



Shenandoah County Public Schools WELLNESS POLICY

Shenandoah County Public Schools 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 Shenandoah County Public Schools that:

- The school division will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing division-wide nutrition and physical activity policies.
- All students in grades Prek-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school to students during the school day will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- 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.
- To the maximum extent practicable, all schools will participate in the federal School Breakfast and National School Lunch Programs.
- 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.
- Staff will be provided opportunities to learn and practice healthy lifestyles.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Advisory Board and School Wellness Committees

School Health Advisory Board (SHAB). The school division and individual schools within the division will create, strengthen, and work with the School Health Advisory Board to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The Board will serve as a resource to school sites for implementing those policies.

The School Health Advisory Board will consist of a group of individuals representing the school and community, and should include parents, students, representatives of the school food services,

members of the school board, school administrators, teachers, health professionals, and members of the public.

Wellness Committee. Each school will establish and maintain a Wellness Committee composed of at least six members.

The wellness committee will develop, promote, and oversee a multifaceted plan to promote health and wellness. The plan should be based on input solicited from the entire school community and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle. Committees are encouraged to explore community resources for staff, families and students for wellness activities as well as a source of incentives and rewards.

The wellness committee shall work with the division-wide School Health Advisory Board and its health insurance company to offer an annual Health Profile for employees that consists of, but not limited to: blood pressure, height and weight for Body Mass Index, promotion of seat belts and smoking cessation programs.

The school's wellness committee will distribute its school plan to the school administration by November each school year.

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 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;¹
- serve only 2%, low-fat (1%) and fat-free milk² and
- ensure that half of the served grains are whole grain.³

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week.

² As recommended by the Dietary Guidelines for Americans 2005.

³ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

Schools will engage students and parents as appropriate in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available by spotlighting items on the menus, publishing menus on the school division's website, posting information on the cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To encourage all children to have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, develop flexible methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Times and Scheduling.

- Schools will provide students with adequate time to eat with a goal of at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch);
- Schools should schedule meal periods at appropriate times;
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Schools will provide students access to hand washing or hand sanitizing before they are allowed access to school meals or snacks; and
- Schools 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).

Qualification 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, Shenandoah County Public Schools 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.⁴

⁴ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

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, communicable diseases, 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.)

In elementary, middle and high schools, all foods and beverages sold individually to students outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will strive to meet the following nutrition and portion size standards:

A. Beverages

- Available: water or fruit and vegetable juices and fruit-based drinks that contain 100% fruit juice unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not Available: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

B. Foods

Any food item sold individually to students:

- will have no more than 30% 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; Excluding reimbursement entrée for the days meal.
- will have no more than 35% of its *weight* from added sugars;⁵
- 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, and meats; and will contain no more than 850 mg of sodium for pizza, sandwiches, soups and main dishes.

C. Portion Sizes

⁵ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

- 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;
 - One ounce for cookies;
 - 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 non-frozen yogurt;
 - Eight to sixteen fluid 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. In promoting wellness, the school division recognizes the role that school sponsored clubs and organizations play in raising funds for school activities. Food items traditionally are a large portion of this effort. This wellness policy seeks to educate these groups on selecting alternative, healthier food options. The School Health Advisory Board will make available a list of alternative, healthier food options.

To support children's health and school nutrition-education efforts, school fundraising activities should not involve food or strive to 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.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and low fat milk or juice 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 School Health Advisory Board will disseminate a list of healthful snack items to teachers, after-school programs sponsored by the school, and parents.

Rewards. Schools will try to avoid using 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, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools should limit celebrations that involve food during the school day. The School Health Advisory Committee will disseminate a list of healthy party ideas to parents and teachers.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Shenandoah County Public Schools endeavor to teach, encourage, and support healthy eating by students. Schools should work towards providing nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards of learning 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 school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and 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);
- 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;
- Posting on web site – for parent education.

Integrating Physical Activity into the Classroom Setting. In recognition of the nationally-recommended daily amount of physical activity (*i.e.*, at least 60 minutes per day) and to encourage students to fully embrace regular physical activity as a personal choice, 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;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. Shenandoah County Public Schools will support parents' efforts to provide a healthy diet and daily physical activity for their children and their families.

The school division through the School Health Advisory Board, in collaboration with all school Wellness Committees will offer an annual Health Fair type of activity to the public. Community businesses, the school division health insurer, local hospital, and medical practitioners may be asked to partner in such an endeavor.

Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet division generated guidelines on nutrition standards for individual foods and beverages. When parents eat with their child at school they will be encouraged to refrain from bringing “low nutritional value fast food.” The school division will provide parents with listings of foods that meet the district's snack standards and other ideas for healthy classroom celebrations/parties, rewards, and fundraising activities. Teachers will be encouraged to limit birthday celebrations to once per month and will be provided a listing of alternative “celebration” food items to consider. The school division will also send home and/or post on school websites nutrition tips and provide nutrient analyses of school menus. In addition, the school division will provide opportunities for parents to share their healthy food practices with others in the school community.

The division will provide information about physical education and other school-based physical activity opportunities available 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. Announcements can include non-school sponsored activities such as hiking clubs or county Parks and Recreation opportunities.

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 strongly discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is strongly encouraged.

Examples of marketing techniques that are strongly discouraged include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore acceptable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.) K-12. All students in grades K-10 should receive the equivalent of 150 minutes of weekly physical education. Elective physical education classes are offered at

grades 11 and 12. All physical education classes will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Physical education shall include activities such as, but not limited to health recreation physical components (HRPF) of cardiovascular endurance, muscle strength and endurance, and flexibility exercises, as appropriate.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, 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 one 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 are encouraged to provide extracurricular physical activity programs. School approved extracurricular physical activities and extracurricular athletics will count towards the 150 minute goal. All high schools and middle schools 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. Grade level teachers will not use physical activity or deny physical activity (*e.g.*, recess, physical education) as punishment for failure to complete classroom work.

Safe Routes to School. The school division and school administration will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk to school. When appropriate, the division will work together with local public works, public safety, and/or police departments in those efforts. The school division will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before 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 and facility rental will apply at all times.

V. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established division-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 division level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. In addition, the school division will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the division 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 superintendent or designee will develop a summary report every two 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 and also distributed to the School Health Advisory Board, all school wellness committees, parent/teacher organizations, school principals, and school health services personnel in the division.