



**SCRANTON
SCHOOL DISTRICT**

Local Wellness Policy

2026



Scranton School District Wellness Policy

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Scranton School District Wellness Policy

Note: This district-level wellness policy has been designed to meet the Federal standards for local school wellness policy implementation under the final rule of the Healthy, Hunger-Free Kids Act of 2010.

Alliance for Healthier Generation Model Wellness Policy. Updated 9/16 to reflect USDA Final Rule.

Purpose

Scranton School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. [\[1\]](#), [\[2\]](#), [\[3\]](#), [\[4\]](#), [\[5\]](#), [\[6\]](#), [\[7\]](#) Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. [\[8\]](#), [\[9\]](#), [\[10\]](#) In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. [\[11\]](#), [\[12\]](#), [\[13\]](#), [\[14\]](#). Finally, there is evidence that adequate hydration is associated with better cognitive performance. ^{15,16,17}

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.
- All schools in the District will participate in the Federal School Meal Programs to the maximum extent possible.
- The religious, ethnic, and cultural diversity, and food allergies and disabilities when provided appropriate documentation from a Licensed Physician; be respected in meal planning, nutrition education, and physical activity.
- School sites will provide clean, safe, and pleasant settings with adequate time for students to eat.



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This policy applies to all students, staff and schools in the District. Specific measurable goals and outcomes are identified within each section below.



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I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g., superintendent, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. When possible, membership will also include Supplemental Nutrition Assistance Program Education coordinators (SNAP-EDEDSNAP-Ed). To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

Leadership

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy.

The designated official for oversight is:

Pat Laffey, Business Manager, EMAIL: pat.laffey@ssdedu.org

Precious Gilliard, Food Service General Manager, EMAIL: gilliard-precious@aramark.com

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Marie Merkel	Board Member		
Albert .P. ODonnell	District Administrators		
Michael Coleman	Principal		
Precious Gilliard	District Food Service Representative	gilliard-precious@aramark.com	



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Amy McCormack	Parent/ Guardian		
Mark Lucci	Member of the Public		
Marcia Johnson	Teacher		
Nicole Ferguson	School Nurse		
Santo Zanghi	Coach		
Pat Laffey	Classified Staff	pat.laffey@ssdedu.org	
Aleaha Wacker RD, LDN	Aramark Food Service Director - Registered Dietitian	Wacker- aleaha@aramark.com	
Carol Rothenberger	Health Professional		
Max Hoffner	Student Representative		

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.

II. **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

Implementation Plan

The District will develop and maintain a plan every three years for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, and actions and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the Triennial Assessment form

[https://www.pa.gov/content/dam/copapwp-pagov/en/education/documents/schools/food-and-nutrition/local-wellness-](https://www.pa.gov/content/dam/copapwp-pagov/en/education/documents/schools/food-and-nutrition/local-wellness-policy/wellness%20policy%20assessment%20tool%20and%20report%20template.pdf)

[policy/wellness%20policy%20assessment%20tool%20and%20report%20template.pdf](https://www.pa.gov/content/dam/copapwp-pagov/en/education/documents/schools/food-and-nutrition/local-wellness-policy/wellness%20policy%20assessment%20tool%20and%20report%20template.pdf) complete a school-level assessment based In Pennsylvania, Local Education Agencies (LEAs) must complete a Triennial Assessment of their Local School Wellness Policy at least every three years, as required by the USDA.



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This wellness policy and the progress reports can be found at: [Home - Scranton City School District \(scrsd.org\)](http://Home - Scranton City School District (scrsd.org))

Recordkeeping

The Scranton School District will retain records to document compliance with the requirements of the wellness policy on the District website [Home - Scranton City School District \(scrsd.org\)](http://Home - Scranton City School District (scrsd.org)). Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The Scranton School District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is:

Pat Laffey, Assist. To the Superintendent, pat.laffey@ssdedu.org

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy



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The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

All Service Agreements under 504 and Individualized Educational Plans will supersede the guidelines set forth within this policy.

