

JLCF - WELLNESS POLICY

Category Priority-The subject matter of these policies is required by state and or federal law.

On June 30, 2004, the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 was amended to include the following:

Section 204: Not later than the beginning of the 2006-2007 school year, this section requires local educational agencies participating in school meals programs to establish a local “school wellness policy” that, at a minimum:

- includes goals for nutrition education, physical activity, and other school based activities designed to promote student wellness in a manner that the local educational agency determines appropriate;
- includes nutrition guidelines for all foods available on the school campus during the school day;
- provides an assurance that guidelines for school meals are not less restrictive than those set by the Secretary;
- establishes a plan for measuring implementation of the local wellness policy; and,
- Involves parent’s students and representatives of the school food authority, the school board, school administrators, and the public in development of the local wellness policy.

The Hinsdale School District recognizes that “schools cannot achieve their primary mission of education if students and staff are not physically, mentally and socially healthy”, and is committed to providing a school environment that enhances learning and the development of lifelong wellness practices. Therefore, the Hinsdale School District has articulated the following Hinsdale School District Wellness Policy

Nutrition Education

Nutrition education will be offered as part of a sequential, comprehensive, interactive program based on state guidelines and designed to provide pre-K through 12 students with the knowledge and skills necessary to promote and protect their health.

Nutrition curriculum and promotions will, but are not limited to the following:

- emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- encourage unprocessed wholesome foods such as: fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy and safe food preparation methods, and health-enhancing nutrition practices;
- encourage students to start each day with a healthy breakfast; and,
- use local foods whenever available.

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, social studies, health, physical education, and family consumer science.

Nutrition education will reflect state and district health education curriculum standards and guidelines.

Classroom curriculum will coordinate with cafeteria school meal programs and other foods offered or sold at schools to allow students to apply skills and knowledge taught in the classroom.

Nutrition education shall include information for families that encourages them to teach their children about health and nutrition and to provide nutritious meals.

Schools will provide opportunities for training of teachers and other staff responsible for student nutrition education.

The school district shall provide the means to fund updated nutritional information as it becomes available.

Nutrition education will be consistent with the Dietary Guidelines for Americans (see <http://www.health.gov/dietaryguidelines/dga2005/document/>).

Physical Activity

The goal of the Hinsdale School District is that students will receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day). For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that goal:

- 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 integrated across curricula and throughout the school day;
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate;
- physical education (PE) education will reflect state and district physical education curriculum standards and guidelines; and,
- physical education (PE) education will be integrated into other areas of the curriculum such as math, science, language arts, social studies, health, physical education, and family consumer science.

Schools will allot time for physical education and/or physical activity that strives to be consistent with research and national standards for daily physical education or the equivalent of at least 150 minutes of physical activity per week for all students during the school day.

Students will spend at least fifty percent (50%) of physical education class time participating in moderate to vigorous physical activity.

Physical education will include the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Adequate equipment will be available for all students to participate in physical education.

Physical activity facilities on school grounds will be safe.

Policies will ensure that state-certified physical education instructors teach all physical education classes, and that teachers in the area of physical education will participate in on-going professional development and training.

Policies will ensure that state physical education classes have a student/teacher ratio similar to other classes.

Elementary schools will provide a daily recess period and consider planning recess before lunch, since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.

Since physical activity should be a positive aspect of each child's life, teachers and other school personnel:

- will not use physical activity as punishment; and/or,
- will not withhold opportunities for physical activity (i.e., recess, physical education class) as punishment.

The school shall provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted as well as those with special needs.

Information will be provided to families to help them incorporate physical activity into their student's lives, including community resources for active recreation.

Schools will provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day, in accordance with district policies.

Schools will encourage families and community members to institute programs that support physical activity, such as a "walk to school" program.

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 Hinsdale School District will work together with the Town Administrator, local public works, public safety and or police departments in those efforts. The Hinsdale School District will explore the availability of federal "safe routes to school" funds, administered by the NH Department of Transportation to finance such improvements.

Other School-Based Activities

After-school programs will encourage physical activity and healthy habit formation.

School Wellness Policy goals shall be considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).

Support for the health of all students will be demonstrated by hosting health clinics, health screenings, and by helping to enroll eligible children in Medicaid and other state children's health insurance programs.

