

Richard City Special School District's Wellness Policies on Physical Activity and Nutrition (Revised March 2009)

The Richard City Special School District recognizes that good nutrition, physical activity, and other health conscious practices contribute greatly to not only the physical development of a student, but also to the student's ability to learn and succeed in school. Good health fosters student attendance, alertness, and helps to increase a student's capacity for learning.

The Richard City Special School District is committed to providing a school environment that contributes to the daily success of a student and also provides opportunities for a student to develop good health habits that will last a lifetime. In order to encourage student wellness, the following plan will be implemented by the schools in Richard City Special School District.

Therefore, it is the policy of the Richard City Special School District that:

- All students in grades Pre-K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served in school cafertia will meet the New Nutrient Guidelines and will be approved by the Tennessee State School Nutrition Department. Only items included on Tennessee Compliance List will be used for a la carte sales.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

To Achieve These Policy Goals:

I. School District

The school district will create, strengthen, develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.

II. Nutritional Quality of Foods 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;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat(1%) and fat-free milk; and
- Ensure that half of the served grains are whole grain.

Foods sold through the school meal programs will be reviewed by a registered dietitian on a periodic basis. The dietitian shall make recommendations necessary to comply with all rules and regulations of any Federal, State, or City government applicable to said school system or the service of meals provided. The District is responsible for approving implementation and maintaining those recommendations made by the dietitian. The dietitian should also identify new, healthful, and appealing food choices and share information about the nutritional content of meals with parents and students.

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:

- District will utilize methods to serve school breakfasts that encourage participation , including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- District that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- District 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 make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free

and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income, promote the meals, such as “grab-and-go” or classroom breakfast.

Meals Times and Scheduling:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch
- Should schedule meal periods at appropriate times
- 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 snack
- Should take responsible steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia, or high tooth decay risk).

Qualification of School Food Service Staff: Qualified nutrition professionals will administer the school meal programs, all cafertia managers will participate in SNA certification and will participate in continuing education to maintain and enhance certification. As a part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in school. Staff development programs should include appropriate certification and/ or training programs for child nutrition directors, school nutrition managers, and cafertia workers, according to their levels of responsibility.¹

Sharing of Foods and Beverages: Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s.

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

Elementary Schools: The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, food in 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.

¹ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

High Schools: High schools are encouraged to use the following guidelines for nutrition and portion size for all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte/snack lines, vending machines, student stores, concession stands, or fundraising activities) during the school:

Suggested Beverages Guidelines

- Allowed: water or seltzer water² 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 sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USA):
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Suggested Food Guidelines

- 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;³
 - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pasta, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- 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

² Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

³ If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from local sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁴

Portion Size:

- 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;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, 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 beverages, excluding water; and
 - 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 during the school day. Schools will encourage fundraising activities that promote physical activity.

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 dietitian will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Prepackaged Food: The RHMS of Education recognizes the importance of volunteerism and community involvement as an important part of Home School Relations. Administrators and faculty will consider the health and welfare of students when accepting and serving food items.

⁴ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

The Board encourages the uses of pre-wrapped treats/rewards/party favors and sealed beverages for birthdays and other special events at school.

Teachers and faculty will continue to observe that precautions are taken to follow generally accepted health guidelines when serving off campus food products to students.

Food prepared off campus by a commercial vendor will be accompanied by a certificate of general liability.

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,⁵ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations: If school celebrations that involve food are allowed during the school day, the celebrations should be limited to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Richard City Special School District aims to teach, encourage, and support healthy eating by students and staff. Schools should provide nutrition education and engage in nutrition promotion that:

- 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 gardens;
- Promotes fruits, vegetables, whole-grains products, low-fat or 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);

⁵ Unless this practice is allowed by a student's individual education Plan (IEP).

- Links with school meal programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting: in accordance with Section 2 of TCA PC 1001, the local education agency will integrate a minimum of ninety minutes of physical activity per week per child into the instructional day for elementary and secondary school students. 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.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents: The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The registered dietitian along with Coordinated School Health will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The school 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 of 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.

Staff Wellness: The Richard City Special School District highly values the health and well-being of every staff member and plan to implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should establish and maintain a Healthy School Team composed of teachers, parents, administrators, cafeteria workers, nurses, and other stakeholders. The team should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. 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 healthy lifestyle among school staff.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12: All students in grades K-12 will receive daily physical education/physical activity for the state mandated amount of time, 90 minutes per child per week, for the entire school year. All physical education will be taught by a certified teacher.

Student involvement in other activities involving physical activity: Interscholastic or intramural sports will not be substituted for meeting the physical education requirement.

Daily Recess: If recess is built into the daily schedule, elementary students may be allowed recess supervised by a teacher. During supervised recess, students should be encouraged to participate in moderate to vigorous physical activity through the provision of space and equipment, preferably outdoors.

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: All elementary, middle, and high schools will be encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will be encouraged to offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, and girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs 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.

Physical Activity and Punishment: Teachers and other school and community personnel will be discouraged from using physical activity or withhold opportunities for physical activity as punishment.

Safe Routes to School: The school district will assess, 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 police departments in those efforts.

V. Monitoring and Policy Review

Monitoring: The director of schools will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal will ensure

compliance with those policies in his/her school and will report on the school's compliance to the school board or designee.

School food services staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the principal). In addition, the school district report on the most recent USDA School Meals Initiative (SMI) reviews 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 director of schools or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools with the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review: To help with the initial development of the district's wellness policies, each school in the district will conduct baseline assessment of the school's existing nutrition and physical activity environments and policies utilizing Modules 1,3,& 4 of the School Health Index. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school board will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plan to facilitate their implementation.