

ENTERPRISE CITY SCHOOL DISTRICT 'S WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

PREAMBLE

Whereas, children need access to healthful goods 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 student 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, imitations fruit juices, chips, candy, cookies, and snack cakes;

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

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

Thus, the Enterprise City 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 Enterprise City School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-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 and the Alabama Code.

- Qualified child nutrition professionals will provide student 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 in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program.
- 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.
- Eliminate the use of food as reward for student accomplishment and the withholding of food as punishment.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The Enterprise City School District and 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, teachers, health professionals, and members of 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 children;
- 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;
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

- Ensure that half of the served grains are whole grain.

Breakfast

To encourage all children 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, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- 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.

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 meals. Toward this end, schools may utilize electronic identification and payment systems; regardless of income promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

Summer Food Service Program

Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should attempt to schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 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;
- 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).

School Setting - Cafeteria, Vending and School Stores

Schools should provide a consistent environment that is conducive to healthful eating behaviors during school hours and during after-school child care programs. Healthy and appealing foods should be available in a) cafeteria meals, a la carte items, b) vending machines, snack food items sold in the cafeterias, c) school stores. The vending and snack food items in this recommendation shall be implemented at the beginning of the 2006-2007 school year except when a conflict with a previously negotiated contract exists. The changes for the cafeteria meals and a la carte items will need to be implemented in conjunction with the leadership of the State Child Nutrition Program.

Foods sold through the vending machines, cafeteria snack items, and the school stores will follow the Alabama Department of Education Nutrition Policy. Those guidelines are as follows:

In 1 ounce servings, these snack foods are:

Low or moderate in fat (less than 10% Daily Value of total fat)

Have less than 30 grams of carbohydrate

Have less than 360 mg of sodium

Contains 5% Daily Value (DV) or more (10% is healthiest) of at least one:

Vitamin A, Vitamin C, iron, or calcium

Contain fiber (5% Daily Value)

Beverages

Acceptable beverages include:

- **Milk**-Milk should be reduced fat milk (1% or less) flavored or unflavored. No more than 10% of the daily value may come from fat. Flavored milks may contain no more than 30 grams total sugar per 8 oz serving. Milk may not contain artificial sweeteners. Milk availability and sizes of less than or equal to 16 oz may not be restricted at any time

during the school day.

●**Dairy Alternatives** such as soy milk and rice milk-No more than 30 grams total sugar per 8 ounce serving and require a doctor's prescription to be on file with the Child Nutrition Director.

●**Fruit or vegetable juice** (100% juice and low sugar smoothies)-100% juice is exempt from the sugar standard.

●**Water**-includes plain (in any size container) and flavored waters without added sugar or caffeine.

Portion sizes-Limit portion sizes of all beverages to no more than 12 ounces (except water in any size container and milk. Milk container sizes may not exceed 16 ounces.

In regards to beverage sales:

Elementary Schools

No carbonated soft drinks. Only Noncarbonated products

Middle Schools

100% of selections in vending machines are to be noncarbonated water, fruit juices, and milk products. Juice must be 100% juice with no added sweeteners and may not exceed 15 calories per oz. Maximum size for Enterprise Middle School is 10 oz.

High Schools

The selections available in vending machines or for sale in school stores are to be non-carbonated flavored or unflavored water, 100% fruit juices, milk, teas, may not exceed 12 ounces and contain no more than 99 calories.

Carbonated beverages must be no/low calories beverages not to exceed 20 ounces and contain no more than 25 calories.

Bottled water, flavored or unflavored with 0 calories may be sold in any size. No beverages of any kind or other competing food/beverages sales are to be available to students during meal service times or immediately before or after meal service times.

USDA Foods of Minimal Nutritional Value (FMNV)

Foods and beverages that are restricted from sale to students are classified in the following four categories:

Water Ices: Any frozen, sweetened water such as "...sickles" and flavored ice with the exception of products that contain fruit or juice

Chewing Gum - any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing

Certain candies - any processed foods made predominately from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

Hard candy - a product made predominately from sugar (sucrose) and corn syrup that may be flavored and colored, and is characterized by a hard, brittle texture. Includes items such as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints, and cough drops

Jellies and gums - a mixture of carbohydrates that are combined to form a stable gelatinous system of jelly like character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit flavored slices.