Community Involvement, Outreach and Communications

The Scranton School District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.



III. Nutrition

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans-fat* per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the Scranton School District are (CEP) Community Eligibility Provision Free Meals offering all USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Fresh Fruit & Vegetable Program (FFVP), Summer Food Service Program (SFSP), & After School Snack Program (ASSP). At other times, the District may also operate additional nutrition-related programs and activities depending on program funding and applicability. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards). <https://www.fns.usda.gov/schoolmeals/nutrition-standards>
- Aim to promote healthy food and beverage choices using the following
 1. Whole fruit options are displayed in attractive bowls or baskets
 2. Variety of fruit options available daily
 3. Daily fruit and vegetable options are displayed in a location in the line of sight and reach of students.
 4. A variety of vegetable options are available daily to students.
 5. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily fruit and vegetable options with their meal.
 6. Low-fat milk is placed in front of other beverages in all coolers.
 7. A reimbursable meal can be created in any service area available to students (e.g., salad bars, MTO Deli, Entree options, etc.).
 8. Student surveys and taste testing opportunities are used to inform of menu development, dining space decor and promotional ideas.
 9. Engaging promotional signage is displayed in the service and/or dining areas.
 10. Daily announcements and marketing materials are used to promote and market menu options.

Free & Reduced-Priced Meals

All students in the Scranton School District are eligible for free meals through Community Eligibility Provisions (CEP).

Summer Food Service Program



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Schools with more than 50% of students eligible for free or reduced-price school meals may sponsor the Summer Food Service Program at a district site-based facility for up to 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 when feasible.

The Scranton School District participates in the (SFSP) Summer Food Service Program; on an annual basis for a 6 week period.

Mealtimes & Scheduling –

Schools shall do their best to schedule meal periods at appropriate times in conjunction with academic scheduling, shall not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities; Will schedule lunch periods to follow or precede recess periods (in elementary school); will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Sharing of Foods & Beverages

Schools shall discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

To help mitigate food waste, schools may utilize a share table and/or share basket. Students may place unwanted, sealed, and uneaten school-provided items into the container. Items brought from home are not acceptable. Food service staff will supervise the share table at a minimum, in between each lunch service and at the end of the last meal service, to ensure items are maintained in the safe temperature zone and discarded as needed.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health following current snack guidelines. 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. If eligible, schools that provide snacks through the afterschool snack programs will pursue receiving reimbursements through the National School Lunch Program.

School Meal Program Guidelines

- Provide a representative for team meetings to discuss implementation of students with life threatening allergies plans of care
- Work with the school nurse in identifying students with life-threatening allergies.
- Obtain Medical Plan of Care from and maintain file in cafeteria office with parental consent.
- Plan appropriate substitutions or modifications for meals served to students with life-threatening food allergies
- If Point of Sale system is used, include allergy alerts and picture of the student only with parental consent.
- Evaluate the need for special seating arrangements, such as an allergen-free table, zone, etc.
- Follow appropriate cleaning and sanitation techniques
- Avoid cross-contamination of foods by wiping down eating and preparation surfaces/utensils with an appropriate cleaner before, during, and after preparation and eating.
- Tables should also be washed with an appropriate cleaner in the morning if an after school event has been held in the cafeteria the night before
- Wash preparation areas, work surfaces, utensils, pots and pans with hot, soapy water. Soap denatures proteins that cause the allergy.



