

Wellness Procedure
Pursuant to Board Policy 2510

10/20/08

Introduction

To help combat childhood obesity and associated diseases, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268 requiring each local educational agency participating in USDA's school meals programs to establish a local wellness policy by the beginning of School Year 2006-2007.

Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity, creating a healthy environment for combating problems associated with poor nutrition and low levels of physical activity. The law places the responsibility of developing a wellness policy at the local level so the individual needs of each school district can be addressed.

Schools must set goals for nutrition education, physical activity and other school-based activities designed to promote student wellness. Schools must also establish nutrition standards for all foods that are available on each school campus during the school day, with the objective of promoting student health and reducing childhood obesity. Schools are required to measure the implementation of the wellness policy and to involve a broad group of individuals in its development.

The school district maintains a coordinated school health program that addresses Health and Physical Education curriculum— school based mental health services, school counseling services, schoolwide behavior programs and school health services. The school supports the health of all students by hosting health screenings and encouraging the enrollment of eligible children in the Children's Health Insurance Program (CHIP).

The wellness policy developed by Victor School District meets the new federal requirement. The Wellness Committee examined existing practices in the goal areas. They then developed school improvement plans with consideration of feasibility of policy implementation at Victor School District. This program is meant to affect the long-term wellness of students.

Some aspects of a broader conception of "wellness" are not addressed in the policy that follows.

Nutrition/Wellness Education

At each grade level nutrition education will be offered as part of a sequential, comprehensive, standards-based curriculum designed to provide students with the knowledge and skills necessary to promote their health. Wellness education will be incorporated into the school day as often as possible and should:

- Teach consistent scientifically based nutrition messages throughout the school. Support these messages with consistent actions and avoid messages that contradict nutrition education.
- Disseminate Nutrition/Wellness messages to the home, staff, community and media.
- Encourage using food and cooking as part of cultural learning experiences.
- Use the school cafeteria as a model for healthy eating habits. Food service employees and teaching staff are encouraged to collaborate in food-related cultural curriculum.
- Through sources such as CATCH and Family Resource, offer information to families that encourages them to teach their children about health and nutrition, assists them in planning nutritious meals for their families, and provide suggestions for school snacks and sack lunches.
- Be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program.
- Use the Montana Health Education Standards and the Health & Physical Education Curriculum to address concepts progressively in grades K-12.
- Promote food-centered learning activities (farm visits, school garden/greenhouse, etc.).
- Promote self-esteem, self-respect and positive body image (based on the inside rather than the outside).

Physical Activity

Physical activity has been shown to improve cognitive function and reduce the risk of overweight and obesity in people of all ages. To curb the obesity epidemic, the Center for Disease Control and the American Academy of Pediatrics recommend that children between the ages of 5 and 18 get one hour of vigorous physical activity each day and that at least half of this activity be obtained during the school day.

In light of these recommendations, the Victor School sets forth the following guidelines:

- All students in grades K-10 will participate in physical education classes for the entire school year. Including students with disabilities or special health-care needs.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with Montana Health & Physical Education standards for K through grade 8.
- All physical education will be taught by qualified physical education teachers.
- Encourage walk/bike to school (develop “safe route” maps).
- Encourage and promote available family outdoor activities.

Physical activity across the Curriculum

- Incorporate physical activity (such as morning stretches) into other subject areas (e.g. math, language arts, science and social studies).
- When activities (such as mandatory school-wide testing) make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand, stretch and be moderately active.

Daily Recess

- All elementary school students will have 40-60 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity. When weather impedes outdoor recess, students should be encouraged to engage in indoor physical activities (utilizing CATCH materials).
- Maintain recess before lunch.

Physical Activity Opportunities Before and After School

- The school, as appropriate, will offer interscholastic sports programs.
- Schools will offer activities that meet the needs, interests and abilities of all students, including students with disabilities and students with special health-care requirements.
- Schools will encourage participation in community or club activities.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax and socialize.
- Parents are welcome to dine with students.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Cafeteria design will be given consideration during renovations and new construction.
- Consideration will be given for passing time, bathroom break, hand washing and socializing at breakfast and lunch times.
- Student and staff input will be considered for improving eating environment.

Nutrition Standards Component

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content will be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

General Guidelines

- Utilize as much fresh, whole, unprocessed and preferably sustainably-grown ingredients to preserve nutritional content and reduce packaging. As much as possible, avoid highly processed foods and high fructose corn syrup, when budget permits.
- Give preference to locally grown foods when price and availability permit, to support community small farms and reduce food miles.

