

SECTION 537                      DISTRICT WELLNESS POLICY

**Policy Statement:**

The Portage Community School District believes that nutrition and physical activity influence a child's development, well-being, and readiness to learn. The District will promote healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where student and staff members learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, our schools contribute to the basic health status of students and staff. Improved health optimizes student performance potential and contributes to the success of all students.

**Rationale:**

Section 204 of the Healthy, Hunger-Free Kids Acts of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

**Overall wellness policy goals:**

Promote student wellness, prevent and reduce childhood obesity.

Provide assurance that school meal nutrition guidelines meet the minimum Federal school meal standards.

**I. Nutrition Education:**

Goal: To support and promote nutrition education which contributes to student health and academic performance:

- Standards based nutrition education
- Integrated into curricula
- Utilize nutrition education within the school environment.

Health Curriculum:

- Teachers will follow a comprehensive health curriculum, which shall be aligned with applicable standards.
- Help students develop the knowledge, attitudes, skills and behavior regarding life-long healthy eating habits.

Parent Nutrition Education:

- The goal is to provide education to parents at all school levels.
- The District will promote nutrition education by providing informational handouts, postings on the District website, and presentations that focus on nutritional value and healthy lifestyles.

**II. Physical Activity:**

Goal: To provide opportunities for physical activity in school programs from Early Childhood through 12<sup>th</sup> grade.

- Physical Activity
- Physical Activity Opportunities

The importance of exercise and wellness, and the development of physical activities and skills, is essential for students to be healthy and physically active throughout life. The District will strive to accomplish this by the following:

Physical Activity

- All students should have the opportunity to participate in and receive daily physical activity throughout the school year.
- Physical education teachers will be certified to teach physical education.
- Physical education teachers will follow a physical education curriculum, which shall be aligned with National and State Physical Education Standards.
- Students should spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Physical education teachers will utilize student information systems in order to communicate student physical fitness data to both students and parents.

Daily Recess:

All elementary schools will provide supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.

Breaks:

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 and Punishment:

Teachers and other school and community personnel should not habitually use physical activity (e.g. running laps, pushups) or habitually withhold opportunities for physical activity (e.g. recess, physical education) as punishment unless there is a safety issue.

Physical Activity Opportunities Before and After School:

- The schools and the community should strive to offer physical activity programs, such as physical activity clubs or intramural programs.
- The high school and middle school will offer interscholastic sports programs.
- Schools will offer a range of activities that meet the needs, interests, and abilities of all students.
- After-school childcare and enrichment programs should provide and encourage daily periods of moderate to vigorous physical activity for all participants through the provision of space, equipment, and activities.

**III. Nutrition Guidelines:**

Goal: To provide meals that meets or exceeds federal and state standards

- National school meal program guidelines
- Competitive foods (vending), classroom/school celebrations, fundraisers, sports events

National School Meal Program Guidelines

- The food service department will promote healthy meals and meal alternatives as part of the educational learning environment. This will be accomplished by the following:

Hot Lunch/Breakfast Program:

- The full meal program will follow the U.S. Government's Nutrition Standards and the District Nutrition Standards.

District Nutrition Standards-FOOD:

- The District will follow the Nutrition Standards in the National School Lunch and School Breakfast Program, which follow the guidelines of the Healthy Hunger Free Kids Act. This policy states that we have less than 10% saturated fats in all foods served. Lunch and Breakfast will follow the new calorie, sodium, bread, fruit, vegetable and milk requirement begins in 2012. The sodium content of each meal will be reduced slightly for the next 10 years in order to meet federal guidelines.
- The district will work to provide a nutritional analysis of meals within two years of the adoption of this policy. Once implemented, this information will be posted and included in the district publication of menus.
- Nuts and seeds are exempt from these standards because they are nutrient dense foods that contain high levels of monounsaturated fats. Foods high in monounsaturated fat help lower "bad" cholesterol and maintain "good" HDL cholesterol.
- By 2014-2015 the District will offer 100% whole-wheat whole grain rich foods.

The District will:

- Offer non-fried vegetables and fruit options each day at lunch and fruit options each day at breakfast.
- Limit or avoid any food item, served by the food service program or offered as a snack item, which contains more than one third of its weight from added sugar.
- Eliminate vending sales of candy. Non-vending sales of candy will only be permitted at the conclusion of the instructional day.