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- Consider using a color-coded cutting board system to minimize cross-contamination.
- Reinforce hand washing before and after eating for all students and staff.
- Read all food labels and recheck routinely for potential food allergens.
- Be prepared to discuss: menus (breakfast, lunch, and after school snack); a la carte items; vending machines; recipes; food products and ingredients; food handling practices; cleaning and sanitation practices; and responsibility of various staff (or additional contract employees at individual schools).
- Prepared food ingredient lists used in food production and service. Be aware that the manufacturer may make substitutions to products without notification.
- Maintain food labels from each food served to a student with life-threatening food allergies for at least 24 hours following service in case of a delayed anaphylactic reaction.
- Train cafeteria staff and monitors:
 - Proper cleaning techniques and solutions for tables, chairs, and food preparation surfaces.
 - Reading of product food labels and recognition of food allergens.
- Ask specific questions. (i.e. Does your product include peanuts?, Is there a risk of cross contamination with peanuts in your food manufacturing process?)
- Maintain contact information for manufacturers of food products vendors and purveyors.
- Establish procedures for sound food handling practices to avoid cross contamination with potential food allergens.
- Never question or hesitate to act if a student reports signs of an allergic reaction.
- Monitor students and intervene quickly to help prevent trading of food or bullying.
- Make certain that an emergency communication device (i.e. walkie-talkie, intercom, cell phone) is always available.
- Understand the laws protecting students with life-threatening food allergies as they relate to nutrition services.
- Provide a lunch menu and lunch schedule in advance to parents/guardian and the school nurse who will be working with the students who have life-threatening allergies.
- Know where the supplies to treat an anaphylactic reaction are kept.
- Consider having a readily accessible epinephrine auto-injector with a trained cafeteria staff member to administer, if necessary.
- Communicate with the school nurse about any concerns about students with life-threatening allergies.
- Provide input into the student's school health team as needed.
- Respect the student's confidentiality and right to privacy.
- Be able to recognize and support response to signs and symptoms of an anaphylactic reaction in accordance with the student's written emergency plans. This includes knowing when and how to contact emergency personnel.
- Treat the student with food allergies the same as other students, except to be responsive to medical needs as outlined in the student's written care plans.

Student Involvement

The food service department will work in conjunction with the district to form student advisory committees with the goal of gathering student feedback to aid with the menu planning process.

Staff Qualifications and Professional Development



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Qualified nutrition professionals will administer the school meal programs. All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). 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 shall include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs. All food service equipment and facilities must meet applicable local and state standards. Professional Standard required training updated on the Scranton School District level and with the (FSMC) food Service Management Company, kept current annually.

Water _

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* ("school campus" and "school day" are defined in the glossary). Food Service will make drinking water available where school meals are served during mealtimes. Water cups/jugs will be available in the cafeteria and all water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include water jugs, hydration stations, water jets and other methods for delivering drinking water.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Competitive food and beverages are to not be sold during the school day as defined in the times of between midnight the night before to 30 minutes after the end of the instructional day. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: [Smart Snacks in Schools | Food and Nutrition Service](#)

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* and ideally, the extended school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

Rewards

Rewards and incentives shall be given careful consideration as to the messages they send to the students receiving them. If food is included in recognition of academic performance, it shall be used in the general celebration of achievement, not as a reward and will meet the nutrition and Smart Snack standards.

Celebrations



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Schools will limit celebrations that involve food during the school day to no more than one party per class per month. Each party will include no more than one food or beverage that does not meet nutrition and Smart Snack standards. The district will disseminate a list of healthy party ideas to parents and teachers and will make this list publicly available through a variety of media resources, including the district website, automated telephone calls, back-to-back meetings, parent conferences, information sent home with school menus, posters at school, and student handbooks.

School-Sponsored Events

Foods and beverages offered or sold at school outside the school day sponsored events such as but not limited to athletic events, dances, or performances will not be bound by the USDA Smart Snacks in School nutrition standards.

All foods offered during the school day on the school campus will meet or exceed the USDA Smart Snacks in School Nutrition Standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the USDA.
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks nutrition standards](#).
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
[Meets Healthy Schools Program Silver-level criteria]

**See Appendix B for resources regarding healthy party ideas, lists of food and beverages that meet Smart Snack standards, healthy fundraising ideas, and alternative ways to reward children.*

Fundraising

To support children's health and school nutrition education efforts, schools that conduct fundraising activities during the school day* will encourage fundraisers that do not include food or will only use foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the USDA].

See Appendix B for resources regarding healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students and the community.

