

Somerset Independent School District's Health, Wellness, Physical Activity, and Nutrition Policy Preamble

Whereas, children need access to healthful foods 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, 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, imitation fruit juices, chips, candy, cookies, and snack cakes;

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

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

Thus the Somerset Independent 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 Somerset Independent School District that:

- The school district will engage students, parents, teacher, 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 support and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans, as well as the nutrition recommendations mandated by the state of Kentucky.
- Qualified child nutrition professionals will provide students 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], and 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.

TO ACHIEVE THESE POLICY GOALS:

I. Health and Wellness District Committee

The school district and individual schools within the district will create, strengthen, or work together to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The committee also will serve as resources to school sites for implementing those policies. The committee will consist of a group of individuals representing the school and community, and should include parents, school nurse, students, representative of school's food service program, one member 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 Program 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 and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- To ensure that over half of the served grains are whole grain.

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 operate the School Breakfast Program.
- Schools will arrange bus schedules to utilize methods to serve school breakfast that encourage participation.
- 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, website, or other means.

Free and Reduced-priced Meals- Schools will make every effort to eliminate any social stigma attached to, and prevent the over identification of students who are eligible for the free and reduced-price school meals. Toward this end, schools may utilize electronic identification and

payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Summer Food Service Program- Schools in which more than 50% of the 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 schedule meals periods at appropriate times, e.g. lunch should be scheduled between 11a.m. and 1p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide student access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff- Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

The district's food service director, or person responsible for menu planning in the district, is credentialed as a school food service and nutrition specialist, or certified by a Level 2 certificate issue by the American School Food Service Association.

Sharing Food and Beverages- Schools should discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Food and Beverages Sold Individually (i.e., foods sold outside of the reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

Elementary Schools- The school food service program will approve and provide all food and beverage sales to student in elementary schools. Given your children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually will fall under the same guidelines as the middle and high school. (KRS 158.856)

Middle School and High School- In middle and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte line, vending machines, student stores, or fundraising activities) during the school day will meet the following nutrition and portion size standards.

Beverages- (KRS 158.856) During the period of time beginning thirty minutes after the last lunch period until the end of the last instruction period, a beverage offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall be a:

- Flavored or unflavored milk that is no more than 1% milk fat.
- Plain or flavored, non-caloric, non-carbonated water.
- 100% fruit or vegetable juice or any combination of both totaling 100% or
- Any other beverage that contains no more than 10 grams of sugar per serving, except this limit shall not apply to 100% fruit or vegetable juice or any combination of both equaling 100%;
- Except for water, volume size of a beverage shall not exceed 20 ounces and;
- Students and staff vending machines will be stocked with water, milk products, and juice with the above criteria.

Food- (KRS 158.856) During the period beginning thirty minutes after the last lunch period until the end of the last instruction period, a food item offered for sale through vending machine, school store, canteen, or fundraiser on school property shall meet the following standards:

- Calories from fat shall not exceed thirty percent, excluding reduced fat (2% milk-fat or less), cheese, nuts, seeds, and nut butters.
- Calories from saturated fat shall not exceed ten percent.
- Calories from sugar shall not exceed thirty-two percent by weight.
- Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 300 milligrams of sodium per serving.
- Pasta, meats, and soups shall not contain more than 450 milligrams of sodium per serving.
- Pizza, sandwiches, and main dishes shall not contain more than 600 milligrams of sodium per serving.
- The portion or pack size chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky shall not exceed two ounces.
- The portion or pack size of cookies shall not exceed one ounce.
- The portion or pack size for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, or other bakery-type items shall not exceed two ounces.
- The portion or pack size for non-frozen yogurt shall not exceed eight ounces; and
- The portion or pack size for frozen dessert items, including low-fat or fat free ice cream, frozen fruit juice bars, and frozen fruit items, shall not exceed four ounces.