Marshmallow Candies - an aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added

Fondant - a product consisting of microscopic sized sugar crystals that are separated by a thin film of sugar and or invert sugar in solution such as candy corn and soft mints

Licorice - a product made predominately from sugar and corn syrup that is flavored with an extract made from the licorice root

Spun Candy - a product made from sugar that has been boiled at high temperature and spun at a high speed in a special machine

Candy-coated Popcorn - popcorn that is coated with a mixture made predominately from sugar and corn syrup.

Example of foods to use in vending machine, for cafeteria snack items, and in school stores are below. The following maximum portion size restrictions pertain to all foods and beverages served or made available to students on school campuses with the exception of school meals, which are governed by the USDA.

Portion Sizes:

Food or Beverage Portion Size

Baked chips, popcorn, rice cakes, puffed snacks 1 oz

Crackers, hard pretzels, pita chips, snack mix 1 oz

Trail mix, nuts, seeds, soy nuts 1 oz

Cereals 1.25 oz

Low-fat cookies, animal crackers, graham crackers, cereal bars, granola bars 1.3oz

Low-fat bakery items, e.g., pastries, toaster pastries, muffins, bagels, soft pretzels 2 oz

Low fat frozen desserts, low fat ice cream, pudding, fruit bowls 4 oz

Yogurt (low fat) 8 oz

Reduced fat milk (1 percent or less), flavored or unflavored. 8 oz

Flavored milks may contain no more than 30 grams total sugar

Milk may not contain artificial sweeteners.

Vend Fronts - Elementary/Middle Schools

All vend fronts will picture water or fruit juice products

Vend Fronts - High School

All vend fronts other than those located in athletic spectator settings (e.g., football stadium) will be water and juice products

Fundraising Activities for All Schools

All fundraising activities that include the selling of food should reinforce food choices that promote good health. School fundraising strategies which include the sale of healthy foods and non-food items is a public demonstration of the school's commitment in promoting

healthy behavior among students, families, and the communities at large, while helping schools meet their financial needs.

All fundraising activities except when contracts have been or will be executed by August 8, 2005, that involve the selling of food during school hours or as students gather on the school campus before school begins or as students wait on transportation or otherwise exit the school campus following school dismissal should reinforce food choices that promote good health. This means all events outside the school day are not affected by this recommendation and booster clubs, etc., are free to select items for sale for specific fundraising and concession sales as they see fit as long as the activity does not conflict with this position.

Consideration of profit, target audience acceptance, and target audience affordability will be given in selecting fundraisers.

III. Physical Activity Goals

Daily Physical Education (P.E.) K-12 Students in grades K-8, including students with disabilities, special health-care needs (when appropriate), will receive daily physical education (or its equivalent) for the entire school year. Physical education will be available for all students in grades 9-12, and students will be encouraged to participate yearly in physical education. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Student will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess encouraged for all elementary school students to 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 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 student 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 will be encouraged to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs or city programs. All high schools, and middle schools as appropriate, 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.

After-school child care and enrichment programs will provide and encourage - verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

IV. Nutrition Education

Teachers and other staff should understand the importance of fully implementing the nutrition and health education curriculum and become familiar with its underlying theory and concepts. Health education training on the importance of nutrition and physical activity will be completed by a minimum of one teacher in-service by the completion of school year 2005-2006 and thereafter on an annual basis. Training should focus on giving teachers the skills they need to use non-lecture active learning methods of classroom instruction. Training should help teachers assess and improve their own eating practices and make them aware of the behavioral messages they give as role models. Teachers should be trained not to use food as a reward or punishment. One initial in-service activity shall occur for personnel in the school system on the importance of nutrition and physical education with respect to prenatal, infant, adolescent and adult lifestyles and lifespan, with personnel being assigned to in-service activities annually.

Training food service workers should be conducted by a qualified child nutrition program director as published in the Code of Alabama (1975), 290-080-030-06. Child nutrition managers and child nutrition staff should be trained on meeting the Healthy School Meal Initiative requirements and basic nutrition/child health issues.

V. Measurement and Evaluation

A school health assessment will be conducted system-wide to identify strengths and weaknesses and prioritize changes in the action plan as needed to improve student health. The assessment will involve teachers, child nutrition staff, other school staff as appropriate, parents, and students.

Monitoring 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. If the district 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 three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from school within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

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 three years 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 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 district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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