

AMERICAS SOUTHEAST DISTRICT SC/FT STEWART WELLNESS POLICY

700116

SC/FT Stewart Schools are committed to a quality education in a safe learning environment for all students. We welcome the participation of parents, alumni and the community as we strive to reach this goal.

SC/FT Stewart accepts the responsibility to create a healthy school environment through adopting sound nutrition and wellness policies. We believe the school child nutrition program is an important partner with physical activity and nutrition education in improving children's health. The Board of Education supports activities to encourage wellness, including:

- o Providing child nutrition programs that are accessible to all children and that comply with federal, state and local requirements
- o Pleasant eating areas for students and staff with adequate time for unhurried eating
- o Integrating nutrition education across the curriculum
- o Providing opportunities for all students to participate in physical activities, such as physical education courses and athletics
- o Supporting professional development for staff and informational programs for students on nutrition and physical education

The SC/FT Stewart Wellness Policy will be overseen by a committee with representation from area schools, child nutrition program, physical education department, school nurses, parents, and others, known as the School Wellness Committee. The School

Wellness Committee will:

- Support the schools in developing a healthier environment
- Create the vision and goals for the Wellness Policy
- Assist with policy development or revision to support healthy school environments
- Promote parent, community and professional involvement to develop a healthier school environment
- Advocate for school health programs and policies within the broader school community
- Tap into resources for student and staff wellness
- Plan and implement programs for students and staff
- Evaluate program and policy efforts
- Provide feedback to the district regarding progress on the implementation of the wellness policy

It shall be the committee's responsibility to set/update appropriate goals, monitor the goals implementation and effectiveness in the following areas:

1. Nutrition Promotion
2. Nutrition Education
3. Physical Activity
4. Nutritional Guidelines for All Food Served
5. Other School-Based Activities

Evidence-based strategies will be considered in determining goals.

SC/FT STEWART BOARD OF EDUCATION WELLNESS POLICY GOALS

GOAL #1: NUTRITION PROMOTION

SC/FT Stewart will promote nutrition by maintaining school environments that encourage healthy nutrition choices through messages and activities that inspire school community members to take action. SC/FT Stewart schools will use available resources to promote healthy eating through marketing and other communication tools.

Resources for Nutrition Promotion:

- 1) Core Nutrition Messages: Messages, tips and communication tools are available at <http://www.fns.usda.gov/core-nutrition/core-nutrition-messages> for each of these subject areas:
 - Milk
 - Whole Grain
 - Child Feeding
 - Fruits and Vegetables
- 2) Marketing and Advertising: Information to market/promote healthy foods and beverages available at: <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/nutrition-promotion> on:
 - Smart Snacks in School: Information on new nutrition standards for all foods sold in schools, as well as summaries, handouts and technical assistance
 - Marketing & Promotion of Foods and Beverages at School

GOAL #2: NUTRITION EDUCATION

Nutrition education topics shall be integrated with the sequential, comprehensive health education program. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with Federal and State health education standards. As possible, nutrition education should be integrated into areas of the curriculum such as math, science, language arts and social studies.

- o School staff members are encouraged to collaborate and cooperate with agencies and community groups that provide nutrition education in the community to send consistent messages to students and families.
- o School staff members are encouraged to model healthy eating behaviors.
- o School staff members are also encouraged to use lesson plans, activities, tips, strategies, resources, posters and more to make healthy eating a fun part of your schools. Information is available at: <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/nutrition-promotion>

GOAL #3: PHYSICAL ACTIVITY

Physical education courses should be an environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

Recommendations for Physical Education during the Normal School Day:

- Ensure that state-certified physical education teachers teach physical education classes
- Provide an adequate amount of time for physical education classes. Schools will provide at least the state mandated Physical Education requirement for the entire school year for elementary and middle school students.
- Students in grades 9-12 are required to have at least one unit of Physical Education or L.I.F.E. course for graduation.
- Prohibit the use of physical activity as punishment, or the use of physical education class time to complete assignments from other classes.

Additional Recommendations outside of Physical Education Class:

- School staff encouraged to help motivate students to move more and sit less through physical activity resources, available at: <http://healthymeals.nal.usda.gov/resources-1library/physica1-activity> to include:
 - Physical Activity Guidelines for Americans, U.S. Department of Health and Human Services
 - National Standards & Grade-Level Outcomes for K-12 Physical Education, American Alliance for health, Physical Education, Recreation and Dance
 - Physical Education Guidelines, American Alliance for Health, Physical Education, Recreation and Dance
 - School Health Guidelines to Promote Healthy Eating and Physical Activity

GOAL #4: ALL FOODS AVAILABLE ON SC/FT STEWART

SCHOOL CAMPUSES TO BE HEALTHY FOODS

SC/FT Stewart Schools makes the commitment to provide food and beverages that are available on the school campus during the school day (to include cafeteria, school store, vending machines, classroom or fundraisers) that are consistent with Federal Nutrition Guidelines for all Foods and Beverages:

- School Meal Nutrition Standards
 - o Program Requirements: During each school day the Child Nutrition Program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Programs. Each school shall encourage students to participate. In addition, the schools shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals. The program shall maintain the confidentiality of students and families applying for or receiving meal benefits.
 - o Child Nutrition Program shall operate in accordance with updated requirements as outlined in the Healthy, Hunger-Free Kids Act of 2010 (HHKA) to include:
 - More fruits and vegetables every day, to include a variety of vegetables served throughout the week, to include, red, orange and dark-green vegetables
 - More Whole-Grain Foods
 - Only Low-Fat (1%) and Fat Free Milk are offered
 - Less Saturated Fat
 - Less Sodium
 - More Water: Water available at all meals
 - New Portion Sizes: School meals to meet children's calorie needs, based on their age
- Smart Snacks in School Nutrition Standards: Snacks sold during the school day, including lunchroom a la carte snacks, vending machine snack, break or recess snack sales, etc. must all meet requirements of *Smart Snacks in School* nutrition standards
 - o Any food sold in schools must:
 - Be a "whole grain-rich" grain product; or
 - Have as the first ingredient a fruit, vegetable, dairy product, or protein food; or
 - Be a combination food that contains at least X cup of fruit and/or vegetable; orAND meet several nutrient requirements:
 - Calorie limit: 200 calories or less

- Sodium limit: 230 mg or less
 - Fat limit: Total fat: 35% or less of total calories
 - Saturated Fat: Less than 10% of total calories
 - Trans fat: zero
- o Beverage requirements:
 - Plain water
 - Unflavored low fat milk (1%)
 - Unflavored or flavored fat free milk
 - 100% fruit or vegetable juice

Elementary schools may sell up to 8-oz. portions, while middle schools and high schools may sell up to 12-oz. portions of milk and juice. There is no portion size limit for plain water.

Beyond this, "no calorie" and "lower calorie" beverage options are allowed for high schools:

- No more than 20-oz. portions of calorie-free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that contains <5 calories per 8 oz. or 1Q calories per 20 oz.
 - No more than 12-oz. portions of beverages with :540 calories per 8 oz. or : 560 calories per 12 oz.
- o Fundraisers involving Food:
 - Food items that meet nutrition requirements are not limited
 - Federal law allows states to authorize a limited number of exceptions to these standards for food-based fundraisers that do not meet Smart Snack Standards.
 - Standards do not apply during non-school hours, on weekends and at off-campus fundraising events
 - Fundraiser foods not intended for consumption in schools are exempt (i.e. cookie dough or frozen pizza sales). Distribution of order forms and foods not intended for consumption at school may continue.

For purposes of the nutritional requirements, USDA defines the school day as: Midnight until 30 minutes after the regular school day ends.

- Eating Environment Standards:
 - o Adequate Time: Students will be provided a dequate time to eat breakfast and lunch, at least 10 minutes for breakfast and 20 minutes for lunch.
 - o Dining Areas: Dining areas are to be clean, attractive and safe. Teachers are encouraged to monitor student's behaviors while in lunchroom.
 - o Drinking Water: Drinking water is available for students at meals, either through water fountains, or cups of water. Bottled water is available for purchase, but will never be the sole source of water at meals.

- o Reward/Punishment: Food will not be used as a reward of punishment for student behaviors.
- Child Nutrition Program Operating Standards:
 - o The CNP will aim to be financially self-supporting. Profit generation will not take precedence over the nutritional needs of the students.
 - o Food Safety: HACCP Policies and Principles are followed in each lunchroom setting.
- Policies for Food and Beverage Marketing:
 - o Only those foods and beverages that meet the Smart Snacks in School nutrition standards will be advertised or marketed within the schools

GOAL #5: OTHER SCHOOL-BASED ACTIVITIES

Student health and wellness will be promoted through other activities and programs within each school. Schools should be encouraged to participate in other programs, as available, that would promote healthy living, such as:

- Physical Activity/Physical Education Reports
- BMI Data
- Staff Health Screenings
- Taste testing new products with staff and students
- Other school-based activities designed to promote healthier students
- Water Access: Ensuring access to safe drinking water throughout the school day at no cost to students

FOOD SERVICES STAFF TRAINING

Qualified nutrition professionals will administer the school meals program. Staff development programs will include appropriate training programs for all staff according to their level of responsibility. All food services staff will be ServSafe certified.

MONITORING AND POLICY REVIEW

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 SC/FT Stewart Wellness Policy will be updated, as needed and appropriate by the SC/FT Stewart Board of Education Wellness Committee.

PUBLIC UPDATES

It shall be the practice of SC/FT Stewart to make available to the public:

- School Wellness Policy
- Information and updates to and about the Wellness Policy, on an annual basis

UPDATED, October 2016