school wellness policy; and

- Establish a plan for measuring implementation of the local wellness policy, including designation of one or more district employees who shall be charged with operational responsibility for ensuring the wellness policy is effectively enforced, is periodically measured, and that assessments of the implementation of the local school wellness policy available to the public. Such assessments shall measure the extent to which schools in the district are in compliance with this policy, shall compare the district's wellness policy with other model local school wellness policies, and shall describe the progress made in attaining the goals of this policy.

Approved: KASB Recommendation-6/05; 4/07; 6/14

Parsons School District Wellness Guidelines

The mission of the Parsons School District is (to provide an optimal educational environment so that every student can reach his or her maximum potential). An important educational component of this must include nutrition and education, food choices that maximize health and well-being, physical activity, and the ability to assess health problems and manage chronic medical conditions.

The Parsons School District will accomplish these goals by:

1. Integrating nutrition education into the K-12 curricula by an informed staff.
2. Serving as a model for good food choices and preparation through its cafeteria program, vending machines and other nutritionally related activities. This includes all fundraisers and school store sales that include food or drink items. Providing daily opportunities for all students to learn about and enjoy physical activity that will foster an understanding for the need for lifelong fitness and health in a safe environment.
3. Follow best food practices for content, quantity, variety and balance in food offerings.
4. Maintain appropriate health monitoring by school nurses; proactively seek to prevent health problems; and to provide adequate counseling services to meet the needs of students.
5. Partner with families, vendors, townspeople and other school contacts to maintain adequate education about nutrition and physical activity for all students (to provide information about the value of appropriate nutritional intake and vigorous, sustained physical activity for all students).
6. Minimizing the use of foods and beverages as rewards such as for parties and celebrations.
7. Recommending that all students in all schools participate in a minimum of 30 minutes of developmentally appropriate physical activity each day.
8. A bi-annual wellness report will be made to the Board.

Statutory Reference:

RSA 190:11-a

Current Healthy Food Choice Techniques

Taher Food Services is making a concentrated effort to offer choices to children that give them the opportunity to follow the Dietary Guidelines for Americans and the Nu (nutrient standard) Menus that the USDA recommends school meal programs follow. The following are techniques the Food Service Program is using to further healthy eating for our students.

1. Our recipes have been adjusted to reduce salt by 50%. No salt is added to French Fries, Tater Tots or Sweet Potato Fries.
2. All scratch- made ground beef entrees are prepared with 80/20 quality beef. Cooked ground beef is well drained of fat and rinsed before using in casseroles and meat fillings. Ground turkey is often substituted for 33 to 50% of the beef in these recipes.
3. The ham used is made from turkey, which is 15 to 25% lower in fat than pork ham.
4. All deli meats are very lean and trimmed of all visible fat.
5. Reduced fat mayonnaise is used in dressing and salad recipes and as a condiment.
6. All foods used in the program are baked.
7. Fresh fruits, canned fruits in light syrup or natural juice, and fresh vegetables are offered daily as choices for students when selecting a school lunch.
8. Meal-type salads and/or small salads are offered daily at all secondary schools. All elementary students select a main dish item and then proceed to the fresh fruit and veggie bar where a variety of high fiber vegetables and fruits are offered daily. Low fat salad dressing choices are available at secondary schools.
9. School cooks have been trained in low- fat cooking techniques and use the methods learned in meal preparation.
10. At least three milk choices are available: skim milk, 1% white milk and 1% chocolate milk.
11. Bottled water is offered at all schools. This item is a reasonable milk replacement for those children who cannot tolerate milk products or who wish a change from milk.
12. All entrees utilized in the program can be combined with a variety of fruits and vegetables and a low fat beverage that make an average week's meals fall within the 30% fat guidelines set by USDA for school meal programs.
13. Breakfast is offered daily at all District schools and a ½ cup of Fruit is given to each student with their breakfast. Studies confirm the educational benefits of the School Breakfast Program. These studies show that children who have access to breakfast at school have a higher achievement than children who do not. Other studies have shown that people who eat breakfast have fewer problems with weight gain.
14. All A'la Carte items meet healthy snacks in school requirements. Bottled water, 100% orange juice, no-calorie flavored waters, granola bars, Chex Mix snacks, reduced fat and baked chips, and fruit rolls are offered daily in all the secondary school cafeterias.
15. Those students that participate in the school lunch program on a regular basis can be assured that the meals are planned to provide one-third the Recommended Dietary Allowances (RDA) for key nutrients and calories.
16. The prices for meals are reasonable to encourage students to purchase the best bargain. Prices of à la carte items are priced higher to further encourage the purchase of the full meal.

The Food Service program's main goal is to provide nutritious meals at a reasonable cost. Menus are planned for the average healthy child and reflect the preferences of the school community to encourage students to eat nutritious meals. If healthy children are the aim of society, then we also need the parent's help in encouraging children to eat properly and to get adequate exercise. The schools, parents, and the community need to all be part of the team that takes an active interest in the well-being of our children.

**Parsons School District
School Wellness Policy Committee
Recommendations to the Board of Education**

Healthy eating and activities are essential for students to achieve their full academic and physical potential, mental growth, and lifelong health and well being. Schools are a great place to influence students' eating and physical activity patterns. Parson School District School Wellness Policy Committee has divided the following recommendations into four components.

1. Quality School Meals:

Healthy school meals provide energy and nutrients children need for sound minds and bodies. Studies confirm what parents and teachers have said for years – children who are not well nourished have difficulty learning. The variety of healthy foods offered in school meal programs allows children to learn to enjoy different foods and develop healthy eating patterns.

Recommendations:

1.1 Continue to emphasize meals that meet nutrition standards established by the U.S. Department of Agriculture, conform to good menu planning principles, and feature a variety of healthy choices that are tasty, attractive and of excellent quality.

1.2 Continue to use food preparation techniques to provide school meals that are lower in saturated fats, sodium, and sugar. Emphasize healthy food choices that include lean meats, fruits, vegetables, whole grains, and low- fat or non-fat milk. Locate these choices where they are readily accessible to students.

1.3 Using only whole grain breads for school meals.

1.4 À la carte options should emphasize a variety of choices of tasty, nutritious foods and beverages that are low in fat and sugar, that meet the smart snacks in schools policy, such as fruits, vegetables, whole grains, and low-fat or non- fat dairy products. Locate these choices where they are readily available to students.

2. Other Healthy Food Options:

The quality of the school nutrition environment depends on the quality of all foods and beverages sold or served at school. Foods that provide little nutrition compete with healthy school meals and send mixed messages to students. This undermines nutrition education efforts and discourages healthy eating. School nutrition practices should address all foods and beverages sold or served during the school day to students. This includes foods and beverages sold in vending machines. Decisions about the sale of competitive foods should be based on nutrition goals for students, not on profit-making.

Recommendations:

- 2.1 School staff should consider not using low nutritional value food as a reward for students.
- 2.2 Schools should encourage parents to provide a variety of nutritious foods for children who bring bag lunches from home.
- 2.3 Schools should encourage organizations to sell non- food items or nutritious food items for fund-raisers, rather than candy or other low nutritional value food as the fund-raiser item of choice.
- 2.4 Replace low-nutrition foods in all vending machines with more nutritious foods, i.e., fruit bars, granola bars, and trail mix.

3. Diet/Healthy Activities Education:

Building nutrition knowledge and skills help children make healthy eating and physical activity choices. To make a difference, nutrition education for children should be appropriate for the students' ages, reflect their cultures, and provide opportunities for them to practice skills and have fun.

Recommendations:

- 3.1 Provide to parents, via the school's monthly newsletter, "helpful hints" relating to childhood obesity, diet and health activities.
- 3.2 Display information posters in each school building and cafeteria that illustrate concerns associated with obesity, diet and healthy activities.
- 3.3 Offer to parents the choice of having the school nurse provide a confidential height/weight and nutritional assessment/status report for their child.
- 3.4 Consider integrating nutrition and healthy activities into core curriculum areas such as math, science and language arts.
- 3.5 Consider placing additional emphasis on diet/healthy activities in the health classes and Consumer and Family Science classes currently offered in district schools. The use of outside sources, such as the Labette County Health Department, dietitians from local hospitals and the American Heart Association should also be considered.

4. Commitment to Healthy Activities:

Healthy physical activity is essential for students to achieve their full potential and maintain a healthy body. Schools are a great place to influence students' physical activity patterns. In a healthy community environment, daily physical activity should have top priority.

Recommendations:

- 4.1 Each Parent Teacher/Booster organization should consider developing a family-based healthy activities program. This could include such activities as family track time at the high schools, a "pedometer program" for walking, or providing incentives for walking certain distances, i.e., shirts, medals, etc.
- 4.2 In the future, consider offering physical education classes every day for all students.
- 4.3 Consider intramural sports at the high school level.