

Macksville USD 351 School District

Wellness Policy

On June 30, 2004, the President signed Public Law 108-265, the Child Nutrition and WIC Re-authorization Act of 2004, Section 204 of this law requires school districts participating in the National School Lunch Program and /or School Breakfast Program to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity, by the school year 2006.

General Statements Concerning Wellness:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive.
- Good health fosters student attendance and education.
- Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominate causes of obesity.
- 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.
- 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.
- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the main recommendations from the USDA Dietary Guidelines..
- Community involvement and participation is essential to the development and implementation of successful school wellness policies.

The Macksville District is committed to providing a school environment that promotes student wellness, as part of the total learning experience by supporting healthy eating and physical activity. Therefore, it is the policy of the Macksville USD 351 District that:

- The school district will engage students, parents, teachers, school nutrition 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.
- Qualified nutritional 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 will provide clean, safe, and pleasant settings and adequate time for student to eat.
- All schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).

To achieve these Policy Goals:

The Macksville District Wellness Committee consists of the following members:

Greg Rinehart, Superintendent

Scott Palser, HS Principal

Debbie Bright, FS Authorized Representative

Kat McAllister, K-12 Physical Education Teacher, Parent

Joy Sallee, Food Service Director

Candi Teichman, Teacher

Becky Filbert, School Nurse

Michelle Blaske, School Counselor, Parent

Gabe Wolff, Student Council President

Zane Johnson, Student Council President

Crystal Lamb, Community Member

Laura Wolff, FACS Teacher

The school district will create, strengthen, develop, implement, monitor, review, and revise school wellness policies. The council also will serve as resources to schools for implementing those policies. The School Wellness Team consists of a group of individuals representing the school and community and should include parents, students, and representatives of the food service, members of the school board, school administration, teachers, health professionals, and members of the public.

Local Wellness Policy Components:

1. Nutritional Education Goals
2. Physical Activity Goals
3. Nutrition Standards
4. Other School-Based Activities

1. Nutrition Education Goals:

Nutrition Education:

- will be interactive and will provide students with the knowledge and skills needed to maintain healthy eating behaviors..
- will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

- promote more collaboration between food service staff and teachers to consistently promote nutritional messages through out the district, schools and classrooms.

Qualifications of School Food Service Staff.

Qualified nutrition professionals will administer the school meal program for USD 351. As part of the district's responsibility to operate a food service program, we will provide a means of support for continuing professional development and training to students on strategies for promoting healthy eating behaviors.

2. Physical Activity Goals:

- student physical activity on school grounds during school hours will be supervised to enforce safety rules and to attempt to prevent injuries.
- each classroom teacher will encourage physical activity exercises with subject changes or at the teacher's discretion for a minimum of 20 minutes per day in addition to physical education classes for all students in grades K-12.
- encourage the Presidents Physical Fitness Test or approved district physical fitness test in the fall and spring.
- teachers and other school and community personnel will be discouraged from using physical activity (e.g., running laps, push ups) or withholding opportunities for physical activity(e.g., recess, education) as punishment.
- providing information to parents/guardians that encourages students' physical activity outside the school environment, such as outdoor play at home, sports, recreation programs, before and after school programs, and community programs etc.

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.

3. Nutritional Standards:

School Meals:

- Meals served through the National School Lunch and Breakfast Program will be appealing and attractive to students.

- Be served in clean and pleasant settings.
- Meet at a minimum, nutrition requirements established by local, state, and federal regulations;
- Offer a variety of fruits and vegetables daily and will offer fresh fruits/vegetables as many times per week as possible.
- Serve a variety of milk, including fat-free, low fat, flavored and unflavored, on a daily basis.

Breakfast.

- To ensure that 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.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

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.
- Drinking water shall be available and accessible to students, without restriction and at no cost to the student at all meal periods and throughout the school day.

Cafeteria Atmosphere:

- School dining areas have sufficient space for student to sit and consume meals.
- School dining areas are clean, safe and pleasant environments that reflect the value of the social aspects of eating.
- Enough serving areas are provided to ensure student access to school meals with a minimum wait time.
- Meal times are scheduled near the middle of the day.
- Students are given adequate time to enjoy eating healthy meals with friends.
- Food or physical activity will be discouraged from using as a reward or punishment.

Schools should engage students, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify acceptable new, healthful, and appealing food choices. USD 351 supports the teaching of Nutrition and Wellness at the high school level and endorses the management of the healthy choices vending machine by the Nutrition and Wellness

class.

Other School Based Activities

Fundraising Activities:

Fundraising projects must be submitted for district approval in accordance with district policy. School fundraising activities will be approved with consideration of the following:

1. Fundraising activities held during the school day involving the sale of food or beverages will be limited to foods that meet the USDA Smart Snacks in School nutrition standards, unless an exemption is approved by the building principal.
2. Availability of any food or beverage items sold as part of a fundraising activity will be restricted until at least thirty (30) minutes after the last lunch period.
3. Fundraising activities that promote physical activity will be encouraged.
4. District staff members are encouraged to select foods and beverages which are low in sugar and fat content to be sold as part of any fundraisers for school sponsored activities, programs, or events outside of the school day.

For purposes of this regulation, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.

Copies of this administrative regulation will be available in the central office and will be distributed to activity sponsors, student treasurers of school activities, and other interested individuals and groups.

Exempt fundraiser foods or beverages may not be sold in competition with school meals in the food service area during the meal service.

Snacks:

- Snacks served during the school day, at classroom parties and celebrations or in after-school programs will make a positive contribution to children's diets and health, with an emphasis on serving low-fat and less sugar and sodium items. The district will disseminate a list of healthful snack items to teachers, after school program personnel and parents such as fresh fruits, vegetables, water, 100% juice, low fat milk and non fat milk.

Rewards:

- Schools will discourage using high fat and sodium foods or beverages as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations:

- School will limit the number of celebrations and encourage healthy foods being brought into the schools for celebrations such as popcorn, fresh fruits and vegetables. The Wellness Team will disseminate a list of healthy party ideas to parents and teachers. When celebrations occur, parents will be encouraged to bring non homemade prepackaged foods that are nutritious and safe.

Communication With Parents:

- The district/school will, send home nutrition information, post nutrition tips on school websites and menus. Schools should encourage parents to pack healthy lunches and snacks. The Wellness Committee will provide parents a list of foods and ideas for healthy celebrations/parties, rewards, and fund raising activities.
- The Wellness Team 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 website, newsletter, or other take-home materials, special events, or physical education homework.

Monitoring and Policy Review:

- USD 351 Macksville Superintendent of Schools will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school the Principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district Superintendent.
- School nutrition staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent.

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 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 assessment, the school district will review our 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 the individual schools within the district, will as necessary, revise wellness policies and develop work plans to facilitate their implementation.