

533 KELLIHER SCHOOL WELLNESS POLICY

I. Purpose

The Kelliher Public School district shall strive to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student. We will afford students the opportunity to fully participate in the educational process. The district shall promote a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The district shall support a healthy environment where children lean and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, the school contributes to the basic health status of children. Improved health optimizes student performance and helps ensure that no child is left behind.

II. GENERAL STATEMENT OF POLICY

Healthy eating and physical activity are demonstrably linked to reduced risk for mortality and a reduction in the development of many chronic diseases as adults. To help insure the health and well-being of all students, it is the policy of the Kelliher School Board to support a School-wide Wellness Plan that allows for the provision and teaching of an active school day and healthy eating habits that will become life-long habits for students and staff as follows:

- A. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices. All meals or food sold to students at Kelliher School must:
1. Be a “whole grain-rich” grain product; or
 2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 4. Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the *2010 Dietary Guidelines for Americans* (calcium, potassium, vitamin D, or dietary fiber).*
 5. Staff members are prohibited from using food as a reward or denying food as a form of punishment.

* On July 1, 2016, foods may not qualify using the 10% DV criteria

- B. Ensure that food sales/parties for students are held during hours that will not conflict with the lunch and breakfast programs. The district operates under the National School Lunch, National School Breakfast and National After-School Snack/Supper program regulations.
- C. Support and promote proper dietary habits contributing to students' health status and academic performance. All food available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the **district nutritional guidelines**. Emphasis should be placed on foods that are nutrient dense per calorie. Food should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Staff should be encouraged to focus on **the Dietary Guidelines for Americans. Kelliher School does not advertise or market foods and beverages that do not meet the Smart Snacks criteria to students**
- D. Provide a comprehensive learning environment for developing and practicing life-long wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue.
- E. Coordinate school food service with this policy to reinforce messages about healthy eating and to ensure that food offered promote good nutrition and contribute to the development of life-long, healthy eating habits. Food service personnel shall adhere to all federal, state and local food safety and security guidelines while making 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.
- F. Regularly evaluate the effectiveness of this policy in promoting healthy eating and change the program as appropriate to increase effectiveness.
- G. The school district encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring and reviewing school district nutrition and physical activity policies.
- H. Qualified food service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that ensure that student access to foods and beverages meet or exceed all federal, state and local laws and guidelines; try to 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.

- I. The Kelliher School District requires that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f) (i) and 17 (a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758 (f) (I), 1776(1), as those regulations apply to schools.
- J. The Kelliher School district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- K. The Kelliher School District will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the day.
- L. The Kelliher School District will discourage tutoring, club or organizational meeting or activities during mealtimes, unless students may eat during such activities.
- M. Provide School staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing in-service training that focuses on strategies for behavioral change.**
- N. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating lifestyles.**
- O. All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis. The following opportunities for physical activity will be provided for all students:**
 - 1. Every-day physical education classes lasting 25 minutes for elementary students;**
 - 2. Supervised, unstructured recess for 30 minutes prior to lunch;**
 - 3. from either denying or requiring physical activity as a means of punishment.**
 - 4. Two 10-minute classroom exercise activity breaks: aerobics, yoga, palates and/or balance routines will be encouraged;**
 - 5. Provide opportunities for junior high and high school students to receive more access to the gym in the morning or after school for physical activity;**
 - 6. Provide more supervision for the weight room for better accessibility for students before and after school hours and during lunch;**
 - 7. Provide structured exercise sessions for students and staff (P90x, Aerobics videos, organized dance, etc.) before and after school;**

8. Dental hygiene and personal hygiene information given to the students on a regular basis

P. Require the Kelliher School Health Committee meet a minimum of four times yearly and report results of said meetings to the board.

III. GUIDELINES

The following nutritional guidelines shall apply to all students:

A. Foods and Beverages

1. Water Consumption

Staff should encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. The Principal may want to authorize students to carry water bottles during the school day using the suggested water bottle policy shown below. Teachers may need to call for extra water breaks too. Even during periods of moderate temperatures, staff members should remind students of the value of consuming water.

Water sales should be significant option through school vending and concession services. Water should be available during mealtimes, at least through water fountains.

2. Water Bottles

Each wing shall determine when students may bring water bottles for use during the school day and establish a policy for whether or not bottles may be refilled during school time.

