

Fargo Public Schools Wellness Policy

To achieve the following policy goals:

FPS will provide school environments that promote student's health, well-being, and ability to learn by supporting healthy eating and physical activity and goals for nutrition promotion, physical activity and providing healthy food options have been designed based on evidence-base strategies to promote student wellness. Nutrition and physical education core curriculum aligns with [state standards and requirements](#). Nutrition and physical activity standards that are available on each school campus during the school day will be established with the objective of promoting student health.

District and School Wellness Councils

The Fargo Public Schools (FPS) District Wellness Council and individual school wellness councils within the district will create, strengthen, and work to develop, implement, monitor, review, and, as necessary, revise the wellness policy. Wellness councils are composed of district staff and community members in leadership and/or educational roles associated with all facets of health. The FPS District Wellness Council will serve as a resource to school wellness councils for implementing those policies.

I. Nutrition Education Goals

The primary goal of nutrition education is to positively influence the students' eating behaviors to promote good health. Nutrition education in all FPS schools, K-12 will be:

- Interactive and teach the skills at each grade level (e.g., media awareness, menu planning, reading nutrition facts labels) that students need to adopt healthy eating behaviors
- To provide nutrition services training and staff development programs that include appropriate certification and/or training programs for the nutrition services director, school nutrition services managers, and nutrition services staff, according to their levels of responsibility and applicable federal regulations
- Offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers
- Communicated in consistent nutrition messages throughout the school, classroom, and cafeteria and promoted to parents, the community and the media
- Integrated into the comprehensive health, physical education, family consumer science (FACS) and other core curriculum that is aligned with state standards and requirements
- Taught by highly qualified certified teachers with appropriate training in nutrition education
- Encouraging staff to be role models for healthy behavior

II. School Meal Guidelines

Nutrition Services offers healthy, nutritious meals, snacks and beverages in compliance with the National School Breakfast and Lunch program.

Meals offered in Fargo Public Schools will:

- Be promoted to students and households and participation encouraged
- Reflect student preference based on feedback through taste-tests, surveys, and other means
- Be served in a clean, safe enjoyable environment
- Meet or exceed nutrition requirements established by local, state, and federal statutes and regulations
- Provide salad bars as able offering a variety fresh fruit and vegetables at every school
- Incorporate local and sustainable foods

Fargo Public Schools will:

- Provide students with adequate time for meal breaks
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- Provide menus along with nutrition analysis information on the school district's website
- Provide free drinking water for students during the school day
- Provide students the opportunity to participate in the school breakfast program.

III. Nutrition Standards for Competitive Foods

Competitive foods are those foods and beverages sold or served (given) on school grounds during the school day that are not part of the federally reimbursed school breakfast and lunch program. The school day is defined as midnight the night before the first class through 30 minutes after the last class.

Foods and beverages sold in schools during the school day

All competitive foods sold will comply with the USDA's Smart Snacks in Schools nutrition standards. This includes, but not limited to, a la carte items in cafeterias, vending machines, school stores, and fundraising activities. For details and complete list of Smart Snacks in Schools guidelines, visit www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks

Elementary Schools

- The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary school will be sold as balanced meals. Foods and beverages sold or served individually will be limited to low fat and non-fat milk, fruits and vegetables. Beverages allowed are water, 6 ounces or less of 100% fruit juice and 8 ounces of low fat or fat free milk or flavored milk. No ala carte items or vending products are sold.

Middle and High Schools

- Vending is not sold during school hours at middle school but will be available at the high schools except during lunch.

Fundraising Activities

- Schools will advise groups that participate in fundraising activities to promote physical activity and comply with nutrition standards.
- As an exception, each school within the school year may hold up to three fundraisers that do not comply with the federal nutrition standards for competitive food and beverage sales. Fundraisers operating under the exception may occur during school hours, but not during school meal time.
- See fund raising policy AP 7105.
- See APPENDIX A for suggestions

Food and beverages served (given) during the school day

All competitive foods, snacks, and beverages given to students should be selected judiciously, taking into consideration the nutritional value, the goals of this policy, and the frequency of use.

