

Local Wellness Program

The Board recognizes that healthy eating patterns and regular physical activity are essential for lifelong health and wellness. Thus, the Jefferson County School District is committed to providing school environments that promote and protect health and wellness.

The district's comprehensive age-appropriate nutrition program will be implemented in district schools in accordance with the following requirements:

Definitions:

1. "Food service area" means any area on school premises where National School Lunch Program (NSLP) or School Breakfast Program (SBP) meals are both served and eaten, as well as any areas in which NSLP or SBP meals are either served or eaten;
2. "Meal period" means the time during which breakfast or lunch meals are served and eaten, and as identified on the school schedule.
3. "Competitive foods" means any food or drink sold in competition with the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) in food service areas during the meal periods;
4. "Dietary Guidelines for Americans" means the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks;
5. "Nutrition education" means a planned sequential instructional program that provides knowledge and teaches skills to help students adopt and maintain lifelong healthy eating habits;
6. "Foods of minimal nutritional value (FMNV)" means:
 - a. In the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving; and
 - b. In the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are: protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron;
 - c. Food that is classified into four categories:
 - (1) Carbonated soft drinks;
 - (2) Chewing gum;
 - (3) Water ices; and
 - (4) Certain candies made predominantly from sweeteners such as hard candy, licorice, jelly beans, gum drops, marshmallows, fondant, cotton candy and candy-coated popcorn.
7. "Healthy Foods":

- a. Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- b. Include lean meats, poultry, fish, beans, eggs, and nuts; and
- c. Are low in saturated and trans fats (no more than 10% of calories from a food's total calories come from saturated and trans fats combined), cholesterol, salt (sodium), and added sugars.

Nutrition Education and Promotion:

Nutrition promotion and nutrition education shall focus on student's eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local district health education standards. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program. Nutrition education at all levels of the district's curriculum shall include, but not be limited to, the following essential components designed to help students learn:

1. Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
2. Age-appropriate nutrition-related skills, including, but not limited to, planning a healthy meal, learning how to make responsible food choices, understanding and using food labels and critically evaluating nutrition information, misinformation, and commercial food advertising; and
3. How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

Nutritional education, wellness, and physical activity topics will be:

1. Taught in K-5 classrooms and Physical Education
2. Taught in Health and Physical Education classes in Middle/High School.

In order to reinforce and support District nutrition education efforts, the building principal or designee is responsible for ensuring:

1. Nutrition instruction is closely coordinated with the school's nutrition and food services operation and other components of the school health program to reinforce messages on healthy eating and includes social learning techniques. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible;
2. Links with nutrition service providers (e.g. food stamps, local food pantries, summer food services program, child and adult care food program), and implement nutrition education and promotion activities for school staff, Board members and parents;
3. In keeping with the District's wellness program goals, non-food rewards or incentives will be recommended.. All classroom reward or incentive programs involving food items are to be reviewed for approval to ensure that foods served align with the requirements of the District's nutrition policy and regulation (i.e. all foods served fit in a healthy diet as recommended in the Dietary Guidelines for Americans, and contribute to the development of lifelong healthy eating habits for the district's students).
4. The District requires that at school sponsored activities where food is offered or sold that healthy foods are available.

5. Child Nutrition Staff support nutrition education by promoting healthy meals and will provide nutrition information to students and families commencing during the 2013-2014 school year.
6. Reverse recess will be implemented as deemed appropriate by school building administrators.

Physical Education /Activity:

In order to ensure students are afforded the opportunity to engage in physical activity in the school setting, the following guidelines apply:

1. Physical activity may be integrated across curricula and throughout the school day. Movement may be made a part of science, math, social studies, and language arts as appropriate;
2. Physical education will be a course of study that focuses on students' development of motor skills, movement forms, and health related fitness;
3. Physical education courses may be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge;
4. All physical education classes will be taught by highly qualified instructors;
5. A daily recess period should be provided which may not be used as a punishment or a reward. It is encouraged that all K-5 students have access to their entire lunch recess daily; and
6. Physical education instruction shall be a sequential, developmentally appropriate curriculum that is designed, implemented and evaluated to help students develop the knowledge, motor skills, self management skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives.