- Water bottles must be clear and have secure caps.
- Students may not share water bottles.
- Empty bottles should on a regular basis be recycled (if appropriate), discarded or take home for sanitized reuse.
- Students misusing water bottles shall be subject to disciplinary actions.
- Teachers have discretion in determining classroom use.
- Water bottles may not be used in computer labs, science labs and the school media center.

3. Fat Content

Foods from reimbursable meals shall over the course of five days, derive no more than 30 percent of their total for calories from fat and less than 10 percent of their total calories from saturated fats. These recommendations are consistent with federal mandates.

4. Content from Added Sugars

No individual item served by food service as a part of a traditional meal, as an ala cart item, or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.

5. Milk Products

Milk shall be promoted during all meals. **Milk shall be available to students who bring sack lunches. Only unflavored milk shall be served during the school breakfast program. Both flavored and unflavored milk shall be made available during the school lunch program. No products shall be served which derive more than one-third of their weight from added sugars. Low-fat (one percent) and non-fat (Skim) forms of milk shall be featured in single serving sizes whenever possible. Whole milk or lactose free milk shall be available when medically indicated.**

6. Juice-Based Drinks

Pure juice may be available as an additional beverage during the school breakfast time.

Other juice based drinks without added sugars (e.g., juice diluted with water or flavored waters) may be served. No sweetener-based “Juice drinks” or sport drinks which derive more than one-third of their weight from added sugars shall be served at mealtimes.

In all cases, single-serving sizes shall be featured.

Children who bring sack lunches from home are encouraged to bring 100 percent juice or water with them instead of consuming heavily sweetened “juice drinks” and sport drinks.

7. Soda Pop

No soda pop shall be allowed during the school day including students bringing lunches or snacks.

8. Caffeine and Additives

Products containing caffeine shall not be available during mealtimes. An exception shall be made for chocolate.

The food service shall be sensitive to the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. The food service shall follow federal guidelines regarding sodium content in all food.

9. Food and Beverages Offered to Students at Food Functions

Kelliher School may sell the following beverages:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Kelliher Elementary school may sell up to 8-ounce portions to its students, while Kelliher High School (grades 7-12) may sell up to 12-ounce portions of milk and juice to its students. There is no portion size limit for plain water.

The district encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school functions (e.g., parties, celebrations, feasts, sporting events) healthy food choice options should be available. Some suggested foods are listed below:

- Raw vegetables sticks/slices with low –fat dressing or yogurt dip
- Fresh fruit and 100 percent fruit juices
- Frozen fruit juice pops
- Dried fruits (e.g., raisins, banana chips)
- Trail mix
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)

- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked Corn chips and fat-free potato chips with salsa and low-fat dips (e.g., ranch, French, onion, bean)
- Multi-grain granola bars
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jell-O and low fat pudding cups
- Frozen yogurts and sherbets
- Low-fat and skim milk products
- Pure ice cold water

10. Fund-Raising Activities and Concessions

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold.

Any fund-raising requires administration approval. The following recommendations are made to promote healthy choices for children related to fund-raising activities supported by the school:

- Offer only non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers and school promotional items.
- Whenever food and beverages are sold that raise funds for the school, such food items MUST meet SMART Snacks guidelines.
- The majority (greater than 50%) of school-sponsored fundraising events conducted outside of the school day will include only non-food items or only foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.

Organizations operating concessions at school functions must include at least some healthy food and drink choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

- Food items that meet nutrition requirements are not limited.

- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

11. Learning Incentives

Staff members are prohibited from using food as a reward or denying

food as a form of punishment.

Kelliher School staff members are directed to utilize other incentives as rewards during the school day. Teachers are encouraged to use incentives and rewards that promote physical activity, encourage further learning, or provide an alternative to the routine schedule. The following are ideas that may be used as incentives:

- Plan a scavenger hunt or relay race to encourage exploration, physical activity, and intellectual stimulation;
- Plan a fun community service outing in the community;
- Provide “free choice” activities at the end of day;
- Provide additional time for recess;
- Schedule an arts and crafts activity;
- Schedule a dance or inflatable game party;
- Read a book related to the party theme;
- Allow a trip to the “treasure or prize box”;
- Allow students to pick a book of their choice and ask the principal, superintendent, parent or other visitor to read it;
- Other activities as approved by administration.