- ***Snacks allowed during the school day***
Schools will encourage snacks that make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

Schools are to suggest that snacks brought from home to share at school functions should be purchased and ready to eat with an ingredient label attached.
(see APPENDIX B for suggestions)

- ***Rewards allowed during the school day***
Food rewards or incentives will not be given or withheld to encourage student achievement or desirable behavior, unless this practice is allowed by students' Individualized Education Plan (IEP).
(See APPENDIX C for suggestions)
- ***Celebrations allowed during the school day***
To ensure safety of students, families are not allowed to bring birthday or celebration food snacks to school for the class. On occasion the school may serve a classroom snack from Appendix B.
(See APPENDIX C for non-food suggestions)
(See APPENDIX D for parent sample letter)

Food and Beverages served off-site or after school

Competitive food sale requirements do not apply to off-site food sales and do not apply to foods sold on campus outside of the school day. School-sponsored events (such as, but not limited to, athletic events, dances, or performances) held off-site or outside the school day will

be encouraged to sell or serve healthy foods and beverages by following the Smart Snacks in Schools standards.

(see APPENDIX B for suggestions)

IV. Food and Beverage Marketing

Schools will use marketing activities that promote healthful behaviors. Food and beverages depicted on items and equipment located on school grounds during the school day will meet Smart Snacks in Schools standards.

The following are exempt:

- Materials used for educational purposes in the classroom
- Items of personal expression such as clothing or packaging from products brought from home for personal consumption
- Events held off school grounds or after the school day
- Brand names not depicting a specific item, as the guidelines apply to specific product items
- Incentive programs in compliance with the Wellness Policy (e.g., Box Tops for Education, food coupons for reading books)

V. Physical Activity Opportunities and Physical Education K-12 Goals

The primary goal of physical fitness and physical education is:

- To provide opportunities for every student to develop knowledge and skills for specific physical activities
- To maintain physical fitness by regularly participating in physical activity
- To understand the benefits of a healthy physically active lifestyle

Physical Education Objectives

- Shall provide adequate space and equipment and conform to all applicable safety standards at every school
- Ensure highly qualified certified physical education staff will receive professional development on a yearly base
- Shall comply to state standards and mandates related to physical education.
- Students with disabilities or other special health needs may participate as fully as possible in physical education and other school physical activities.

FPS will monitor air quality levels in Fargo using the AirNow website. Outdoor physical education will be moved inside if the air quality is coded as RED or PURPLE on the website. The CDC has provided school recommendations on outdoor activities here: [Air quality and outdoor activity guidance for schools](#).

Elementary School:

At least an average of 100 minutes per week of Physical Education instruction and opportunities of additional physical activity including daily recess periods, walking programs, after school programs, and before and after school personal activities.

Middle and High Schools:

At least an average of 100 minutes per week of Physical Education instruction and opportunities of additional physical activity including additional elective physical education classes, walking programs, the integration of physical activity into the academic curriculum, after-school programs including intramurals, interscholastic athletics, competitive sports, and physical activity clubs. Schools should work with the community to create an environment that is safe and supportive of students having the opportunity to be physically active when commuting to and from school.

(High school has 45 minutes every day for 1 semester and the middle school has 44 minutes every other day for the year.)

Daily Recess

All elementary school students will have daily supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.

Fargo Public Schools encourages unstructured play for students.

Outdoor recess is canceled when the temperature and wind speed create a wind chill factor of 10 degrees below zero or colder. Outdoor recess will be canceled not only in the case of extreme cold but also when the air quality is deemed unhealthy. FPS will monitor air quality levels in Fargo using the AirNow website. Recess will be canceled if the air quality is coded as RED or PURPLE on the website. The CDC has provided school recommendations on outdoor activities here: [Air quality and outdoor activity guidance for schools](#). The principal, or designee, has the discretion to modify recess as needed.

In the event of indoor recess, school staff will promote free choice activities for students. School staff have the discretion to modify the activity based on the needs of the students.

A school staff to student ratio should be comparable to a classroom (extenuating situations may modify the supervision ratio on a day-to-day basis). When on recess duty, school staff should actively supervise students and be positioned around the play space to ensure that all areas are supervised.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural 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.

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.

FPS will monitor air quality levels in Fargo using the AirNow website. Physical activity opportunities before or after school will follow the website recommendations. The CDC has

provided school recommendations on outdoor activities here: [Air quality and outdoor activity guidance for schools](#).

