

IRENE-WAKONDA WELLNESS POLICY

Introduction

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement of all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-07 school year. In response to this requirement the Irene-Wakonda School District convened a work group to revise the wellness policy for our local agency. The wellness policy developed by Irene-Wakonda School District meets the new federal requirement. It is based on science, research, and existing practices from exemplary state and local school districts around the country.

The first priority of the work group was to promote children's health and wellbeing; however, feasibility of policy implementation was also considered. The district will support the health of all students by hosting health clinics, health screenings, and encouraging in the enrollment of eligible children in the Children's Health Insurance Program (CHIP).

Rationale

The increasing rate of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

A healthy school environment goes beyond school meals in the cafeteria. Living in a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutrition choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

The Federal government recognized that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, teachers, and business community is warranted. These efforts involve adults serving as role models and community members being informed of polices that improve the long-term health and well-being of students. The Irene-Wakonda School District has a strategic role to play in improving the health and well-being of children.

Members of the committee:

- Wanda Lyngstad, Food Services Representative
- Lisa Rudd, Food Services Representative
- Bruce Bailey, Secondary Principal
- Deb Lyle, Elementary Principal/Teacher
- Casey Pollman, Teacher/Parent
- Russell Buchanan, School Board Member/Parent
- Mike King, Teacher/Parent
- Student Council President

Consultants:

- CBM: Food Service Management Company

Policy

The committee will strive to implement the policy using input from the members as well as the staff and the public. The Irene-Wakonda School Board of Education will review the policy when revisions are made.

The students and the community will be informed through press releases, monthly newsletters, district website and correspondence sent home to parents on the existing needs, the policy and desired effects. This policy will include the following four components: Nutrition Education, Physical Activity, Nutrition Standards and Other School Based Activities.

Measure Success

As outlined in law, the Irene-Wakonda School District shall designate the Superintendent with operational responsibility for ensuring that the local agency meets the requirements of the local wellness policy.

NUTRITION EDUCATION COMPONENT

At each grade level, nutrition education will be offered as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

Nutrition Education:

- Teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home community, and media.
- Is part of health education classes and/or standalone courses.
- Is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects.
- Includes the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
- Uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12.
- Provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens).
- Offers information to families that encourage them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.
- Will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program.
- Will include a school nutrition/health team, such as Team Nutrition or Coordinated School Health, to conduct nutrition education activities and promotions that involve parents, students, and the community.

PHYSICAL ACTIVITY COMPONENT

The Primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly

participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

Daily Physical Education Classes K-12

- All students in grades K-8 will receive daily physical education (or its equivalent of 60-135 minutes per week for elementary school students and middle school students) for the entire school year. Students in grades 9-12 will be offered annually a physical education class to meet graduation requirements. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- 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 South Dakota and/or National Physical Education standards for PK through grade 12.
- All Physical education will be taught by highly qualified physical education teachers. If not high qualified, the staff member will have experience in the physical education program.
- Class teacher-to-student ratios should be equivalent to those of other subject's area classes in the school.
- Student participation in other activities involving physical activity such as interscholastic or intramural sports will not be substituted for meeting the physical education requirement, but such participation will be encouraged

Physical Activity Across the Curriculum

- Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies).

Daily Recess

- All elementary school students will have at least 20 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 feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- Extended periods of inactivity, two hours or more, are discouraged. 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 and be moderately active.

Physical Activity Opportunities Before and After School

- All elementary, middle, and high school students will be offered extracurricular physical activity programs, such as open gym and physical activity.
- All high school and middle school students, as appropriate, will be offered interscholastic sports programs.
- School will offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities, and students with special healthcare needs.
- After-school Program will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.

Rewards/Incentives/Consequences

- Teachers and other school and community personnel are encouraged to use discretion in the use of physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Students will not regularly be denied physical activity for purposes of make-up work, testing, etc.

Safe Routes to School

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or county sheriff/police departments in those efforts.
- The school district will explore the availability of funding through the SD Department of transportation.
- The school district will encourage students to use public transportation when available and appropriate for travel to school.

Use of School Facilities Outside of School Hours

- School spaces and facilities will be available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations.
- Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

Wellness Council/Committee

- Committee members will plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly nutrition and physical activity for all age groups within the school community.

NUTRITION STANDARDS COMPONENT

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods with good nutritional content including fruits, vegetables, low fat dairy foods, and low fat grain products will be available whenever and wherever food is sold or other wise choices offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

General Guidelines

- Food pricing strategies will be designed to encourage students of purchase nutritious items.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods service.
- Food and beverages sold or served on school grounds or at school sponsored events during the school day will meet Standards for Food and Beverages set forth in the document.

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 with applicable laws and regulations of the state of South Dakota. The Irene-Wakonda School District will comply with USDA regulations and state policies.
- Schools 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 Americans" refers to 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.
- Menus will be planned with input from students, family members, and other school personnel.
- Students with special dietary needs (e.g. diabetes, allergies) will be accommodated as required by USDA regulation.