The district will require development of strategies for parents, teachers, school administrators, students, food service professionals, parents, and community members to serve as role models in being physically active, both in school and at home. This may include, but not be limited to:

- forming of school and/or staff wellness committees;
- publicizing employee benefits promoting wellness and healthy lifestyle choices; and,
- supporting proposals for grant funding of school initiatives for wellness activities.

Nutrition Guidelines for All Foods on Campus

Nutrition guidelines have been developed for all foods and beverages available on each school campus during the school day. The standards do not apply to foods provided through the National School Lunch or School Breakfast programs, because these meals are already required to comply with federal nutrition standards under the School Meals Initiative. These guidelines apply to "competitive foods" - foods that compete with the school's operation of the National School Lunch Program. These "competitive foods" include foods and beverages available through vending machines, a la carte sales, school stores, fundraisers, school parties and celebrations, and cooking classes. The standards apply to all grades in all buildings.

All foods made available during the school day will comply with the following guidelines and the current USDA Dietary Guidelines for Americans. This includes foods provided and available through:

- vending machines
- a la carte sales
- fundraisers
- school stores
- classroom parties and celebrations
- instructional use of food
- rewards
- faculty lounges
- take-out food
- food from home; and
- field trips

Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools, and high schools.

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to students;
- 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 reduced fat (2%) plain milk, and low-fat (1%) and fat-free plain or flavored milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain...

The school Food Service Director will provide students with options that are less processed, more nutrient dense and have lower sugar, saturated and/or trans-fat content whenever possible.

Nutrition information for products offered in snack bars, a la carte, vending and school stores will be available upon request.

Families, teachers, students, and school officials shall be engaged in choosing the competitive food selections for their local schools.

The only beverages offered through vending will be:

- water, unflavored, no additives (any size);
- 100% fruit juice (not to exceed 6 oz.);
- milk, 1% low fat or nonfat (not to exceed 8 oz.), unflavored or flavored (not to exceed 30 grams of added sugar); and,
- electrolyte replacement drinks (“sport drinks”) that do not contain more than 110 mg. of sodium per 8 oz., more than 60 mg. of potassium per 8 oz., and more than 42 grams of added sweetener per 20 oz.

All foods sold through a la carte sales, will meet the following standards:

- Foods of Minimal Nutritional Value (FMNV) will not be available. These food include, but are not limited to: carbonated beverages, water ices (slushies “”, Slurpies), chewing gum, hard candies (mints, lollypops, cough drops, candy sticks, breath mints, etc.), jelly candies (jelly beans, gummies, gumdrops, etc.), marshmallow candies, fondant candies (candy corn, soft mints, etc.), licorice, spun candy, candy-coated popcorn;
- total fat will be less than 35% of the total calories (excluding nuts, seeds, nut butters, and reduced fat cheeses);
- saturated fat will be less than 10% of the total calories;
- sugar content will be less than 35% by weight (excluding naturally occurring sugars and low fat yogurts), and added sugar will not be listed as the first ingredient; and,
- Items will contain minimal to no trans fatty acids.

All foods sold as fundraisers, available for sale during the school day, will meet the following standards:

- Foods of Minimal Nutritional Value (FMNV) will not be available. These food include, but are not limited to: carbonated beverages, water ices (slushies', Slurpies), chewing gum, hard candies (mints, lollypops, cough drops, candy sticks, breath mints, etc.), jelly candies (jelly beans, gummies, gumdrops, etc.), marshmallow candies, fondant candies (candy corn, soft mints, etc.), licorice, spun candy, candy-coated popcorn;
- total fat will be less than 35% of the total calories (excluding nuts, seeds, nut butters, and reduced fat cheeses);
- saturated fat will be less than 10% of the total calories;
- sugar content will be less than 35% by weight (excluding naturally occurring sugars and low fat yogurts), and added sugar will not be listed as the first ingredient; and,
- items will contain minimal to no trans fatty acids.

All foods sold in school stores, available for sale during the school day, will meet the following standards:

- Foods of Minimal Nutritional Value (FMNV) will not be available. These food include, but are not limited to: carbonated beverages, water ices (slushies', Slurpies), chewing gum, hard candies (mints, lollypops, cough drops, candy sticks, breath mints, etc.), jelly candies (jelly beans, gummies, gumdrops, etc.), marshmallow candies, fondant candies (candy corn, soft mints, etc.), licorice, spun candy, candy-coated popcorn;
- total fat will be less than 35% of the total calories (excluding nuts, seeds, nut butters, and reduced fat cheeses);
- saturated fat will be less than 10% of the total calories;
- sugar content will be less than 35% by weight (excluding naturally occurring sugars and low fat yogurts), and added sugar will not be listed as the first ingredient; and,
- items will contain minimal to no trans fatty acids.