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) as a punishment. Teachers and other school and community personnel will not withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

Safe Routes to School

The school district will assess and make needed improvements to make it safer and easier for students to walk and bike to school. The district will work together with local public works, public safety, and/or police departments in those efforts. The school district will encourage students to use public transportation. The school will support the efforts in the development and implementation of walking or biking to school.

Use of School Facilities Outside of School Hours

The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

Integrating Physical Activity into the Classroom Setting

Classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. Classroom teachers will provide short physical activity breaks between lessons, classes or standardized testing as appropriate.

Staff Wellness

FPS will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. The district's efforts will utilize available resources through vendor partners to promote health and wellness.

VI. Policy Development, Application, and Review

The Superintendent or designee and the wellness councils will monitor and ensure compliance with the established district-wide wellness policy. The District Wellness Council will conduct a wellness policy assessment at a minimum once every three years based on input from all stakeholders. The assessment will determine district-wide compliance, comparison to model wellness policies, and identify progress made in attaining goals. The assessment report, along with recommended amendments, will be provided by the wellness council to the superintendent. (see APPENDIX E for evaluation form)

FPS encourages participation from the public, including parents, students, teachers, health professionals, food service staff, school board members and other interested persons in the development and implementation of the wellness policy. The policy, along with assessments and updates, is made available to the public on the district's website. An invitation is displayed on the website for stakeholders to give comments, ask questions, and express interest in participating in the development, application, and periodic review of the policy by contacting

the Director of Nutrition Services.

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Appendix A

Suggestions for Healthy Fundraising Sale Items

- Fresh or exotic fruit
- High quality produce items
- Nuts and trail mix
- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Raffles
- Gift baskets
- Plants
- Flowers
- School spirit items
- Car washes
- Walk-a-thons
- Bike-a-thons
- Jog-a-thons
- Skate-a-thons
- Family game night
- Hire a student for odd jobs
- 3 on 3 basketball tournaments
- Silent auctions
- Talent shows
- Streets Alive
- Fargo Marathon
- Scholastic Books

APPENDIX B**Suggestions for Healthy Smart Snack Items allowed to be served or sold during the school day**

- Fresh Fruits and Vegetables with lowfat dip
- Whole grain Animal Crackers: 8 or 1 oz
- Graham Crackers: 3 – 2 ½ inch squares
- Whole Grain Crackers: 3 to 5 or ½ oz
- Whole Grain Breadstick: 1 oz
- Sun Butter and whole grain crackers: 3 crackers or ½ oz and ½ Tbsp
- Whole Grain Mini Muffin: 1
- Whole Grain Saltines: 6 squares
- Baked Tortilla Chips and Salsa: 15 to 20 chips, ¼ c salsa
- Low Fat Granola Bars: 1 oz bar
- Low Fat Whole Grain Cereal Bars: 1 oz bar
- Whole-grain Fruit Bars: 1 oz bar
- Whole Grain Pretzels: 1 oz
- Baked Chips: 1 oz
- 100 Calorie Pack Snacks
- Whole Grain Bagels or Bagel Bites: ½ - 3 inch bagel or 1 oz
- Whole Grain lightly sugared dry Cereal: ¾ cup or 1 oz
- Nut Mix: about ¼ cup or 1 oz
- Trail Mix: about ¼ cup or 1 oz
- Nuts or Seeds plain: ¼ cup
- Single-serving canned Fruit in juice or lite syrup: ½ cup
- Celery with ~~Peanut~~ or Sun Butter: 1 cup celery plus ½ Tbsp Sun Butter
- Dried Fruit: ¼ cup
- Fruit-based Snacks: 1 fruit roll, 1 pouch or about 1 oz
- Real Fruit Strips: 1 strip
- Fat-free or Light Popcorn: 3 cups
- Yogurt, non-fat, low fat, or light: 6-8 oz
- String Cheese: 1 piece or 1 oz
- Fat free pudding cups: 1 each
- Milk, any flavor low fat or fat free: 1 cup or 8 oz
- Fruit Juice containing 100% juice: ½ cup or 4 oz
- Bottled Water: 1 cup or more
- Flavored non caloric water: 1 cup or more
- Soft whole grain pretzel with low sodium cheese or low fat ranch dip (2 oz)
- Visit www.fns.usda.gov/school-meals/tools-schools-focusing-smart/snacks.

