

Campbellsville Independent Schools Nutritional, Fitness and Wellness Policy

Introduction

- About 13 percent of school-age children are obese, and 15% are overweight.
- Between 56 and 85 percent of school age children consume soda every day.
- Fifty-one percent of school age children consume less than one serving of fruits and vegetables a day.
- Among children of varying ages, eight to 45 percent (depending on geographic location) of newly diagnosed cases of childhood diabetes are Type 2, non-insulin dependent associated with obesity.

Most high school students take only one year of physical education between grades 9 and 12. Less than a third of high school students attend physical education classes daily. One out of four children does not attend any school physical education classes.

The research listed above presents an alarming reality that today's schools, communities and families are faced with today. Recognizing the value of school meals and good nutrition, the Campbellsville Independent School District has adopted a policy to create healthy school environments, which include sound nutrition and physical wellness policies. Campbellsville Independent Schools' nutrition and wellness policy has been developed to protect the health of Campbellsville's school children so they can achieve their full academic potential.

The school nutrition-food service environment is one of the three initiatives identified by Campbellsville Independent Schools for providing a school environment that models health promotion and takes action to combat the rising health risk in children. The normal school day is for most children only one-half of their non-sleep time day. The school nutrition-food service environment is an important and critical partner with physical activity and nutrition education in improving children's health.

Nutritional Goals

The primary goal is to influence students eating habits. Building nutritional knowledge and skill set helps children make healthy eating and physical activity choices. To make a difference, school districts should provide nutritional education that is appropriate for students' needs, reflect students' cultures, is integrated into subjects such as math and reading and provides opportunities for students to practice skills and have fun. School districts should also develop an education curriculum that is easy to teach and fosters lifelong healthy eating and physical activity.

Purpose and Goals

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff members are encouraged to model healthy eating behavior as a valuable part of daily life.

Campbellsville Independent Schools shall prepare, adopt and implement a comprehensive plan to encourage healthy eating that includes the following:

- A food service program that employs a well prepared staff who efficiently serve appealing choices of nutritious foods.
- Pleasant eating areas for students and staff with adequate time for unhurried eating.
- An overall school environment that encourages students to make healthy food choices.
- Ensure that at elementary schools during the school day only "school-day approved beverages" are available in vending machines, school stores or canteens or as fundraisers involving the sale of beverages by students, teachers or groups. "School-day approved beverages" means water, 100-percent fruit juice, 1% low fat white milk, fat free chocolate milk and any beverage that contains no more than 10 grams of sugar per serving.
- Opportunities and encouragement and staff members to model healthy eating habits.
- Services to ensure that students and staff members with nutrition-related health problems are referred to appropriate services for counseling or medical treatment.

- Strategies to involve family members in program development and implementation.
- Body mass index will be done by the school nurse on all second- and fourth-graders every year.

The school nutrition program shall make effective use of school and community resources and equitably serve the needs and interest of all students and staff members, taking into consideration differences in cultural norms.

The Food Service Operation

- Campbellsville Independent Schools shall operate a food service program to ensure that all students have access to the varied and nutritious foods they need to stay healthy and learn well.
- The food service program shall aim to be financially self-supporting.
- During each school day, the food service program shall offer breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast program. Additionally, the food service program shall offer snacks based on the nutrition guidelines in the USDA After School At-Risk Snack Program.
- The school food program shall monitor the nutrient breakdown of their menus. Regardless of menu planning format of nutrient or food based, schools shall analyze the menus offered to students using nutrient analysis software to ensure that USDA guidelines are being met.
- Each district/school shall employ a food service director to administer the school food service program and satisfy reporting requirements.
- Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain safe, orderly and pleasant eating environments.
- Students and staff members should have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax and socialize.
- Rewards and incentives for academic performance should be given careful consideration as to the messages they send to students receiving them. If food is included in recognition of academic performance, it should be used in the general celebration of the achievement, not as the reward.