The Scranton School District Food Service Department currently offers a monthly Food Nutrition Newsletter and a Culinary Corner Newsletter which focuses on healthy food options, fun and exciting recipes, and overall Wellness for our faculty, staff, students and school community.



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The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in the school meal programs. This promotion will occur through at least:

- Implementing at least ten or more evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption



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- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.^[15] This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)



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- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.



IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason *[insert if appropriate: "This does not include participation on sports teams that have specific academic requirements"]*. The district will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All physical education will be conducted by a physical education teacher. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "Essential Physical Activity Topics in Health Education" subsection). The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. *[NOTE: Additional optional policy language substitutions include: All [District] elementary students in each grade will receive physical education for at least 90-149 minutes per week throughout the school year (Meets Healthy Schools Program Silver-level criteria). OR All [District] elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year (meets Healthy Schools Gold-level criteria).]*

All [District] **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education



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Health education will be required in all grades (elementary) and the district will require middle and high school students to take and pass at least one health education course. The District will include in the health education curriculum a minimum of 12 the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

Recess (Elementary)

All elementary schools will offer at least **20 minutes of supervised recess** on all days during the school year. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before students enter the cafeteria.

Outdoor recess

will be offered when weather is feasible for outdoor play. Recess will preferably take place outdoors, weather permitting, during which schools should encourage moderate to vigorous physical activity and through the provision of space and equipment. *[Depending on regions or weather conditions, districts may insert weather guidelines or guidelines for outside play here. OR District could create new ones such as: "Students will be allowed outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, during "code orange" or "code red" days, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions."]*

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable



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Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible. For indoor recess the building administrator will provide a clear plan of approved activities to ensure student engagement and safety.

Classroom Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by: 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. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designate safe or preferred routes to school
- Instruction on walking/bicycling safety provided to students
- Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Use crossing guards
- Use crosswalks on streets leading to schools
- Document the number of children walking and or biking to and from school



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V. **Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

The District will continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

The District will provide nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet school nutrition standards. The district/school will provide parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/ parties, rewards, and fundraising events.

Staff Wellness and Health Promotion

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Al O'Donnel.



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Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. School staff members serve as role models for students and are the key to successful implementation of student wellness programs. Examples of strategies schools will use, as well as specific actions staff members can take, include workshops and presentation on health promotion, stress management, education and resources that will enhance morale, and encouraging healthy lifestyles to reduce risk of chronic disease, prevent injury, and foster exceptional role modeling. The District promotes staff member participation in health promotion programs and will support programs for staff members on health and wellness initiatives that are accessible and free or low-cost.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.



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Glossary:

Extended School Day – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.



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Appendix B



CELEBRATIONS THAT SUPPORT CHILD HEALTH

Schools and afterschool programs play an important role in helping students learn about healthy eating. School celebrations can reinforce messages about good nutrition and health when they include healthy foods and beverages and provide opportunities for kids to dance, play games and engage in sports.

FOLLOW THESE STEPS TO ENSURE THAT YOUR SCHOOL COMMUNITY PROVIDES FUN AND HEALTHY CELEBRATIONS:

- 1** Survey staff, students and families to identify successful healthy celebration options and share the results with the school community.
- 2** Work with your school wellness committee to update the celebration policy in the school wellness policy or handbook. Be sure to align with the district's local school wellness policy.
- 3** Promote the new celebration policy through the school's website, social media accounts, newsletters and/or bulletin boards.
- 4** Send letters to parents explaining the policy change and why it is important. Include a list of healthy snacks that parents/guardians can pack for their children.
- 5** Provide healthy celebration ideas to parents and school staff. Include a suggested healthy snack list for classroom celebrations.
- 6** Encourage school staff can share healthy celebration success stories to encourage all classrooms to implement healthy celebrations.

On the next page are many examples of non-food and healthy celebration ideas from Healthier Generation that students will enjoy!