District Nutrition Standards-BEVERAGES:

- Vending or non-vending sales of soda or artificially sweetened drinks will not be permitted prior to the start and throughout the instructional day.
- Only low-fat and fat-free milk will be sold on school grounds.
- 100% fruit juice drinks are recommended.

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- Water consumption should be encouraged throughout the instructional day. Water bottles will be allowed in most classes and shall only contain water unless medically necessary.
- Parents who provide sack lunches from home are encouraged to have their child buy or bring milk, 100% juice or water.
- The Hot Lunch/Breakfast program will be expected to follow the District Nutrition Standards, A la carte sales that do not meet District Nutrition Standards may be acceptable for student consumption within moderation or when offered on an intermittent basis.

### Lunchroom climate:

- It is encouraged that the lunchroom environment be a place where students have:
  - Adequate space to eat and a relaxed, enjoyable climate.
  - Adequate time for meals. Schools will strive to provide students with at least 20 minutes for lunch from the time they are seated and at least 10 minutes for breakfast.
  - Convenient access to hand washing or sanitizing stations before they eat meals or snacks.
- Schools will also try to avoid tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.

### Competitive Foods (vending machines):

- All vending machine items available on school grounds during the instructional day should meet or exceed the district nutrition guidelines.

### Classrooms/School and Celebrations:

- Snacks served during the school day or in after-school care or enrichment programs will meet the District Nutrition Standards (Healthy Snacks for Children).
- During occasional celebrations (i.e. birthdays, holidays) items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation. However, the District will encourage a healthy snack item to be offered in conjunction with other offerings.
- Strong consideration should be given to nonfood items (see Non-Food Rewards for Children Guide) as part of any Teacher-to-Student Incentive programs. If a teacher feels compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.
- The School District is concerned with the dietary and lifestyle practices of its staff, as well as its students. In order to promote wellness among its staff, the district will continue to provide opportunities for staff to become physically active. Staff is also encouraged to model ideal behavior for students by making food and beverage choices that align with the District Nutrition Standards outlined in this policy.

Fundraisers:

- Any fundraising requires administrative approval.
- To support children's health and school nutrition-education efforts, schools are encouraged to use fundraising activities that include non-food items or foods that meet the District Nutrition Standards.
- School will encourage fundraising activities that promote physical activity.

**IV. Nutrition promotion:**

Goal: To provide promotion of nutrient dense foods, i.e., fresh fruits and vegetables, whole grains.

- Food demonstrations/taste testing
- Marketing
- Modeling
- Theme events (School Food Service Lunch Week, School Breakfast Week, Fresh Fruit/Veggie Month)
- A healthy snack list will be available on-line for parents and staff. (Healthy Snacks for Children)

**V. Public Involvement:**

Goal: To collaborate with parents and the community to support and promote nutrition and lifelong wellness habits.

Designate one or more LEA officials or school officials to ensure compliance.

- School Board Member
- Administrative representative
- Physical education and health program leader
- District food service director
- Parent representative
- Student representatives
- Teacher from each school level
  - Pre K – 5
  - 6 – 8
  - 9 – 12
- Guidance counselor/psychologist
- District nurse and school nurse
- Athletic director
- Community representative

**VI. Implementation/Assessment/Update:**

Goal: To promote communication of and the monitoring of the wellness policy.

- Inform and update the public about wellness policy content and implementation.
- Periodically measure, and make an assessment available to the public, that includes the extent to which schools are in compliance; how the policy compares to model policies; and progress made in attaining the goals of the policy.

Communicate:

Websites, handbooks, newsletters and other opportunities as become available.

Monitoring:

The District Food Service Director, Administrator and School Nurse are responsible for the evaluation process.

An annual evaluation process will be used to evaluate the effectiveness of the District's Wellness Policy.

The compliance group will meet a minimum of twice per year to monitor progress and make recommendations.

1<sup>st</sup> Reading – June 12, 2006

2<sup>nd</sup> Reading – July 10, 2006

Approved – July 10, 2006

Revised – January 14, 2013

## District Wellness Policy Checklist for Buildings

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School Year

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School Building

Please use this form to evaluate the implementation of the wellness policy in your building.