APPENDIX C**Suggestions for Non-Food Rewards**

- Read a book
- Sit by friends
- Read outdoors
- Teach the Class
- Have extra art time
- Enjoy class outdoors
- Have extra recess time
- Play a computer game
- Stickers, pencils, bookmarks
- Show and tell
- 5 minute chat break
- Enter drawing for prize
- Get a no homework pass
- Make deliveries to the office
- Listen to music
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher or principal
- Eat lunch outdoors
- Eat lunch with a teacher or principal
- Start a garden and maintain
- Have a class pet and care for
- Dance to favorite music in classroom saw information about “seat dancing” too-done at the desk
- Get a “free choice” time at the end of the day
- Listen with a headset to a book or music
- Have a teacher perform a special skill
- Be first in line when class leaves the room
- Have a teacher read a special book to the class
- Take a trip to a treasure box for reward (stickers, tattoos, pencils, erasers, bookmarks)

APPENDIX D**Parent Newsletter**

Dear Parents:

Welcome back to school! Making good choices for snacks can be very helpful in your child's education. Every day students will have a snack time and are welcome to bring a healthy snack from home. Snacks are encouraged to be purchased with a label attached that shows the ingredients in the item if it is prepared.

Fargo Public Schools (FPS) staff members are committed to serving healthy snacks. In order to make this happen, we are following the guidelines for healthy snacks from our Wellness Policy. The attached snack list, compiled in June and July 2010 by Cass Clay Healthy People Initiative, is based on adapted Institute of Medicine Nutrition Standards for Foods in Schools. This list is only a start. As we learn more about healthy food choices and new products, we will add to this list.

Special days at FPS, are celebrated in the classroom. We ask that family's reserve the cake, ice cream, and sweets for home birthday celebrations. To ensure safety of students, families are not allowed to bring birthday or celebration food snacks to school for the class.

We know healthy kids learn better. Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide environment that supports healthy behaviors. We are going to do our part to support healthy behaviors at FPS, and we are asking for your support. Together, we can make a difference in our children's health and education.

Sincerely,

APPENDIX E**Fargo Public Schools Wellness Policy Evaluation Form**

School Name: _____
Principal: _____
Wellness Council Representative: _____
Date: _____

Each school wellness council will conduct an annual review of the Wellness Policy to measure the buildings consistency with the policy throughout the school district. The review will be completed by the principal and the school wellness council with input from students and teachers and will serve as the basic compliance assessment. Assessments will be reviewed by the Superintendent and the district wellness council.

Nutrition Education Goals

1. Students in grades K-12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits?

YES NO

Comments: _____

2. Students receive consistent nutrition messages throughout school?

YES NO

Comments: _____

3. District health education curriculum standards and guidelines include both nutrition and physical education?

YES NO Comments: _____

Physical Fitness Goals

1. Students are given the opportunity for physical activity during the school day in addition to physical education (PE) classes, (i.e. daily recess, classroom activities, etc.)

YES NO

Comments: _____

2. Students are given the opportunity for physical activity through a range of before and/or after school programs?

YES NO Comments: _____

Nutrition Goals

1. Guidelines set for food and beverages in the food service program and in ala carte sales have been followed?

YES NO

Comments: _____

2. Guidelines set for food and beverages sold in vending machines, school stores and concessions have been followed?

YES NO

Comments: _____

3. Guidelines set for snacks in school have been followed?

YES NO Comments: _____

Other School Based Activities

1. The school provides a clean and safe school environment?

YES NO

Comments: _____

2. Students have access to free drinking water throughout the school day?

YES NO

Comments: _____

3. The school district encourages all students to participate in the school breakfast and lunch programs?

YES NO

Comments: _____

4. The school district protects the identity of students who eat free and reduced price meals?

YES NO Comments: _____

5. The school district ensures adequate time for students to eat lunch?

YES NO Comments: _____

6. Hand sanitizer or hand washing is provided before meals or snacks?

YES NO Comments: _____

7. Food and beverage marketing is limited to food items that comply with the Smart Snacks in Schools standards.

YES NO Comments: _____

Follow-up activities planned to ensure compliance with the Wellness Policy:

