

## **North Adams Community Schools WELLNESS PLAN**

### **NUTRITION STANDARDS**

Section 1. National School Lunch and Breakfast Program. Meals served through the National School Lunch and Breakfast Program shall:

1. Meet, at a minimum, nutrition requirements established by local, state, and federal regulations.

Section 2. Smart Snacks in School. The Smart Snacks nutrition standards are applicable during the school day, which is midnight before to 30 minutes after the end of the instructional day.

1. Any food sold in schools must:
  - A. Be a “whole grain-rich” grain product; or
  - B. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - C. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  - D. 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). \*
2. Foods must also meet several nutrient requirements:
  - A. Calorie limits
    - Snack items: ≤ 200 calories
    - Entrée items: ≤ 350 calories
  - B. Sodium limits:
    - Snack items: ≤ 230 mg\*\*
    - Entrée items: ≤ 480 mg
  - C. Fat limits:
    - Total fat: ≤ 35% of calories

- Saturated fat: < 10% of calories
  - Trans fat: zero grams
- D. Sugar limit:
- ≤ 35% of weight from the total sugars in foods

Section 3. Nutrition Standards for Beverages. The Smart Snacks beverage standards are applicable during the school day, which is midnight before to 30 minutes after the end of the instructional day.

1. All schools may sell:
  - A. Plain water (with or without carbonation)
  - B. Unflavored low fat milk
  - C. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - D. 100% fruit or vegetable juice, and
  - E. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
3. Grades 9-12 buildings will not sell soda during the school day.
  - A. No restrictions on calorie-free, flavored water (with or without carbonation); and
  - B. Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - C. No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.
  - D. Beverage Size Limitations: A beverage item available for sale at a school or on school grounds may not exceed twenty (20) ounce.

4. Vending machines that dispense food or beverage items not meeting smart snack requirements will not be available to elementary students at any time. School operated vending machines will not be accessible to middle and high school students during school hours. Exception: water may be vended throughout the school day.

### **NUTRITION EDUCATION GOALS**

Section 1. Statement of Goal. North Adams Community Schools will implement in a manner consistent with all other academic goals, objectives, and requirements, nutrition education from preschool through secondary school as part of a sequential, comprehensive school health education program designed to help students adopt healthy eating behavior.

Section 2. Utilization of Food Service Staff. Nutrition education should take place in the school cafeteria as well as in the classroom. Print materials promoting healthy eating standards shall be posted or available in all school cafeterias or other designated eating areas.

Section 3. Responsibility for Implementation. The Superintendent, or the Superintendent's designee, shall be responsible for developing implementation strategies directed at achieving the stated goal.

## **OTHER SCHOOL BASED ACTIVITIES**

Section 1. Statement of Goals. The following goals are established for other school-based activities.

1. Schools will schedule students with a minimum of twenty (20) minutes to eat for lunch.
2. Schools will schedule students with a minimum of ten (10) minutes to eat breakfast.
3. Schools will encourage fundraising activities that provide physical activity.
4. Schools will promote alternate choices to candy as an academic and/or behavior reward. (See addendum #1 for a list of alternative rewards.)
5. Recognizing concerns about food safety, allergies and other restrictions to some students' diet:
  - A. Schools encourage food for student consumption be commercially prepared (other than home prepared foods for individual student lunches). The exception to this would be when a classroom is preparing a food item as part of the learning curriculum.
  - B. Students Packing-Brining Lunces. Schools should discourage students from bringing in or having delivered "fast-food" items. In such event students shall not be seated with students participating in the National Lunch Program. Students packing their lunch shall not be permitted to include items of non-nutritional value including but not limited to K-8 regular/diet soft drinks or candy bars. And grades 9-12 Regular soft drinks or candy bars delivered "fast-food" items
  - C. Schools will promote involvement in community-sponsored wellness activities like "Focus on Health" or fitness events.

6. Elementary schools will provide parents with a list of ideas, including recommended food and beverage items, for healthy classroom celebrations and parties.
7. The School Corporation's Food Service Department will post nutrition tips-and nutrition analysis of lunch menus on the district's website.
8. The School Corporation's Food Services Department will adopt marketing techniques to promote healthy choices.
9. The School Corporation will promote workplace wellness.

Section 2. Implementation of Goals. The Superintendent, or the Superintendent's designee, shall develop implementation strategies to achieve the goals stated in this guideline.

Section 3. Fundraisers.

1. The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
2. The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
3. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Indiana has determined the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards is two per school each school year.