For classroom parties and celebrations:

- no Foods of Minimal Nutritional Value will be available;
- food choices should be limited to a maximum of 2-3 items; and,
- competitive foods may not be made available until after the last scheduled lunch period (pizza parties, etc. may not be offered in place of school lunch).

With regards to the instructional use of food:

- no Foods of Minimal Nutritional Value will be available;
- students may consume foods prepared in class for instructional purposes. However, this should be on an occasional basis, and food may not be provided to other students; and,
- foods prepared in the classroom should be consumed in the classroom, or left in the classroom until the end of the school day.

As rewards for academic achievement or behavior:

- no Foods of Minimal Nutritional Value will be available; and

- food-based rewards should not be used except to accommodate students with special needs whose Individualized Education Program (IEP) plans indicate the use of these foods for behavior modification or other suitable needs.

With regards to take-out food:

- students may not bring take-out food into the school for consumption. These food purchases have the potential to decrease participation in the school meals program, stigmatizing the program as designed for students from low-income families; and,
- students who leave the school grounds for meals may not bring food back onto campus, either for themselves or for other students.

The following strategies will be implemented regarding parents/caregivers compliance with the nutrition guidelines:

- parents/caregivers will be encouraged to promote their child's participation in the school meals program;
- parents/caregivers will be provided with nutrition education and encouraged to comply with the nutrition guidelines (examples of opportunities for nutrition education outreach include newsletters, open houses, parent conferences, etc.); and,
- parents/caregivers may not provide restricted items for children other than their own.

During Field trips, faculty/chaperones are encouraged to choose field trip foods and beverages that align with the school's nutritional guidelines.

The district will require development of strategies for parents, teachers, school administrators, students, food service professionals, parents, and community members to serve as role models in practicing good nutrition, both in school and at home. This may include, but not be limited to:

- forming of school and/or staff wellness committees;
- publicizing employee benefits promoting wellness and healthy lifestyle choices; and,
- supporting proposals for grant funding of school initiatives for wellness activities.

Eating Environment

Lunch will be scheduled between 11 am and 1 PM.

Recess for elementary grades is scheduled before lunch when possible.

The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.

Cafeterias will include enough serving areas so that students do not have to spend too much time waiting in line.

Dining areas shall be attractive and have enough space for seating all students. Students will have access to hand washing or hand sanitizing before they eat meals or snacks.

Drinking water fountains will be available for students at meals

Child Nutrition Operations

The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.

The school will strive to increase awareness of ability to participate in the available federal Child Nutrition programs (i.e., school lunch and school breakfast).

The Hinsdale School District will employ a food service director, who is properly qualified, certified, and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.

All food service personnel shall have adequate pre-service and in-service training in food service operations.

All food service personnel, within their first year of employment, obtain a certification of completion of an approved sanitation course.

Food Safety/Food Security

All foods made available during the school day will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility access to the food service operations will be limited to Child Nutrition staff and authorized personnel. For further guidance see the U.S. Department of Agriculture food security guidelines.

All food service personnel shall have adequate pre-service and in-service training in food service operations.

All food service personnel, within their first year of employment, obtain a certification of completion of an approved sanitation course.

Policy Development and Monitoring

The development of the local school district wellness policy should be tasked to a committee with representatives from the following groups:

- parents;
- students;
- SAU food service authority;
- School Board;

- school administration;
- general public;
- health professionals; and,
- other school personnel, such as FCS teacher, health educators, school nurse, PE teacher, food service personnel.

The superintendent or designee 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 superintendent or designee.

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.

The superintendent 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 reports will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, school health services personnel in the district, and to the public at large.

Policy Review

To help with the initial development of the district's wellness policies, the Superintendent will conduct a baseline assessment of the each 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 to identify and prioritize needs.

The Hinsdale School District Wellness Policy Committee will meet annually by November 1st and by March 1st, or as necessary to evaluate new food products and recommendations, and to review and propose revisions to the Hinsdale School District Wellness Policy.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.

As part of this review, the school district will evaluate 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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