

Hancock County School District

WELLNESS POLICY

Committed to Excellence

Developed by:

School Health Advisory Council

Endorsed by:

Hancock County Board of Education

Jeff Stapleton, Board Chairman

Mike Antuan, Director of Schools

05-01-14, Date

Preamble

The Hancock County School District recognizes that:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.
- Poor diet and unhealthy portion sizes has a negative influence on motivation and attentiveness of children.
- Physical activity along with good nutrition is one of the most important ways students can become holistically healthy. (Physical, Mental and Emotional)
- Community participation is essential to the development and implementation of successful school wellness policies.

Thus, the Hancock County School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Hancock County School District that:

- The school district will engage students, parents, teachers, school nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- Opportunities for nutrition education will be provided and promoted.
- Opportunities for physical activity will be supported and encouraged as a daily component of the school day in meeting the 90 minute Physical Activity Law.
- Foods and beverages sold or served at school will meet the recommendations of the *U.S. Dietary Guidelines for Americans* and the Nutritional Standards set forth by the Tennessee State Board of Education. (Implement the new Law 708-Vending)
- 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; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- All schools in our district will participate in the available federal school meal programs including the School Breakfast Program and National School Lunch Program, After School Programs and Summer Feeding Program and such programs will comply with federal, state, and local requirements.

TO ACHIEVE THESE POLICY GOALS:

The school district and/or individual schools within the district will establish a team consisting of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public. This team will work to develop, implement, monitor, review, and, revise school wellness policies and will serve as a resource to school sites for implementing those policies.

These policies will address four components:

1. School Health, Safety Policies and Environment
2. Health Education
3. Physical Activity
4. Nutrition Services

COMPONENT 1-SCHOOL HEALTH AND SAFETY POLICIES

- A Healthy Schools Team will be established, compiled of school personnel, parents, students, health officials, and law enforcement (School Resource Officer).
- The Healthy Schools Team will write and implement a school safety policy and a wellness policy.
- Professional staff development on preventing at-risk behavior including but not limited to unintentional injury, violence, drug abuse and suicide will be implemented.
- Enforce the state law and HCBOE policy of tobacco use by school personnel. The School Based Health Clinics will provide information on cessation programs and offer incentives for users to quit.

COMPONENT 2 – HEALTH EDUCATION

- Students in grades preK-12 are offered health education that is part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health. The Michigan Model Curriculum will be used to provide health education within the classroom.
- Nutrition education will be included in conjunction with school field trips that are enjoyable, developmentally appropriate and culturally-relevant. Other nutritional activities will include

- contests, promotions, taste-testing, farm visits and school gardens.
- Consistent nutrition messages will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain products, and low fat and fat free dairy products, healthy food preparation methods and health enhancing nutrition practices.
- Schools will provide community outreach through the use of the district's CSH and school website, parent menus and flyers, articles in district and school newsletters, local newspapers, and other available media.
- Staff who provide nutrition education will have appropriate training and professional development in-service at least once a year.
- The school district will provide opportunities for on going professional training and development for foodservice staff and teachers in the area of nutrition if funds are available.
- The school district will provide professional in service training for classroom management techniques in conflict resolution such as bullying.

COMPONENT 3 – PHYSICAL ACTIVITIES

- Daily Physical Education:
 - The Hancock County School System will work towards requiring students to receive daily physical education. All physical education will be taught by a certified physical education teacher. Professional training and development for teachers in the area of PE will be provided by the school district.
- Daily Recess:
 - All elementary school students will have adequate supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
 - The elementary school HST/CSH will improve the maintenance of playground and equipment.
- Integrating Physical Activity into the Classroom Setting:
 - 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.
 - Opportunities for physical activity will be incorporated into other academic areas.
 - Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.
- Physical Activity Opportunities Before and After School:
 - All elementary, middle, and high schools will offer extracurricular physical activity programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the need, interests, and abilities of all students, including boys, 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.
- Schools encourage parents and guardians to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family events.

COMPONENT 4 – NUTRITION SERVICES

- 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 requirement established by local, state, and federal regulations;
 - offer a variety of fresh fruits and vegetables daily;
 - serve a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily basis;
 - offer whole grain foods in all programs at all grade levels to meet grain/bread requirements.
 - reduce fat by baking, steaming and broiling when applicable
 - reduce sodium intake
- Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify acceptable new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents, and students. Such information can be made available on menus, school website, on cafeteria menu boards or other point-of-purchase materials.
- 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:
 - Schools will operate the School Breakfast Program.
 - Schools will, to the extent possible, arrange bus schedules and 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.
 - Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
 - The school nutrition program will sponsor the Summer Feeding Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation. This will coincide with summer programs.

- The school district shall have procedures in place for providing to families, on request, information about the ingredients and nutritional value of foods served.
- Minimum Nutritional Standards – Foods and Beverages Sold Individually:

The school district will follow the standards established by the State Board of Education (Chapter 0520-1-6.04 Child Nutrition Programs – Minimum Nutritional Standards for Individual Food Items Sold or Offered for Sale to Pupils in Grades Pre-Kindergarten through Eight) for foods and beverages sold in a la carte sales, vending machines, snack bars, school stores, fund raising and concession stands on school campuses during the school day.

- Cafeteria Atmosphere:
 - School dining areas have sufficient space for students to sit and consume meals.
 - School dining areas are clean, safe, and pleasant environments that reflect the value of the social aspects of eating.
 - Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
 - Meal times are scheduled near the middle of the day.
 - Students are given adequate time to enjoy eating healthy meals with friends.
 - The school district encourages all students to participate in the school meals programs and protect the identity of students who eat free and reduced-price meals.
 - Time is allowed and facilities are conveniently available for students to wash their hands before and after meals.

- Meal Times and Scheduling:

Schools:

- will ensure an adequate time (at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch) for students to enjoy eating healthy foods with friends in school;
- will schedule lunch time as near the middle of the day as possible;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities; and,
- will schedule lunch periods to follow recess periods in elementary schools so that children will come to lunch less distracted and ready to eat.

- 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.

- Schools will encourage fundraising activities that promote physical activity.
- The school district will make available a list of ideas for acceptable fundraising activities.

- 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 district 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.

- Reward and/or Punishment:

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

- Schools will not deny student participation in recess or other physical activities as a form of discipline or for classroom make-up time.
- Schools will not use physical activity as a punishment.

- Celebrations:

Schools will limit celebrations that involve food during the school day 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.

- Communications with Parents:

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children by:

- offering healthy eating seminars for parents;
- sending home nutrition information
- providing nutrient analyses of school menus;
- providing parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- providing opportunities for parents to share their healthy food practices with other in the school community;
- providing information about physical education and other school-based physical activity opportunities before, during, and after the school day; and, supporting 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

newsletter, or other take-home materials, special events, or physical education homework.

- Use of School Facilities Outside of School Hours:

The school district will make efforts to keep school or district-owned physical activity facilities open for use by students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

- The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active both in school and at home.
- School will ensure that the required food safety practices are followed in the receiving, storage, preparation, and service of all foods at school or school-sponsored events.

Monitoring: The Coordinated School Health Coordinator of the Hancock County School District will ensure compliance with established district-wide nutrition and physical activity wellness policies. 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 school district Director of Schools or designee.

School nutrition 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 school nutrition supervisor. In addition, the school district will report on the most recent USDA school Meals Initiative (SMI) review findings and any resulting changes.

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 within the district. That report will be provided to the school board.

Policy Review: To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level by Debra McDaniel 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 district 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 plans to facilitate their implementation.