Fundraising

Healthy fundraising activities send positive health messages and reinforce nutrition lessons taught in the classroom. School fundraising that includes the sale of non-food items or healthy foods demonstrates the school's commitment to promoting healthy behavior among students, parents and the community.

- School fundraising activities will support healthy lifestyles (See Appendix A for more suggestions).
- Encourage the sale of healthy food items during school hours.

Vending Machines

- Vending machines are not available to K-5 students during school hours.
- All foods and beverages sold in school vending must meet the Standards for Foods and Beverages and guidelines for vending machines set forth in this document. The school will strive to upgrade vending offerings as better choices become available.

Rewards and Incentives

- The ultimate goal of rewarding children is to help them internalize positive behavior so they will not need to be rewarded. Rewards and incentives should not involve foods that can undermine children’s diets and health. The use of food as a reward or incentive in the classroom or bus is to be discouraged as food rewards can lead to emotional eating habits and can encourage children to eat when not hungry. Other, more appropriate rewards may be used e.g. extra free time, Pirate Pennies, pencils, bookmarks. (See appendix E for list of suggestions)

School Meal Program

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of Montana.
- The School will offer varied and nutritious food choices that are consistent with the federal government’s Dietary Guidelines for Americans. For the purpose of this policy, “Dietary Guidelines for America” refers to the current set of recommendation 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.
- The Food Service Director will give preference to Montana-grown food when price and availability permit—and adequate staff and facilities are in place for processing.
- The Food Service Director is encouraged to avoid high fructose corn syrup, genetically modified and highly processed foods.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies) will be accommodated as required by USDA regulation with Doctor’s note on file.
- A la carte items and school-provided snacks available during the school day will meet the Standards for Food and Beverages set forth in this document

Snacks, Parties and Celebrations during School hours

- Schools should limit celebrations that involve food during the school day.
 - Develop a list of healthy party foods and snacks and ideas for parents.
- (For suggestions see Appendix D).

School Sponsored Events

Such as but not limited to athletic events, dances or performances.

- Healthy choices of foods and beverages that meet the Standards for Food and Beverages (see Appendix C) will be offered in conjunction with concession sales and at school-sponsored events outside the school day.

Neighborhood/Community involvement

The School District shall develop community spirit which fosters the full physical and academic potential in all children.

- Encourage parents and community to participate in evening potlucks, Family Fun nights, etc.
- Encourage collaborations between school and community through plays, art shows, athletic events, cultural events, etc.
- Offer Adult Ed courses which support good health e.g.: Yoga, aerobics, Pilates, cooking classes, etc.
- Host Wellness events when possible e.g.: Health Fairs, flu clinic, hearing/vision/dental screenings, etc.

Other Wellness-related topics

- Promote positive emotional and mental health, suicide prevention, etc. Utilize and provide list of services currently available.
- Promote drug, alcohol and tobacco prevention. Utilize and provide list of services currently available.
- Human sexuality education should be available—preferably offered in the curriculum from grades 6-12. Parents will be able to review any curriculum offered and choose to opt-out.
- Encourage students to participate in waste reduction programs (food composting, recycling projects, etc.).

Evaluation

The school Wellness committee should include representatives from the community, parents, staff, administration and board of Trustees. The Committee should meet at least once a year to monitor and evaluate the implementation, relevance and compliance of this document. The Committee should consider revisions to the document and assess its effectiveness bearing in mind the goal of this Policy is to promote long-term health and wellness of students and staff.

Appendix A—Fundraising suggestions

This list is provided as suggestion only. Student groups, staff, PTSA, etc. are encouraged to work together to develop further suggestions. For more ideas, Google “school fundraising” or log on to www.cspinet.org/schoolfundraising.pdf or www.americaonthemove.org

- Sell School spirit-Victor Pirate: Apparel (T shirts, sweat shirts, shopping bags etc.), Decals, bumper stickers, mugs, go-cups, key chains, blankets, calendars, etc.
- Walk-a-ton, dance-a-thon, fun runs
- Car washes
- Craft sales/ art sales
- Cow drops
- Fruit sales (cases of oranges, pears, apples, etc.)
- Hand-made Christmas ornaments
- Hand-made wrapping paper on rolls of Kraft paper
- Raffles
- Recycling projects (aluminum cans, scrap metal drives, etc.)
- Auctions (silent or live with donated items)
- Sponsored highway/river clean ups
- School carnival with booths
- Rummage sale @ school with donated items
- Sell school-produced cookbook
- Golf Tournament
- Donkey Basketball
- Magazine subscriptions
- Holiday wreaths
- Coupon books
- Flowers, plants, bulbs
- Sports camps for younger kids