A La Carte Items

A food or beverage item offered for sale as an a la carte item on the cafeteria line during the serving of breakfast or lunch shall meet the above stated standards listed under the beverages and

food. The exception is schools may offer for a la carte sale any item that is creditable under the School Breakfast or National School Lunch Program meal patterns as set forth in 7 C.F.R. 220.8 and 210.10 respectively.

Fundraising Activities- To support children's health and school nutrition-education efforts, school fundraising activities will encourage selling of foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities that are in compliance with our school policy.

Snacks- Snack served during the school day or in after-school care or enrichment programs will 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 will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Snacks provided through after school programs will pursue receiving reimbursements through the National School Lunch Program.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion- Somerset Independent School District aims to teach, encourage, and support healthy eating by students. Each school provides some type of nutrition education at various grade levels. Each school should work toward providing more nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotion, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting- For students to receive the recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end:

- Classroom Health 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, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and • Encourage teachers to inject when possible physical activity into their subject lessons.

Communications with Parents. The district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/Hopkins will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, reward and fundraising activities. In addition, the district will provide opportunities for parents to share their healthy food practices with others in the school community.

The district will provide information about physical education and other school-based physical activity opportunities before, during and after the school day; 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.

Food Marketing in Schools- School- based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or food and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and grains, and low-fat dairy products is encouraged.

Staff Wellness- Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, and other health professional. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

IV. Physical Activity Opportunities and Physical Education

Physical Education (KRS 160.34)

- All Students in kindergarten through fifth grade, including students with disabilities and special health-care needs will receive 150 minutes of physical activity per week for the entire school year. This will be accomplished with regular physical education classes and recess. All physical education will be taught by a certified physical education teacher.
- Middle School (6-8) students will participate in PE every other day for one nine-week period.
- Ninth grade students will receive one semester of PE every day. After ninth grade PE is offered as an elective.

Daily Recess- All elementary school students (K-5) will have at least 20 minutes a day of supervised recess, preferably outdoors, during which school should encourage moderate to vigorous physical activity verbally and through 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 students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School- Meece Middle School and Somerset High School will offer interscholastic sports program.

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.

Physical Activity and Punishment- Students shall not be deprived of recess or other physical activity as a consequence for behavior or academic performance. Teacher, school and/or community personnel will not use physical activity as a punishment (e.g. running, pushups). Elementary students (as part of the CHAMPS program) may be encouraged to walk the perimeter of the playground, not to exceed five minutes, when appropriate.

Safe Routes to School- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with the local public works, public safety and police departments in those efforts.

V. Monitoring, Assessing and Reporting Policy Review

Monitoring- The superintendent 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 food service 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. In addition, the school district will report on the most recent USDA School Meal 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.

Assessment- (KRS 158.856) The school district must assess the nutrition environment in the district as well as the physical activity environment in the district. Those assessments must result in a written report issued to local board members, council members and parents.

The report on the nutrition environment must address:

- Compliance with School Breakfast and National School Lunch Program;
- The availability of the contracted fast foods;
- A review of access to foods and beverages sold through vending machines, school stores, etc.;
- A list of food and beverages available to students, including the nutritional value of each; and recommendations for improving the nutrient environment.

The report on the physical activity environment must address:

- Recess schedules
- PE schedules
- In-class physical activities

The board will discuss the findings of each of the reports, solicit public comment regarding the findings and recommendations in the reports and, on or before January 31st of each year, present a plan to improve the nutrition and physical activity environments will be integrated into the Comprehensive District Improvement Plan and monitored just as the other elements of that plan are monitored.

VI. Nutrition Program and Student Physical Activity Report

November 30

The Food service director shall complete the assessment of the nutrition program required under KRS 158.856 and issue a report for the school year at least (60) days prior to the public forum required by KRS 158.856(5).

January 31

Final deadline for board of education to hold an advertised public forum to present a plan to improve school nutrition and physical activities in the school district.

May 1

Superintendent shall submit a summary of findings and recommendations to the nutrition report and physical activity report as required by KRS 158.856 to the Kentucky Department of Education.

The superintendent may release the report via posting to the district Web site.