Nutrition Guidelines and Food Services Operations

1. The school encourages all students to participate in the school's National Lunch Program (NSLP) and School Breakfast Program (SBP) meal opportunities.
2. The District Meal Program Specialist and schools notify families of need-based programs for free or reduced-price meals and encourages eligible families to apply.
3. The Food Service Department's NSLP and SBP staff maintain the confidentiality of students and families applying for or receiving free or reduced-priced meals in accordance with the National School Lunch Act.
4. The school's NSLP and SBP, operate to meet dietary specifications in accordance with the Healthy, Hunger-free Kids Act of 2010, and applicable state laws and regulations.

5. The school's NSLP and SBP sells or serves varied and nutritious food choices consistent with the applicable federal Dietary Guidelines for Americans. K-8 students will be served flavored milk on Fridays only.
6. District pricing strategies will encourage students to purchase full meals and nutritious items. Food prices set by the district are communicated to students and parents through:
 - a. Parent letters
 - b. Schools news letters
 - c. Local Newspapers
 - d. Monthly menus
 - e. Upon request
7. Procedures are in place for providing to families, on request, information about the ingredients and nutritional value of the foods served.
8. Menu labeling at a point of decision-making will be used when possible to teach students about making healthy choices.
9. Modified meals are prepared for students with special food needs.
 - a. The district will provide substitute foods to students with disabilities upon written parental permission and a medical statement by a physician that identifies that student's disability, states why the disability restricts the student's diet, identifies the major life activity affected by the disability, and states the food or foods to be omitted and the food or choice of foods that must be substituted.
 - b. Such food substitutions will be made for students without disabilities on a case-by-case basis when the parent submits a signed request that includes a medical statement signed by a physician, physician's assistant, registered dietitian or nurse practitioner. The medical statement must state the medical condition or special dietary need that restricts the student's diet and provide a list of food(s) that may be substituted in place of the lunch or breakfast menu being served.
10. Food service equipment and facilities meet applicable local and state standards concerning health, safe food preparation, handling and storage, drinking water, sanitation and workplace safety.
11. Students are provided adequate time and space to eat meals in a pleasant and safe environment. School dining areas will be reviewed to ensure:
 - a. Tables and chairs are of the appropriate size for students;
 - b. Seating is not overcrowded;
 - c. Students have a relaxed environment;
 - d. Noise is not allowed to become excessive;
 - e. Rules for safe behavior are consistently enforced;
 - f. Tables and floors are cleaned between meal periods;
 - g. The physical structure of the eating area is in good repair;
 - h. Appropriate supervision is provided.
12. The 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), sections 8 (f) (1), and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758) (f) (1), 1766(a), as those regulations and guidance apply to schools. The Nutrient Guidelines and Nutritional Standards Policy include all food items available to students. These will be provided to each building each year.

13. Schools should discourage students from sharing their foods or beverages with one another during meals. Given concerns about allergies and other restrictions for some children's dietary needs.
14. All District food services available to students will comply with local, state and federal regulations

Other School-Based Activities

The District will encourage the following practices which promote local wellness:

1. Scoliosis screenings;
2. Intramural sports;
3. Foodless Fundraisers;
4. Monthly/Weekly school walks;
5. Assemblies which focus on wellness issues such as obesity and obesity- related diseases, healthy eating, and the benefits of physical exercise;
6. The use of alternates to food as rewards in the classroom;
7. Limit the amount of foods with no nutritional value that are sold in vending machines; and
8. Support groups for overweight students.

Food of Minimal Nutritional Value (FMNV) and Competitive Food Sales

In keeping with federal regulations, the district controls the sale of FMNV and all competitive foods. Although federal regulations allow FMNV to be sold in food service areas before and after meal service periods, district schools shall meet minimum state requirements and are directed to offer healthy choices throughout the school campus during the school day.

