



Bavaria School District

Wellness Policies on Physical Activity and Nutrition

SY 2010-2011



The Bavaria 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 Bavaria School District that these goals be met:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, reviewing, and reporting effectiveness of district-wide nutrition and physical activity policies.
- All students in grades K -12 and school staff will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the daily nutrition recommendations of the 2005 *U.S. Dietary Guidelines for Americans* and the Institute of Medicine (I.O.M).
- 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; and accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Schools shall provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education and other physical activity opportunities to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and the Student Meal Program, and with related community services.
- Schools in the district will be encouraged to join the USDA Healthier US School Challenge (<http://www.fns.usda.gov/tn/healthierus/index.html>) and participate in the Team Nutrition Program (<http://www.fns.usda.gov/tn/>).

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The school district and/or individual schools within the district 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 councils also 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, teacher association representative, teachers, health professionals, and members of the public.)

The council shall meet quarterly to set goals and assess district policy.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals. Meals served through the Student Meal Program will meet following goals:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet daily nutrition requirements established by the 2005 *U.S. Dietary Guidelines for Americans* and the Institute of Medicine.
- Offer a variety of fresh fruits and vegetables.
- Serve only low-fat (1%) and fat-free milk, soy milk, water, and calcium fortified 100% juices.
- Ensure that half of the served grains are whole grain. 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 should engage students and parents, through surveys, in selecting foods sold through the Student Meal Program in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents, students, and staff. Such information will be made available by the local school food authority on menus, Web sites, cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. All children are encouraged to have breakfast.

Meal Times and Scheduling. Schools:

- Will provide students with no less than 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Should schedule lunch periods to follow recess periods (in elementary schools).
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- 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).

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.

Food 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.)

Elementary Schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. Items available for individual purchase is limited

to: fresh fruit and vegetables, low-fat yogurt, granola bars, low-fat (1%) and nonfat milk, string cheese, and 100% juices.

Middle/Junior High and High Schools. 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 following nutrition and portion size standards.

Beverages

- **Allowed:** Water or seltzer water without added caloric sweeteners; 100% fruit and vegetable juices and soy milk.
- A food item sold individually:
 - ✓ Will have no more than 35% 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.
 - ✓ Will have no more than 35% of 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 not-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 (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Fundraising Activities. Schools will encourage fundraising activities that promote physical activity. Individual schools will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during the school day 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.

Rewards. Schools will not use 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, unless it is written on a student's Individual Education Plan (IEP) 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 to no more than one party per class per quarter. Classroom teachers are encouraged to have one birthday celebration per month where all the birthdays of that month are celebrated.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. The Bavaria School District aims to teach, encourage, and support healthy eating by students. Schools should include nutrition education and engage in nutrition promotion that meets the following goals:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based health education 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 is also integrated into classroom instruction in subjects such as math, science, language arts, social sciences, physical education, 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 health literacy with an emphasis on accessing valid nutrition information, analyzing influences such as food marketing, as well as, setting goals and making responsible decisions related to food choices.
- Includes informational dissemination for students, teachers, other staff, and parent.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and embrace regular physical activity as a personal behavior, students need opportunities for physical activity in and out of school. Toward that end the following goals will be met:

- 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 integrated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. The district/individual schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/individual schools will offer healthy-eating information for parents, send home nutrition information, post nutrition tips on school Web sites, and provide nutrient analyses of school menus. 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. The district/individual schools will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/individual schools will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/individual schools will provide information about the importance of physical education and student involvement in 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. Such supports will include sharing information about physical activity and physical education through a Web site, newsletter, or other take-home materials, special events, or physical education homework. The school can include families in fun and fitness nights, field days, and use of the school facilities for family physical activity after school and on weekends.

Food Marketing in Schools. School-based marketing of food brands is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Examples of food brand marketing techniques include the following: logos and brand names on/in vending machines, beverage coolers, 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. Other marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers.

IV. Physical Activity Opportunities and Physical Education

Physical Activity Opportunities Before and After School. The following goals will be met:

- All elementary, middle, and high schools will work collaboratively with local community to ensure after-school physical activity programs are provided for students and staff.
- All middle and high school students will be encouraged to take part in the school intramural program if available.
- All high schools will offer interscholastic athletic programs.
- Schools will offer a range of physical activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- Recess: All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Schools will discourage extended periods (*i.e.*, periods of two 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 will give students periodic breaks during which they are encouraged to stand and be moderately active.

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 to include recess and physical education as punishment.

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 Commands in those efforts.

Use of School Facilities Outside of School Hours. School spaces and facilities will be available to students, staff, parent groups, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times and activities must be coordinated through the school principal and Base Commander.

Use of Community Facilities During School Hours. Districts/Schools will work closely with Commands, Morale Welfare and Recreation, Army Community Services, etc., to provide available community recreation and sport spaces and facilities for physical activity use by students and staff during the school day.

V. Monitoring and Policy Review

Monitoring. The District Superintendent or designee will ensure compliance with established district-wide Local Wellness Policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the school District Superintendent or designee.

The District Superintendent or designee will develop an annual summary report on district-wide compliance with the district's established Local Wellness Policy, based on input from schools within the district. That report will be provided to the Area Director and the Headquarters Chief, Logistics Division, within two weeks after the end of each school year.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the 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.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the Local Wellness Policy; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education program elements. The district and individual schools within the district, will, as necessary and at a minimum annually, revise the Local Wellness Policy and develop work plans to facilitate their implementation.

Useful resources:

- DoDEA Health Education Content Standards
- DoDEA Physical Education Content Standards
- DoDEA Administrator's Guide, Curriculum, Section 6, Comprehensive Health Education and Physical Education
- DoDEA Health and Wellness Web site
- DoDEA regulation 4200.1, "Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program," August 22, 2007
- DoDEA Memorandum, "Foods Sold in Competition with the Student Meal Program – Department of Defense Dependent Schools," December 8, 2008