- Students are provided opportunities for physical activity during the instructional day.
- All students will have access to healthy food choices during the instructional day. The practice of good nutritional choices will be encouraged by reducing the sale or distribution of foods of minimal nutritional value.
- Parents will be encouraged to provide healthy snacks and treats for student celebrations and other events.
- When using food as part of a class or student incentive programs, staff and students are encouraged to utilize healthy, nutritious food choices or provide nonfood incentives. Curricular-based food experiences should model good nutritional choices.
- All foods available on school grounds during the instructional day should meet or exceed the District Nutrition Guidelines, which also includes foods used for fundraising by organizations.
- Vending sales of soda or artificially sweetened drinks will not be permitted during the instructional day for students.
- Skim and 1% milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.
- Milk breaks should be taken 1½ or 2 hours before lunch or after 1:30pm, so students take full advantage of their lunch (**Elementary**).
- Schools will provide an attractive dining area with adequate seating to promote a pleasant eating environment for students and staff.
- Schedules will allow a minimum of 20 minutes for students to eat lunch and 10 minutes to eat breakfast before being dismissed. Students may be allowed grab and go breakfast on a limited basis.
- Staff will be encouraged to model healthy eating as a valuable part of daily life.
- This building has a representative on the district wellness committee.

List any areas not checked and an action plan for compliance. Include a timeline.

\_\_\_\_\_  
Principal Signature

\_\_\_\_\_  
Date

## Healthy Snacks for Children

<b>Fruits/Vegetables</b>	<b>Healthy Grains/Nuts &amp; Munchies</b>	<b>Low Fat Dairy</b>	<b>Beverages</b>
<p>Fruit can be served whole, sliced, cut in half, cubed, or in wedges.</p> <p>Fresh Fruits/Vegetables</p> <p>Frozen Fruit</p> <p style="padding-left: 20px;">Strawberries</p> <p style="padding-left: 20px;">Mangoes</p> <p style="padding-left: 20px;">Melon Ball</p> <p>Applesauce</p> <p>Fruit Cups/Kabobs</p> <p>Canned Fruit</p> <p>Dried Fruit</p> <p>Raisins/Cranberries</p> <p>All natural Fruit Rollups</p> <p>Fruit Salad</p> <p>Fruit Sorbet</p> <p>Fruit Juice Popsicles</p> <p>Homemade Smoothies</p> <p>Vegetables &amp; dip</p> <p style="padding-left: 20px;">Hummus</p> <p style="padding-left: 20px;">Bean Dip</p> <p style="padding-left: 20px;">Salad Dressing</p> <p style="padding-left: 20px;">Salsa</p> <p style="padding-left: 20px;">Peanut Butter</p> <p>Veggie Pockets</p> <p>Fruit leathers</p> <p>Soy (Edamame)</p> <p>Salad in a Bag</p> <p>Fruit Snacks</p> <p>Veggie Burger</p> <p>Fruited Gelatin</p> <p>Fruit Platter w/Low-Fat Yogurt Dip</p>	<p>Serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.</p> <p>English Muffins</p> <p>Bagels</p> <p>Pita</p> <p>Bread Sticks</p> <p>Rice Cakes</p> <p>Flat Bread</p> <p>Nuts &amp; Bolts/Trail Mix</p> <p>Tortillas</p> <p>Breakfast Cereals – Low Sugar</p> <p>Cereal Bars</p> <p>Rice Krispie Bars</p> <p>Granola</p> <p>Nutrigrain Bars</p> <p>Popcorn/Cheese Popcorn</p> <p>Baked Tortilla Chips</p> <p>Baked Lays</p> <p>Baked Bugles</p> <p>Baked Doritos</p> <p>Combo’s Pretzels</p> <p>Gardetto’s Reduced Fat Snack</p> <p>Fig Newton’s</p> <p>Gingersnaps</p> <p>Snackwell Cookies/Crackers</p> <p>Peanut Butter &amp; Crackers</p> <p>Nuts/Sun Flower Seeds</p> <p>Granola Bars</p> <p>Pretzels</p> <p>Animal Crackers</p> <p>Chex Mix</p> <p>Graham Crackers</p> <p>Saltine Crackers</p> <p>Reduced-Fat Pringles</p> <p>Goldfish Crackers</p> <p>Wheat Thins</p> <p>Triscuits</p> <p>Low-Fat Muffins</p> <p>Cinnamon Toast</p> <p>Finger Sandwiches</p> <p>Oatmeal</p> <p>Popcorn Balls</p> <p>Banana Bread</p> <p>Zucchini Bread</p> <p>Raisin Bread</p> <p>English Muffin Pizzas</p>	<p>To protect children’s bones and hearts, make sure all dairy foods are low-fat or fat free, such as yogurt and low-fat pudding.</p> <p>Low-Fat Cheese</p> <p>String Cheese</p> <p>Low-Fat Yogurt Frozen Yogurt</p> <p>Low-Fat Ice Cream</p> <p>Low-Fat Cream</p> <p>Low-Fat Pudding</p> <p>Low-Fat Cottage Cheese</p> <p>Yogurt Beverages</p> <p>Yogurt Popsicles</p> <p>Reduced Fat Milk</p>	<p>Choose only 100% fruit juice, but limit juice to no more than 6 ounces for 1 to 6 year olds and no more than 12 ounces for 7 to 18 year olds.</p> <p>Water</p> <p>Seltzer/Sparkling Water</p> <p>Low-Fat/Fat-Free Milk</p> <p>Fruit Juice (100% fruit juice)</p> <p>Vegetable Juices</p> <p>Yogurt Drinks</p> <p>Soy Drinks</p> <p>Rice Drinks</p> <p>Fruit Flavored Water without sugar</p> <p>Crystal Light</p>