1. Beverages:
 - a. Allowed: water or seltzer water without added caloric sweeteners, fruit and vegetable juices and fruit based drinks, unflavored or flavored low-fat or fat-free fluid milk and nutritionally equivalent non-dairy beverages (to be defined by USDA).
 - b. Not allowed: carbonated beverages or any soft drinks containing caloric sweeteners.
 - c. Students are encouraged to limit sport drinks and teas to one a day.
 - d. Energy drinks are not allowed during learning time.
2. Foods:
 - a. A food item sold individually:
 - * will have no more that 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories form saturated and trans fat combined.
 - * will have no more than 35% of its weight from added sugars.

- * will contain no more than 250 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items – will contain no more than 500 mg of sodium per serving for pastas, meats, and soups - and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- b. 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, cooked, dried or canned fruits (canned in fruit juice or light syrup), and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- c. Portion Size:
 - * Nutrient standards will be based on portion control and nutritional balance. The portion size of ala cart entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruit and non-fried vegetables are exempt from portion-size limits.

The sale of all other foods, other than FMNV, in competition with the District’s NSLP and SBP meals consistent with applicable Dietary Guidelines for American do not apply to competitive foods sold or served outside the food service areas as defined in this regulation.

Other Foods Offered or Sold

The district recognizes that federal government standards requiring schools to provide NSLP and SBP meals consist with applicable Dietary Guidelines for Americans do not apply to competitive foods sold or served outside the food service areas as defined in this regulation. Foods offered in school-sponsored activities and food and beverages sold as part of approved school fund-raising events, will meet minimum state requirements unless otherwise exempt by state law. The District encourages non-food fundraisers.

Staff Development

Ongoing pre-service and professional development training opportunities for staff will be encouraged. Staff responsible for nutrition education will be encouraged to participate in professional development activities to effectively deliver the nutrition education program as planned. Nutrition and food services personnel receive opportunities to participate in professional development activities that address strategies for promoting healthy eating behavior, food safety, maintaining safe, orderly and pleasant eating environments and other topics directly relevant to the employee’s job duties. The principal is responsible to ensure such training is made available including, but not limited to, the following:

1. Personnel management;
2. Financial management and record keeping;
3. Cost- and labor-efficient food purchasing and preparation;
4. Sanitation and safe food handling, preparation and storage;
5. Planning menus for students with special needs and students of diverse cultural backgrounds;

6. Customer service and student and family involvement;
7. Marketing healthy meals; and
8. Principles of nutrition education, including selected curriculum content and innovative nutrition teaching strategies;
9. Assessment by staff of their own eating practices and increased awareness of behavioral messages staff provide as role models.

Family and Community Involvement

In order to promote family and community involvement in supporting and reinforcing nutrition education in the schools, the building principal is responsible for ensuring:

1. Nutrition education materials and cafeteria menus are made available;
2. Parents are encouraged to send healthy snacks/meals to school;
3. Parents and other family members are invited to periodically eat with their child in the cafeteria.

4. Families are invited to attend exhibitions of student nutrition projects or health fairs;
5. Nutrition education workshops and screening services are offered;
6. Nutrition education topics that students can share with their families are offered;
7. School staff are encouraged to cooperate with other agencies and community groups to provide opportunities for student volunteer or paid work related to nutrition, as appropriate;
8. School staff encourages and provides support for parental involvement in their children's physical education;
9. Materials promoting physical activity are sent home with students; and
10. Physical activity is a planned part of all school-community events.

Monitoring and Policy Review:

- a. **Monitoring:** The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.
 1. 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 Superintendent on the Wellness Policy Compliance Form.

2. Food Service Supervisor at the district level will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent.
- b. **Policy Review.** The Superintendent or designee shall be responsible for monitoring and ongoing assessment of the District's Wellness Policy.