To learn more and join the movement, visit HealthierGeneration.org





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CELEBRATIONS THAT SUPPORT CHILD HEALTH

NON-FOOD CELEBRATION IDEAS



PRIZES

Pencils or erasers
Stickers
Books
Tickets or tokens toward for a larger prize
Rulers
Slap bracelets
Playdough
Frisbees
Coloring books



PHYSICAL ACTIVITY

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Have a themed parade around your school



SPECIAL EVENTS

Let students choose a special activity or be a teacher's helper
Allow students to select a special book or invite a guest to read aloud
Go on a scavenger hunt
Host a special dress day where students can wear hats or pajamas



RECOGNITION

Give a certificate or ribbon
Post a sign in the classroom or on a prominent bulletin board
Give a shout-out in the morning announcements
Allow child to wear a crown or special sash
Recognize the student during an assembly

HEALTHY SNACK & BEVERAGES IDEAS*



BEVERAGES

Water
100% fruit juice with no added sugar
Fat-free or low-fat milk
Fruit smoothies made with frozen fruit with no added sugar and fat-free or low fat yogurt
100% fruit juice slushes with no added sugar
Fruit-infused water



FRUITS & VEGGIES

Fruit trays, salads or kabobs
Vegetable trays, salads or kabobs
Canned fruit or fruit cups in water or 100% fruit juice
Frozen fruit or fruit cups in water or 100% fruit juice
Dried fruit with no added sugar



WHOLE GRAINS

Whole grain crackers, pretzels or cereal bars
Small whole grain bagels, waffles or pancakes topped with fruit or seed butter
Low-fat or air-popped popcorn with no added butter or salt
Graham crackers
Baked whole grain tortilla chips with salsa or bean dip



PROTEINS

Fat-free or low-fat yogurt served alone or as a fruit or vegetable dip
Seed butter served with fruit or whole grain crackers
Trail mix made with dried fruit and whole grain cereal
Low-fat cheese served with fruit or whole grain crackers
Hummus served with vegetables or whole grain crackers

* Work with your district's nutrition services staff to purchase Smart Snack compliant foods and beverages for celebrations. Use [Healthier Generation's Smart Snacks Product Calculator](https://healthiergeneration.org/resources/smart-snacks) to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item. Many schools are nut-free. Please check with your school.



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HEALTHY WAYS TO REWARD KIDS

Using food as a reward or punishment not only encourages children to eat outside of meal and snack times or when they're not hungry, but also may create a lifelong habit of rewarding or comforting themselves with food. This practice can undermine healthy eating messages and reinforce unhealthy eating habits. Food, even healthy options, should never be used as a reward or punishment.

FOLLOW THESE STEPS TO REWARD STUDENTS IN A HEALTHY WAY AT YOUR SCHOOL OR SITE:

1 Write or update your district or site wellness policy to prohibit the use of food as a reward or punishment

2 Survey staff, students and families to identify successful non-food reward options and share the results with your school community

3 Send a letter to staff explaining the school's new policy and include examples of alternative practices

4 Promote the new policy through the school's website, social media accounts, newsletters and/or bulletin boards

5 Share what's working at staff meetings to encourage your peers

To learn more and join the movement, visit HealthierGeneration.org





NON-FOOD REWARD IDEAS

There are many examples of non-food rewards that meet both kids' and the Alliance's approval. Here a few of our favorites:



CHOOSE A PRIZE

Pencils or erasers
Stickers
Books
Entering a drawing or raffle for a bigger prize
Earning tokens or points toward a prize



GET MOVING

Lead a special physical activity break
Host a special event such as a dance or kite-flying party
Provide extra recess or PE time
Turn on the music and let students dance for a few minutes
Give students the opportunity to lead an activity



SHAKE UP YOUR ROUTINE

Let the student choose a special activity
Provide a few minutes of extra free time
Allow student to select a special book
Let student go first for an activity
Give a "no homework" pass
Host a special dress day where students can wear hats or pajamas



SHOW RECOGNITION

Give out certificates or ribbons
Post recognition signs around the school or on a prominent bulletin board
Give a shout-out in the morning announcements
Call or send a letter home to a parent

For more information, contact Stephanie Joyce, MS, RD/LD, SNS, National Nutrition Advisor at the Alliance for a Healthier Generation, at stephanie.joyce@healthiergeneration.org.