Appendix B Vending Machines

For specifics please refer to www.opi.state.mt.us/schoolfood/wellness.html or www.teamnutrition.usda.gov

Best Choices:

Granola bars, whole-grain fruit bars
Nuts and seeds-plain or with spices
Nut Mix
Trail mix-plain
Fresh fruit of all varieties
Dried fruit
Beef jerky (or buffalo jerky)
Yogurt, low fat and not sugar added
String cheese
Fruit/vegetable juice (100% juice)
1% or skim milk
Plain water
Dry roasted peanuts, tree nuts and soy nuts
Fruit bars
Frozen fruit juice bars (no sugar or high fructose corn syrup)

Good Choices:

Nuts with light sugar covering; honey-roasted
Popcorn without hydrogenated fats
Individually packed fruit in natural juices only
Fruit leather
Animal crackers and graham crackers
Pretzels
Low fat ice cream and sherbet bars
Peanut butter and crackers
Low fat pudding
Baked chips, corn nuts

Appendix C— Standards for Food and Beverages as mandate by the Office of Public Instruction (OPI)

For more information, log on to:

www.opi.state.mt.us

www.cdc.gov

www.fns.usda.gov/tn/healthy/changes.html

www.ecoliteracy.org

www.cdc.gov/nccdphp/dash

www.nasbe.org

www.fns.usda.gov/tn/healthy/changing.html

- Provide 100% fruit and vegetable juices and limit portion sizes to 4-12 ounces.
- Provide plain water
- Provide milk - skim or 1% in portion sizes of 8-16 ounces.
- Flavored milk (chocolate or strawberry) low fat, or skim may be offered in up to 12 ounce serving sizes with no more than 36 grams of sugar in a 12 ounce portion.
- Recommend students to bring only water as a beverage to the classroom.

Grains:

- Serve whole grains, which contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain.
- Limit portion sizes to 1.25 ounces - 2 ounces with most being 1.25 ounces.
- Work to eliminate trans fats.

Fruits and Vegetables:

- Offer fruits and vegetables prepared/packaged without added fat, sugar or sodium. Low-fat dips and sauces on the side may be served in small portions to make foods more appealing.
- Offer 1/2 cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables, to help students reach the recommended 5-9 servings per day.
- Offer a variety of fruits and vegetables, especially fresh colorful ones.
- Give preference to locally grown food when available

Ala carte entrees and side dishes:

- Offer meat/meat substitutes in portions no greater than 3 ounces with 5 grams of fat per ounce or less (except nut butters).
- Offer nuts and seeds in portion sizes no greater than 1.25 ounces.
- Offer nut butters in portion sizes of 2-4 Tbsp.
- Offer non-fat and low-fat yogurt in portion sizes of 8 ounces or less. Sugar should not be the first ingredient on the label.
- Offer cheese in portion sizes of 1-2 ounces.

Condiments and miscellaneous:

- Offer salad dressing containing no more than 6-12 grams of fat per ounce.

Appendix D— healthy snack and party suggestions

This list is provided as suggestion only. Student groups, staff, PTSA, etc. are encouraged to work together to develop further suggestions.

Snacks:

- Fresh fruit or veggies. Whole or cut into finger-food pieces
- Dried fruits (raisins, cranberries, etc.)
- Trail mix
- Nuts
- Cheese sticks
- Yogurt
- Muffin (whole grains, pumpkin, etc.)
- Hard-boiled egg
- Cheese and crackers

Party suggestions:

- Popcorn
- Veggie and fruit trays (with low-fat dips)
- Fruit-K-Bobs
- Quesadillas with salsa
- 100% juice beverages or water
- Pretzels
- Nuts or trail mix
- Cheese and cracker trays
- Deviled eggs
- Wrap/rollups cut into finger-food pieces
- Apple wedges or celery with peanut butter dip
- Deli meats, small bread slices or crackers for building mini sandwiches
- Graham crackers or animal crackers
- Muffins (whole grain, corn bread, pumpkin, etc)

Appendix E— healthy classroom reward suggestions

This list is provided as suggestion only. Student groups, staff, PTSA, etc. are encouraged to work together to develop further suggestions.

- Pirate Pennies
- Go on a walking field trip
- Read the morning announcements
- Eat lunch with teacher or principal
- Get extra art time
- Get a “no homework” pass
- Be recognized during announcements
- Be featured on a recognition board
- Receive a free plant from the greenhouse
- Get to teach or read to the class for 10 minutes
- Earn free tickets to school athletic event or play
- Earn a gift certificate
- Get to make the office deliveries
- Receive 5 minute “chat” time at end of the day
- Get to be the helper in another classroom (younger)
- Take care of class animal