



STUDENT WELLNESS GUIDELINES

1. School Wellness Committee

The school district will work with the school's Wellness Committee to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The Wellness Committee also will serve as a resource for implementing those policies. (The Wellness Committee 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. The Wellness Committee will be chaired by the district nurse).

2. Nutritional Quality of Food 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 and staff
- * be served in a clean and pleasant setting
- * meet, at minimum, nutrition requirements established by local, state and federal statutes and regulation
- * offer a variety of fruits and vegetables
- * serve only low fat (1%) and fat-free 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 program in order to identify new, healthful and appealing food choices.

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In addition, schools should share information about the nutritional content of meals with parents and students. Such information, if available, could be made available on menus, the website, on a cafeteria menu board, place cards, or other point-of-purchase materials. Children should not be made to eat any more of their meal than they desire as a requirement to be excused from the table.

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.
- * schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation that may include a “grab-and-go” breakfast.
- * 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

Schools will attempt to make every effort to eliminate any social stigma attached to, and to prevent the overt identification of, students who are eligible for free and reduced-priced meals. Non-traditional methods for serving school meals is encouraged, such as “grab-and-go” breakfast.

Meal Times and Scheduling

Schools:

- * will provide at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- * 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.
- * 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).

Professional Development of Food Service Staff

As part of the school district's responsibility to operate a food service program, the school district will provide continuing professional development for all food service employees where appropriate. Staff development should include appropriate certification and/or training programs according to their levels of responsibility.

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

* Elementary School

Given young children's limited nutritional skills, food in the elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

* Middle/High School

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, and fundraising activities) during the school day, will meet the following nutrition and portion size standards.

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 sweetener

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- * unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non-dairy beverages (to be defined by the 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 low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food 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
- * will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked foods, and other snack items
- * will contain no more than 480 mg of sodium per serving for pastas, meats, and soups.

A choice of at least two fruits and/or vegetables will be offered for sale at any location on the school site where foods are sold a la carte. Such items could include, but are not limited to:

- * fresh fruits and vegetables
- * 100% fruit or vegetable juice

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- *fruit-based drinks that are at least 50% fruit juice and do not contain additional caloric sweeteners
- *cooked, dried or canned fruits (canned in fruit juice or light corn syrup)
- *cooked, dried or canned vegetables (that meet the above sodium guidelines).

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, donuts, 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, 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. Any exceptions to this policy will need to be approved by the school's Wellness Committee. Consideration will be given to fundraising activities already in place. The Wellness Committee will make available a list of ideas for acceptable fundraising activities.

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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 Wellness Committee will disseminate a list of healthful snack items to teachers and parents.

Middle/High School

*If there is a demand, nutritious after school snacks will be made available to students for a small cost. The Wellness Committee will pursue funding for after-school snacks through the National School Lunch Program.

Rewards

Schools will not use 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 and will not withhold food or beverages (including food served through school meals) as punishment.

School-sponsored Events (such as, but not limited to, athletic events, dances or performances).

Foods and beverages offered or sold at school-sponsored events outside the school day will need to be approved by the Wellness Committee.

3. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

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

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*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, farm visits, and school gardens.

*promotes fruits, vegetables, whole grain products, low/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).

*includes training for teachers and 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 a 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.

*classroom teachers may provide short physical activity breaks between lessons or classes as appropriate.

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Communication with Parents

The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus if available. Schools will 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. In addition, the district will provide opportunities for parents to share their healthy food practices with others in the school community.

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 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.

The district nurse will send home to parents, each student's health screening information that will include information regarding their child's body mass index (BMI). Any student or parent with health or weight concerns will have an opportunity to meet with the nurse. If needed, an individualized health plan will be set up by the nurse with assistance from professional members of the Wellness Committee and/or school's physical education staff.

Food Marketing in Schools

The Wellness Committee will promote nutritional education and health promotion throughout the school. School based marketing of brands promoting predominantly low-nutrition foods and beverages are prohibited unless approved by the Wellness Committee.

Staff Wellness

Mineral Point School District 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. The Wellness Committee will develop, promote and oversee a multifaceted plan to promote staff health and wellness.

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The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff.

4. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E) K-12

All students in grades K-12, including students with disabilities, special health care needs and in alternative education settings will receive physical education according to federal and states mandates. 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. Student will spend at least 75% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which recess supervisors should actively encourage moderate to vigorous physical activity.

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

The elementary and middle/high school will offer extracurricular physical activity clubs or intramural programs. The middle/high school, 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 health care needs.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff and community members before, during and after the school day, on Saturdays, and during school

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vacations when appropriate. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. Programs that promote family exercise/activities will be given higher priority. School policies concerning safety will apply at all times.

5. Monitoring and Policy Review

Monitoring

In each school, the principal will ensure compliance with the established district-wide nutrition and physical activity wellness policies. The Wellness Committee chairperson will monitor compliance with those policies and report on the schools compliance to each school's principal.

The school district will report on the most recent USDA School Meals Initiative (SMI) to the Wellness Committee and 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 Wellness Committee will develop a summary report every year on the district-wide compliance with wellness policies. This report will be provided to the School Board and also distributed to all school health councils, parent/teacher organizations, school principals, the school superintendent, and school nurse.

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 done annually to help review policy compliance, assess progress and determine areas in need of improvement. The district and Wellness Committee will work together to make necessary revisions.

Proposed: November 2006

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