HEALTHY FUNDRAISING SOLUTIONS

Foods and beverages sold at and by schools and afterschool programs should reinforce the healthy habits that we all seek to instill in youth, setting them up for lifelong success. Fundraisers can be successful and engage youth, the community, the school building and out-of-school time programs in meaningful ways without undermining healthy eating messages.

STEPS TO SUCCESSFUL FUNDRAISING

1 Update your wellness policy so that fundraisers must be activity-based, sell non-food items or only sell foods that meet the USDA's Smart Snacks in Schools nutrition standards

2 Talk with your PTO, principal, coaches, school and booster clubs, parents and food service staff about the importance of offering healthy fundraising options and provide them with examples

3 Enlist students to research and develop healthy, profitable fundraising ideas and include them in the planning process

4 Develop a budget and plan for the school year that includes:

- Identifying fundraising needs and what the funds will support
- Outlining potential fundraising activities
- Estimated revenue from each activity
- Estimated expenses resulting from activity
- A calendar of when the activities will occur
- Estimated involvement from youth and/or parents

To learn more and join the movement, visit HealthierGeneration.org





CREATIVE FUNDRAISING IDEAS

There are many examples of creative fundraisers that support your school or afterschool program while also supporting a healthy environment for kids. Here are a few of our favorites:



GET KIDS MOVING

Host a walk-, run-, bike-, dance-, skate-a-thon or a 5K color run

Organize a Zumba, dance or yoga night

Visit an ice skating rink

Hold a jump rope or hula hoop competition

Create a team sports tournament for youth and their families

Hold a field day at school and encourage youth and families to form teams and compete



SPARK CREATIVITY

Host a talent show

Hold a yard sale or auction where youth, staff and parents donate items

Ask local businesses to donate:

- a portion of sales of healthy menu items
- products or services to an auction
- event tickets to a raffle

Sell school-branded promotional items such as t-shirts or water bottles

Organize a student art or craft fair

Hold a coin drive competition between classrooms



SUPPORT HEALTHY EATING

Hold a "Taste of Your Town" event and invite local chefs to donate healthy dishes

Sell cookbooks with healthy recipes donated from parents, students and staff

Host a healthy cooking class and ask a local chef to donate his/her time

Sell healthy snacks made by youth after school*

Create a healthy family night and invite parents to attend and enjoy a healthy meal with their children and school or program staff

Hold a youth healthy cooking competition and ask local grocery stores to donate food to keep costs down

*Foods or beverages sold as fundraisers should meet the USDA's Smart Snacks in School nutrition standards. Consider reaching out to your School Nutrition Program to set up cooperative purchasing of Smart Snacks compliant products.

For more information on healthy fundraising, visit HealthierGeneration.org





Healthy Snack & Beverage Ideas*

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit – trays, salads or kabobs
- Fresh vegetables – trays, salads or kabobs
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits – freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Small whole grain waffles or pancakes topped with fruit or nut or seed butter
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Nut or seed butter and jelly sandwiches on whole grain bread
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Whole grain cereal bars
- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

*Check ingredient statements and nutrition information to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.

Pair foods together for an afternoon snack to power youth up for their activities, whether that is physical activity or educational activities. Combine a lean protein with a fruit or vegetable, such as sunflower seeds dried raisins. Or a low-fat dairy food and whole-grain rich choice, like string cheese and whole grain crackers. Try low-fat dairy and fruit – yogurt and strawberries. Pair a whole-grain rich food with a lean protein by spreading hummus on a whole grain tortilla. Or serve a whole-grain rich food and vegetable, such as a whole grain cereal bar and cherry tomatoes. Get creative!

For more information on healthy snacking or finding healthy snacks and beverages, visit healthiergeneration.org