

**Fremont-Mills Community School District
WELLNESS POLICY**

I. PURPOSE AND GOALS

The Fremont-Mills Community School District promotes healthy students by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children and be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal law;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA); and
- ensure that half of the served grains are whole grain.

Free and Reduced-priced Meals

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 school meals. Toward this end, schools will 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; and/or use nontraditional methods for serving school meals.

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:

- operate the School Breakfast Program to the extent possible;
- arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
- notify parents and students of the availability of the School Breakfast Program;
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Summer Food Service Program

Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling

Adequate time to eat in a pleasant dining environment should be provided. A minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch. Drinking fountains will be available for students to get water at meals and throughout the day.

School personnel will assist all students in developing the healthy practice of washing hands before eating. School personnel will schedule enough time so students do not have to spend too much time waiting in line.

Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings and other activities during lunch times.

Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and using creative, innovative methods to keep noise levels appropriate.

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, the school district 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.

Sharing of Food and Beverages

The 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.

Foods and Beverages Sold Individually

The Fremont-Mills Community School District believes that the health of our children is of utmost importance to the future of our society. Therefore, we wish to improve the health of our school children by promoting healthy food and beverage choices by replacing non-nutritious foods and beverages with more nutritious choices in school vending machines. Vending machines, other than milk and juice, will not be operational for student use during school hours.

Allowable beverages are: fruit juice and vegetable juices; low-fat milk; water and nutria-water; and fortified sports drinks.

Allowable snacks are: fresh fruits and vegetables; low-fat crackers and cookies; pretzels, bread products, low-sugar cereal; granola bars made with unsaturated fat; low-fat or non-fat yogurt; snack mixes of cereal and dried fruit with a small amount of nuts, seeds, raisins, and other dried fruits; peanut butter and low-fat crackers.

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- 1 ¼ to 1 ½ ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- 2 ounces for cookies;
- 2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- 4 fluid ounces for frozen desserts, including but not limited to, low-fat or fat-free ice cream;
- 8 ounces for non-frozen yogurt;
- 12 fluid ounces for beverages, excluding water;
- and the portion size of ala 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 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.

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.

Celebrations

Fremont-Mills will evaluate the celebrations that involve food during the school day and healthy food choice options should be available to students. Some suggested foods are: raw vegetables with low-fat dressing; fresh fruit; 100% fruit juice; frozen fruit juice pops; dried fruits; trail mix; dry roasted peanuts; tree nuts and soy nuts; low-fat meats and cheese; low-sodium crackers; low-fat muffins, granola bars, and cookies; baked corn chips; fat-free potato chips with salsa and low-fat dips; angel food and sponge cakes; flavored yogurt and fruit parfaits; Jell-o; low-fat pudding cups; low-fat ice creams; frozen yogurt; low-fat and skim milk products; and pure ice cold water.

Foods to avoid: carbonated and caffeinated beverages (soft drinks, tea, and coffee); high sugar candies and desserts; high fat foods; and high sodium foods.

Rewards

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

School Sponsored Events

Food and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for food and beverages sold individually.

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

Nutrition, Education, and Promotion

Fremont-Mills Community School District aims to teach, encourage, and support healthy eating by students. Students will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating habits. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts as applicable. Students will be encouraged to start each day with a healthy breakfast.

Nutrition education will be offered in the school dining room and in the classroom with coordination between school foodservice staff and teachers. Posters can be displayed and videos and websites used on nutrition topics. The Fremont-Mills Community School District will participate in the USDA nutrition programs such as “Team Nutrition” and conduct nutrition education activities and promotions.

Communications with Parents

The school district will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The school district 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 and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school district will provide parents a list of foods that meet the district’s snack standards and ideas for healthy celebrations, parties, rewards, and fundraising activities.

Food Marketing in Schools

The school district will be consistent with nutrition education and health promotion. The school district will promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and market activities that promote healthful behaviors.

IV. PHYSICAL ACTIVITY GOALS

Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies, and language arts.

Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. The school will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Physical education courses will be taught by a state-certified physical education instructor in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge. Classes shall have a student/teacher ratio similar to other classes. Time allotted for physical activity will be consistent with research, national, and state standards.

For example, the National Association for Sport and Physical Education recommends at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every 2 hours, especially during the daytime hours.

The school will provide a daily recess period, which shall not be used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste. Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.

V. MONITORING AND POLICY REVIEW

Monitoring

Principals as the leaders of their school environment are expected to ensure compliance with all federal, state, and local regulations pertaining to the sale of food and beverages. They will be responsible for monitoring the content of food and beverages in vending machines to ensure that only acceptable items are available for sale to students. If they determine that non-compliant items are in the vending machines, they will take corrective action. The vending machine contract will stipulate penalties against the contractor for supplying schools with items that are not on the approved list.

Policy Review

The superintendent will ensure compliance with established district-wide nutrition and physical activity wellness policies.

In each school, the principal will ensure compliance with those policies and will report on the school’s compliance to the superintendent.

School food service staff will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the superintendent. Food service will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent will develop a summary report every three years based on school district-wide compliance with the school district’s established wellness policies, based on input from the schools within the district. The report will be provided the school board, school wellness committee, parent/teacher organizations, principals, and the school nurse.

Assessments will be every five 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 will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.