## Non-Food Rewards for Children Guide

Rewards for Home and/or School	Rewards for School
<ul style="list-style-type: none"> <li>✓ Ribbon</li> <li>✓ Certificate</li> <li>✓ Trophy</li> <li>✓ Plaque</li> <li>✓ Pencils</li> <li>✓ Pens</li> <li>✓ Erasers</li> <li>✓ Notebooks</li> <li>✓ Crayons</li> <li>✓ Stamps</li> <li>✓ Stencils</li> <li>✓ Bookmarks</li> <li>✓ Highlighters</li> <li>✓ Markers</li> <li>✓ Coloring Books</li> <li>✓ Rulers</li> <li>✓ Water Bottles</li> <li>✓ Frisbees</li> <li>✓ Stickers</li> <li>✓ Yo-Yos</li> <li>✓ Finger Puppets</li> <li>✓ Rubber Balls</li> <li>✓ Slinkies</li> <li>✓ Marbles</li> <li>✓ Jacks</li> <li>✓ Playing Cards</li> <li>✓ Stuffed Animals</li> <li>✓ Silly Putty</li> <li>✓ Hair Accessories</li> <li>✓ Necklaces</li> <li>✓ T-shirt</li> <li>✓ Key chains</li> <li>✓ Magnets</li> <li>✓ Books</li> <li>✓ A Plant</li> <li>✓ Gift Certificate</li> <li>✓ Movie Pass</li> <li>✓ Puzzle</li> <li>✓ Magazine Subscription</li> <li>✓ Board Game</li> <li>✓ Sports Equipment</li> <li>✓ Points towards an eventual reward</li> </ul>	<ul style="list-style-type: none"> <li>✓ Extra recess</li> <li>✓ Eating lunch outside</li> <li>✓ Reading outside</li> <li>✓ Going to the lunchroom first</li> <li>✓ Extra art, music, gym or reading time</li> <li>✓ Listening to music</li> <li>✓ Having class outside</li> <li>✓ Dancing to music</li> <li>✓ Playing a game</li> <li>✓ “Free choice” time</li> <li>✓ A book read aloud</li> <li>✓ A field trip</li> <li>✓ Announcing the child’s achievement on the morning announcements</li> <li>✓ Photo recognition board</li> <li>✓ Phone call/email/letter home to parent commending child’s achievement</li> <li>✓ Note from the teacher to the child commending the child’s achievement</li> <li>✓ Going first</li> <li>✓ Choosing a class activity</li> <li>✓ Helping the teacher</li> <li>✓ Having extra time at recess</li> <li>✓ “No homework” pass</li> <li>✓ Teaching the class</li> <li>✓ Reading the morning announcements</li> <li>✓ Extra credit</li> </ul>