

COORDINATED YOUTH AND HUMAN SERVICES

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, CYHS is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of CYHS that:

- The education programs will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing agency-wide nutrition and physical activity policies.
- All students in grades 1 – 12 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 nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Students will be provided with access to a variety of nutritious, and appealing foods that meet the health and nutrition needs of students; accommodating 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.

- Our school will participate in the Breakfast Expansion Grant that will enable more students to eat breakfast and provide additional nutrition education.
- To the maximum extent practicable, our agency will participate in available federal school meal programs (including the School Breakfast Program, and the National School Lunch Program.)
- Our school 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.

POLICY GOALS ACHIEVEMENT

I. Health and Wellness Council

The agency will organize a Health and Wellness Council to create, implement, monitor, review and revise, as needed, the school's nutrition and activity policies. This council will consist of a group of individuals representing our agency and school, and will strive to include parent (s), student (s), food service personnel, school administrator, nutritionists, teachers, nurse, and the public.

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 appealing and attractive to students;
- be served in clean and pleasant settings;
- strive to meet nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;²
- serve only low-fat (1% -2%) and fat-free milk³ (as defined by USDA) ; and nutritionally-equivalent non-dairy alternatives
- strive to ensure that grains served are whole grain^{3 4}

Breakfast – To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- School will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- School will encourage parents to provide a healthy breakfast to their children through newsletters, and take-home materials.
- School will notify parents and students of the availability of the School Breakfast Program.
- Breakfast serving times will be extended to accommodate late arrivals.

Free and Reduced-priced Meals. Schools 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 -price school meals⁵

Currently we are a Community Eligibility Provision School

Summer Food Service Program:

N/A

Meal Times and Scheduling. Schools;

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11:00 a.m. and 1:00 p.m.;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- 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.)

Qualifications of School Food Service Staff. Qualified professionals will administer the school meal programs. As part of the school's responsibility to operate a food service program, we will provide continuing professional development for all food service staff. Staff development programs should include appropriate certification and/or training programs for school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁶

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.

Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through fundraisers, school stores, etc.)

ElementaryMiddle/Junior High and High Schools.

In Middle/Junior and High Schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those used in school store) will strive to meet the state guidelines.

Fundraising Activities. There are no fundraising activities at our school at this time.

Snacks. Snacks served during the school day will make a positive contribution to student's diets and health. School will assess if and when to offer snack based on timing of school meals, nutritional needs and other considerations. The school will make available a list of healthful snack items to school personnel.

Rewards. Schools will be encouraged to not use foods or beverages, especially those that do not meet the nutrition standards, and will not withhold food or beverages (including food served through school meals) as punishment.

Celebrations. Schools will be encouraged to limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The school will make available a list of healthy party ideas to teachers.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-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.

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 for students to fully embrace regular physical activity as a personal behavior, 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.

Communication with Parents. The school will support parents' efforts to provide a healthy diet and daily physical activity for the students. The school will offer nutrition information through newsletters/flyers that includes foods that meet snack standards for healthy parties, rewards and activities. The school will encourage parents to pack healthy lunches and refrain from including beverages and foods that do not meet the state nutrition guidelines. The school will provide information about physical education and other school-based physical activity opportunities, 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 newsletter, or other take-home materials, special events, or physical education homework.

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).⁷ School-based marketing of brands promoting predominantly low-nutrition foods and beverages⁸ is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques 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, such as Channel One; free samples of coupons; and food sales through fundraising activities. 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; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness. The school highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should establish and maintain a staff wellness committee. The committee should strive to be composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) 1 – 12. All students in grades 1-12, including students with disabilities or special health-care needs will receive daily physical education (or its equivalent of 225 minutes/week for middle and high school students) for the entire school year. All physical education will be taught by a certified teacher and supervised by a certified physical education teacher.

Daily Recess. Schools should 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 should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School. All students will have access to extracurricular physical activity programs offered at their home schools.

Physical Activity and Punishment. Teachers and other school personnel will not use physical activity as punishment. (e.g. running laps, pushups)

Safe Routes to School. The transportation department 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 school will work together with local public works, public safety, and/or police departments in those efforts. The school will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

** Currently students are only allowed to walk if they live within the area.

Use of School Facilities Outside of School Hours

N/A

V. Monitoring and Policy Review

Monitoring: The Agency Director or designee will ensure compliance with established nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the Agency Director or designee.

School food service staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Director. (or if done at the school level, to the school principal). In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

The Director 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 agency.

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 policies⁹

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review the 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 school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Footnotes

² 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. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

³ As recommended by the *Dietary Guidelines for Americans 2005*.

⁴ 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.

⁵ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-priced, or “paid” meals.

⁶ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

⁷ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

⁸ Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

⁹ Useful self-assessment and planning tools include the *School Health Index* from the Centers for Disease Control and Prevention (CDC), *Changing the Scene* from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.