

SUBJECT: DISTRICT WELLNESS POLICY**Introduction**

- a) Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- b) Good health fosters student attendance and education;
- c) Obesity rates have doubled in children and tripled in adolescents over the last two (2) decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- d) Heart disease, cancer, stroke, and diabetes are responsible for two-thirds (2/3) of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
- e) Thirty-three percent (33%) of high school students do not participate in sufficient vigorous physical activity and seventy-two percent (72%) of high school students do not attend daily physical education classes;
- f) Only two percent (2%) of children two (2) to nineteen (19) years eat a healthy diet consistent with the five (5) main recommendations from the Food Guide Pyramid;
- g) 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;
- h) School districts around the country are facing significant fiscal and scheduling constraints; and
- i) Community participation is essential to the development and implementation of successful school wellness policies.

Thus, the Fillmore 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 Fillmore School District that:

- a) Fillmore will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies.
- b) All students in grades K through 12 will have opportunities, support, and encouragement to be physically active on a regular basis.

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- c) Foods and beverages sold or served at school will meet the nutrition recommendations of the U. S. Dietary Guidelines for Americans.
- d) 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.
- e) Fillmore Central will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).
- f) Fillmore 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.

School Health Councils

Fillmore Central will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the School Board, school administrators, teachers, health professionals, and members of the public.)

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

- a) Meals served through the National School Lunch and Breakfast Programs will meet the state and federal nutrition guidelines for breakfast and lunch.
- b) Fillmore will operate the School Breakfast Program.
- c) Fillmore will 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.
- d) Fillmore will notify parents and students of the availability of the school breakfast program.

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Free and Reduced-Priced Meals

Fillmore Central 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, the District will utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Meal Times and Scheduling

Fillmore Central:

- a) Will provide students with at least ten (10) minutes to eat after sitting down for breakfast and twenty (20) minutes after sitting down for lunch;
- b) Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- c) Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- d) Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As part of the School District's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.**

* It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

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

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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 diets.

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

a) Elementary School

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.

b) Middle/Junior High and High School

In middle/junior high and high schools, 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, or fundraising activities) during the school day, or through programs for students after the school day, will meet the nutrition and portion size standards.

c) 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.

1. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.
2. Cookies historically sold at Fillmore Central will not be available to students in grades K through 4 before lunch.
3. Snacks available through the school store will only be available after lunch for all students.

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A variety of rewards will be available to students at Fillmore. Food or beverages (including food served through school meals) will not be withheld as a punishment.

Fund Raisers

To support children's health and school nutrition-education efforts, Fillmore will encourage fundraising activities that promote physical activity.

Nutrition and Physical Activity Promotion and Food MarketingNutrition Education and Promotion

Fillmore School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- a) 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;
- b) 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;
- c) Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- d) Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- e) Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); and
- f) 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

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least sixty [60] minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

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Toward that end:

- a) 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;
- b) Opportunities for physical activity will be incorporated into other subject lessons; and
- c) Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

Fillmore Central will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, the District will provide opportunities for parents to share their healthy food practices with others in the school community.

The 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.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).^{*} School-based marketing of brands promoting predominantly low-nutrition foods and beverages^{**} is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

^{*}Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

^{**}Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

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Staff Wellness

The Fillmore School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Fillmore will establish and maintain a staff wellness committee composed of at least one staff member, school health council member, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee 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 a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

Physical Activity Opportunities and Physical Education

Daily Recess

All elementary school students will have at least twenty (20) minutes of supervised recess three (3) out of every five (5) days of school, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two (2) 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 offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

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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 police departments in those efforts. The School District will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. The School District will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to 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.

Monitoring and Policy Review

Monitoring

The Superintendent or designee will ensure compliance with established District-wide nutrition and physical activity wellness policies.

School food service 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 School Principal). In addition, the School District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the District has not received a SMI review from the state agency within the past five (5) years, the District will request from the state agency that a SMI review be scheduled as soon as possible.

Policy Review

The Wellness policy will be reviewed every three (3) 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.

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Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265 Section 204
Richard B. Russell National School Lunch Act, 42 USC Section 1751 et seq.
Child Nutrition Act of 1966, 42 USC Section 1771 et seq.
7 CFR Section 210.10

Adopted: 6/19/14