- When a la carte items are available during the school day, they will meet the Standards for food and beverages set forth in this document.
- School food service departments will not sell extra portions of dessert, French fries, and/or ice cream.

Snacks

- Healthy snacks will include fresh, dried, or canned fruits (in 100% juice only); vegetables; 1% white or fat free flavored/unflavored milk; and grains meeting the standards for Food and Beverages set forth in this document.

Fundraising

- At least 50% of the fund raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered they will meet the Standards for Food and Beverages.

Best Choices

Granola bars, whole-grain fruit bars, nuts and seeds-plain or with spices, nut mix, trail mix-plain, fresh fruit or all varieties, dried fruit, beef jerky (buffalo jerky), yogurt-low fat and no sugars added, string cheese, fruit/vegetable juice (100% juice), 1% white milk or fat-free flavored/unflavored 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 crackers, low fat pudding, baked chips, corn nuts.

Content of Vending Machines

- These guidelines should be applied to all vending machines in the school.
- All foods and beverages sold in school vending must meet the Standards for Food and Beverages and guidelines for vending machines set forth in this document.

Parties and Celebrations

- Schools should use discretion in celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
- The district will disseminate a list of healthy party ideas to parents and teachers.

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

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

OTHER SCHOOL-BASED ACTIVITIES COMPONENT

The Irene-Wakonda School District will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity and contributes to forming healthy life long habits.

Professional Development

- School will provide ongoing professional development and education for food service professionals, educators, administrators and other staff.

- School will provide nutrition and physical education for students, staff, parents, and where appropriate, community members.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surrounding and will have adequate time scheduled as near the middle of the school day as possible to eat, relax and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.

Recess Before Lunch

- Schools will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

Rewards, Incentives, and Consequences

- Rewards and incentives will be given careful consideration as to the messages they sent to the students receiving them, food will not be used as a reward or incentive in the classroom, but other more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks, etc.)
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance
- Teachers and other school personnel will not regularly prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance; nor will they cancel recess or other physical activity for instructional make-up time

Community Access to Facilities for Physical Activity

- School will provide community access to the school's physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities when possible.

Vending Machines

- Vending machines with food and beverages will not be available to elementary children. The school will provide healthy snacks as a part of the Fresh Fruit and Vegetable Program.
- Vending services that do not provide only healthy options will be unavailable from 12 midnight until 4 PM.

Fundraising

- School fundraising activities will support healthy lifestyles. Such activities may include physical activity (e.g. walk-a-thon), school support (e.g. selling school memorabilia) and or academic achievement (e.g. spelling bee).
- The school will encourage fundraising activities that promote physical activity.
- The school will follow the "Smart Snacks" rules and regulations as it pertains to fundraising and will make available a list of ideas for acceptable fundraising activities.

Wellness Councils

- The school district has organized a local wellness council comprised of Wellness Committee Members with the purpose of planning, implementing and improving nutrition and physical activity within the school environment.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards .
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Standards for Food and Beverages

1. Beverages:

- a. Provide 100% fruit and vegetable juices and limit portion sized to 4-12 ounces
- b. Provide water-non carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- c. Provide 1% white milk or fat free flavored/unflavored milk, in portion sizes of 8-16 ounces.
- d. Eliminate the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee and coffee-like beverages, and other items not included in allowable beverages listed above during school hours
- e. Allow only water as a beverage in the classroom.

2. Grains:

- a. 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.
- b. Limit portion sized to 1.25 ounces – 2 ounces with most being 1.25 ounces.
- c. Limit total calories from fat to no more than 30%.
- d. Limit total calories from saturated fat to no more than 10%.
- e. Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving.
- f. Limit the amount of trans fats.

3. Fruits and Vegetables:

- a. 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.
- b. Offer ½ cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5-9 serving per day.
- c. Offer a variety of fruits and vegetables, especially colorful ones.

4. A la carte entrees and side dishes:

- a. Offer meat/meat substitutes in portions no greater than 3 ounces with 5 grams of fat per ounce or less (except nut butters).
- b. Offer nuts and seeds in portion sizes no greater than 1.25 ounces.
- c. Offer nut butters in portion sizes of 2-4 Tbsp.
- d. 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.
- e. Limit ice cream and frozen dessert to portion sizes of 4 ounces or less with 5 grams or less of fat. Sugar should not be the first ingredient.
- f. Offer cheese in portion sizes of 1-2 ounces.

5. Condiments and miscellaneous:

- a. Offer salad dressing containing no more than 6-12 grams of fat per ounce.
- b. Remove salt shakers from tables.

Definitions

A La Carte: Additional and separately priced foods sold in the lunch line.

Dietary Guidelines for Americans: Dietary recommendations for healthy Americans age 2 years and over about food choices that promote health, specifically with respect to prevention or delay of chronic diseases.

Physical Activity: The Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that result in an expenditure of energy.

Normal School Day: Time period spanning from the first bell of the day that begins the first class period of the last bell of the day ending the final class period

Vending Machine: A coin operated machine for the sale of merchandise