- Food should not be withheld from students as punishment.
- The food service staff members responsible for nutrition education shall adequately prepare and regularly participate in professional development activities and training.
- Food service staff members are encouraged to model healthy eating behaviors.
- The school food service program will comply with USDA's disability requirements for modified diets. The food service program is strongly encouraged to meet ethnic dietary requests as recommended by the USDA.

Competitive food and beverage sales and service requirements

The sale or serving of any food or beverage item to students in competition with the School Breakfast Program or the National School Lunch Program shall be prohibited on the school campus during the school day until a half hour after the close of the last lunch serving.

Fitness Physical Activity and Healthy School Environment

Recommendations for Physical Activity

- Physical education courses should be the environment in which students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Physical activity involves bodily movement that results in an expenditure of energy of at least a moderate intensity level and for duration sufficient to provide a significant health benefit for students.
- Children should accumulate at least 30 minutes of physical activity on all or most days of the week. This can be accomplished through several bouts of physical activity lasting 15 minutes or more each day.
- Extended periods of inactivity (periods of two or more hours) are discouraged.

Recommendations for Physical Education for Children During the Normal School Day

- Ensure that state-certified physical education teachers teach all physical education.
- Provide an adequate amount of time for physical education classes. Schools should provide at least 150 minutes per week for elementary students and at least 225 minutes per week for middle and high school students for the entire school year.
- Ensure that physical education classes have a student/student ratio comparable with those of other classes.
- Implement a sequential physical education course of study consistent with national standards for physical education with a focus on students' development of motor skills, movement forms and health-related fitness.
- Ensure that students are moderately to vigorously active at least half of the time while participating in physical education classes.
- Provide a physical and social environment that encourages safe and enjoyable activities for all students, including those who are not athletically gifted.

- Prohibit the use of physical activity as punishment, the withholding of participating in a physical education class as punishment or the use of physical education class time to complete assignments from other classes.
- Middle students will have the chance to participate in 30 minutes of supervised physical activity once a week.
- Middle and elementary students shall be given periodic breaks throughout the instructional day.
- Elementary students will participate in physical education classes once a week for 45 minutes.

Encouraging Lifetime Physical Activity

- Schools shall offer after-school intramural and/or physical activity clubs that meet the needs and interest of all students, including those who are not athletically gifted and those with special health care needs.
- Schools will be encouraged to provide community access to the school's physical activity facilities outside the normal school day.
- Schools should encourage parents and community members to institute programs that support physical activity, such as a walk to school program.
- Schools should encourage after school child care programs to provide developmentally appropriate physical activity for participating children and reduce or eliminate the time spent in sedentary activities such as watching television or videos.

Extracurricular Physical Activities Encouraged For All Students

- **Elementary School Students** – Community youth soccer, Dance Team, Community Little League Baseball and Softball, Little League Cheerleading, Community Basketball, Little League Football, Gymnastics, Karate, Track and Field Activities, Junior Golf and any other school or community sponsored activities.
- **Middle School Students** – Little League Baseball and Softball, Golf, Cheerleading, Football, Basketball, Swim Team, Marching Band, Track and Field, Dance Team, Soccer, Karate and any other school or community sponsored activity.

- **High School Students** – Girls and Boys Athletic Teams to include Baseball, Softball, Basketball, Boys Football, Golf, Soccer, Swimming, Tennis, Track and Field, Volleyball, Cheerleading, Dance Team, Marching Band, Karate and any other school or community sponsored activities.

Miscellaneous Regulations and Information

Closed Campus

Students are not permitted to leave school grounds during the school day to purchase food or beverages.

Parties/Celebrations and Meetings

Students, parents, teachers and community members bringing food to school will be encouraged to provide healthful options.

Student Incentives

The use of food items as part of a student incentive program is strongly discouraged. If food items are used as an incentive, they would adhere to the USDA nutrition standards.