## **PHYSICAL ACTIVITY GOALS**

Section 1. Statement of Goal. North Adams Community Schools will provide a physical education program, for all students in Grades 1-12, to learn about and participate in physical activity. In addition to the regular physical education program North Adams Community Schools will implement, in a manner consistent with all other academic goals, objectives, and requirements, a plan to integrate physical activity across curriculum and throughout the school day. Also, North Adams Community Schools will create wider opportunities for students to voluntarily participate in before-and-after school physical activity programs that

may include intramurals, and at the secondary level, interscholastic athletics. Finally, North Adams Community Schools may collaborate with local recreational departments and youth fitness programs as approved by the Board of School Trustees to promote participation in lifelong physical activity.

Section 2. Daily Physical Activity for Elementary Students. As required by I.C. 20-30-5-7.5 each student in elementary school, other than students in half-day kindergarten or students who have a medical condition that precludes participation in the daily physical activity, shall be provided daily physical activity which may include recess. On a day when there is inclement weather or unplanned circumstances have shortened the school day, an elementary school may provide physical activity alternatives or elect not to provide physical activity.

Section 3. Elementary Recess. Where feasible, elementary recess shall be scheduled before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. Where feasible, elementary recess periods shall be at least twenty (20) minutes in length.

Section 4. Implementation of Goals. The Superintendent, or the Superintendent's designee, shall be responsible for developing implementation strategies to implement the goals outlined in this guideline.

## **SCHOOL HEALTH ADVISORY COUNCIL**

Section 1. Establishment of Advisory Council. The Board of School Trustees shall appoint a school health advisory council ("advisory council") on or before January 1, 2007 as required by I.C. 20-26-9-18.

Section 2. Membership on Advisory Council. In appointing the members of the advisory council, the Board of School Trustees shall comply with the provisions of I.C. 20-26-9-18 which requires that the advisory council include:

1. Parents;
2. Food Service directors and staff
3. Students;
4. Nutritionists or certified dieticians;
5. Health care professionals;

6. School Board members;
7. A school administrator; and,
8. Representatives of interested community organizations.

The advisory council shall also include at least one (1) member who is a teacher with the School Corporation. In addition, at least forty percent (40%) of the advisory council shall be parents who are not employees of, and do not have a contractual relationship with, the School Corporation.

Section 3. Length of Terms. Appointments by the Board of School Trustees to the advisory council shall be made on an annual basis, no later than January 1 of each year. There shall be no limits on the number of terms and individual may serve on the advisory council.

Section 4. Responsibilities of the Advisory Council. The advisory council shall, on an annual basis (every 3 years), review the School Corporation's wellness guideline and use NEOLA policy as our evaluation tool and suggest to the Board of School Trustees changes to the policies before July 1 of each year. In carrying out its advisory function, the advisory council, in association with the Board of School Trustees, shall conduct annually at least one (1) public hearing at which public testimony and comment will be allowed on the School Corporation's wellness guideline.

## **SCHOOL WELLNESS**

**Section 1.** Statement of Purpose. North Adams Community Schools recognizes its responsibility, as mandated by federal and state law, to promote a healthy learning environment by supporting wellness, good nutrition and regular physical activity.

**Section 2.** Annual Review. To fulfill the School Corporation's responsibility to promote a healthy learning environment, as mandated by federal and state law, the Board of School Trustees will review, on an annual basis (before July 1 of each year) the School Corporation's wellness policies, reviewing established nutrition

guidelines and goals for nutrition education, physical activity, and promoting student wellness.

**Section 3.** Public Hearings. The Board of School Trustees will hold, in association with the Board-appointed school health advisory council, on or before July 1 of each year (beginning on or before July 1, 2007), at least one (1) public hearing at which public testimony and comment will be allowed on the School corporation's wellness policy.

**Section 4.** Adoption of School Corporation Guideline on Child Nutrition and Physical Activity. As required by I.C. 20-26-9-18, the Board of School Trustees shall adopt, or renew, a district guideline on child nutrition and physical activity taking into consideration recommendations made by the School Corporation's school health advisory council. However, nothing in this guideline should be interpreted as limiting the authority of the Board of School Trustees to be the final decision-maker regarding any district guideline on child nutrition and physical activity.

**Section 5.** Individual School Wellness Committee. Each school shall form an "in house" wellness committee to serve as the building liaison for nutrition and wellness communication and resources for students, parents and staff and monitor their school plan. This school wellness committee shall consist of (at a minimum) the Principal, Food Service Manager, School Nurse, a P.E. teacher, a classroom teacher, and a student representative. The school wellness committee shall meet at least twice per year. In addition, the Principal shall hold one staff meeting for the entire staff of the school to discuss the individual school's wellness plan and the goals. Normally, this meeting shall be conducted as part of the Wellness Committee evaluation process each year. One or more members of each School Wellness committee shall attend an annual collaborative meeting with the NACS Wellness Advisory Council. At the annual collaborative meeting with the council, School Wellness Committees representatives shall be asked to report on their in-house meetings held during the school year.