

# Jones County School District

## Wellness Policy

### **Introduction**

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement that all school districts are required to develop and implement wellness policies that address nutrition and physical activity. The Wellness Policy of the Jones County School District will address the following components: Nutrition Education, Nutrition Standards, Physical Activity and Other School-Based Activities.

### **Nutrition Education Component**

At each grade level nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education 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:**

- scientifically-based nutrition messages throughout the cafeteria and on menus sent home
- is part of health education classes
- is integrated in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects;
- 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, taste testing, and guest speaker (4-H)
- offers information to families that encourages them to teach their children about health and nutrition
- 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, 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.

### **Physical Education Classes**

All students in grades K-8 will receive 45 minutes of physical education classes two times per week for the entire school year. Students in grade 9 will receive 50 minutes of physical education class each class day. 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 Pre-K through grade 9.

All physical education will be taught by highly qualified physical education teachers.

Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school.

Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

### **Daily Recess**

All elementary school students will have at least three 15 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. Middle school students will have outdoor recess once a day for 20 minutes. Students in grades K-6 walk to and from lunch each day, giving them an estimated 50 minutes of walking each week.

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 high schools and junior high schools as appropriate, will offer interscholastic sports programs.

Schools will offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Schools will educate and encourage participation in community or club activities.

After-school 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.

### **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.

### **Use of School Facilities Outside of School Hours**

School spaces and facilities will be available to students, staff, and community members after the school day; on weekends; and during school vacations according to school policy.

School policies concerning safety will apply at all times.

### **Wellness Council/Committee**

Schools will develop a Wellness Council/Committee comprised of school personnel to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community. Community members are welcome to participate.

### **Parent Involvement**

Encourage parents to promote physical activity and healthy foods at home.

### **Other School-Based Activities Component**

Schools 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. One way of doing this will be thru menus sent home.

### **Professional Development**

Schools will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.

### **Eating Environment**

Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings 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.

### **Community Access to Facilities for Physical Activity**

Schools 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 according to school policy.

### **Tobacco Free School Grounds**

The school will promote a tobacco free environment for students, staff, and community members.

### **Vending Machines**

Vending machines (if available) will offer healthy snacks and beverages. Pop will not be sold in school vending machines. The school will provide healthy snacks as a part of the after-school care activities.

### **General Guidelines**

Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.

### **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 and with applicable laws and regulations of the state of South Dakota. All schools 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.

Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.

### **A La Carte Offering in the Food Service Program**

A la Carte items available during the school day will meet the Standards for Food and Beverages set forth in this document.

### **Snacks**

Healthy snacks will include fresh, dried or canned fruits (in 100% juice only); vegetables; 1% or skim milk; and grains meeting the Standards for Food and Beverages set forth in this document. Teachers promote and monitor healthy snacks.

### **Parties and Celebrations**

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

Each party should include no more than two 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.

### **Vending Machines**

Pop will not be sold in the vending machines

## **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 (2%) and fat free milk and nutritionally-equivalent nondairy alternatives; and
- Ensure that half of the served grains are whole grain.

Jones County School District will engage students and parents, through taste-tests of new entrees and surveys, in selecting food sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Jones County School District will share information about the nutritional content of meals with parents and students, when requested.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional need and enhance their ability to learn:

Jones County School District will, to the extent possible, operate the School Breakfast Program.

Jones County School District will notify parents and students of the availability of the School Breakfast Program.

Jones County School District will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home material, or other means.

### **Meal Times and Scheduling:**

Will provide students with at least 15 minutes to eat Breakfast and 20-30 minutes for lunch;

Will schedule meal periods at appropriate times;

Will not schedule tutoring, club, or organizational meeting or activities during meal times, unless students may eat during such activities;

Will provide students access to hand washing or hand sanitizing before they eat meals or snack; and

Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

## **Sharing of Foods and Beverages**

Jones County School District will 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.

**Qualifications of School Food Service Staff** Qualified nutrition professionals will administer the school meal programs. Jones County School District will operate a food service program; we will provide continuing professional development for all nutrition professional in our school. Staff development programs will include appropriate certification and/or training programs for the school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Free and Reduced-priced Meals** Jones County School District 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-priced school meals.

## **Foods and Beverages Sold Individually**

**Elementary** The Jones County School District food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, foods in Jones County Elementary School will be sold as a balanced meal.

When available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruit, and non-fried vegetables and foods.

**Middle/Junior High and High School** In middle/junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala carte lines, or vending machines) during school day, or through programs for students after the school day, will meet the following nutrition and portion size standards;

### **Beverages**

**Allowed:** water or seltzer water 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; assorted sports drinks

**Not allowed:** soft drink containing caloric sweeteners; fruit based drinks that contain less than 50 % real fruit juice or that contain additional caloric sweeteners.

## **Foods**

A food item sold individually:

Will have no more than 35% of its calories from fat (excluding nuts, seed, peanut butter, and other nut butters) and 10 % of its calories from saturated and trans fat combined;

Will have no more than 35% if its weight from added sugars;

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 pastas, 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 fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits; and cooked, dried or canned vegetables.

## **Portion Sizes**

The Jones County School District makes every attempt to follow recommended portion sizes; however, many snack and beverage companies do not. The Jones County School District will make their best effort to limit portion sizes of food 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 ounce 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 non-frozen yogurt;

Twelve fluid ounces for beverages, excluding water; and

The portion size of ala carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruit and non-fried vegetables are exempt from portion-size limits.

Jones County School District staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent.

## **Nutrition Education and Promotion**

Jones County School District aims to teach, encourage, and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standard-based program to provide students with the knowledge and skill necessary to promote and protect their health;
- is part of not only health education classes, but also after school program,
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste testing;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- links with school meal program, other school foods, and nutrition-related community services;

## **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 results in an expenditure of energy.

**Normal School Day:** time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.

**Vending Machine:** a coin operated machine for the sale of merchandise.