

Nicholas County Schools Wellness Policy



Table of Contents

- 1. Nutrition Education**
- 2. Physical Activity**
- 3. Food Service**
- 4. Health Services**
- 5. Family, School, and Community Partnerships**
- 6. Staff Wellness**

1. NUTRITION EDUCATION

GOAL:

To implement nutrition education from preschool through secondary school in all Nicholas County Schools

Nutrition education shall be part of a comprehensive integrative, interdisciplinary nutrition education curriculum that focuses on understanding the relationship between personal behavior, individual health and the environment impact of food choices. This interdisciplinary approach is important to nutrition education because:

- Unhealthy eating behaviors may be integrated with other health risk factors
- Nutrition education shares many of the key goals of other health education content areas

Linking nutrition and physical activity is particularly important because of the rising population of overweight youths across the nation. Nutrition education lessons shall stress the importance of combining regular physical activity with sound nutrition as part of an overall healthy lifestyle.

Policy Statement: The school cafeteria will serve as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.

Steps:

- Materials used on the serving lines, bulletin boards, etc. will convey nutrition and physical activity messages.
- Monthly promotions will be provided from the school cafeteria for both breakfast and lunch.

Policy Statement: The school classroom will also serve as a "learning laboratory" to allow students to apply nutrition education taught in the classroom.

Steps:

- Schools will be encouraged to serve healthy food items for parties and classroom activities. A suggested food items list will be on the food service web site.
- A survey will be conducted during the school year to evaluate items served for parties and classroom activities.

Policy Statement: The school district will provide information to parents that will encourage them to teach their children about health and nutrition, and will help them plan nutritious meals for their families.

Steps:

- Nutrition education will be provided to parents in the form of handouts, postings on the district's website (ex. monthly dinner recipes), or presentations that focus on nutritional values and healthy lifestyles.

Policy Statement: Nutrition is integrated into health education, and/or core curriculum, and program of studies.

Steps:

- All instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. Nutritional themes include, but are not limited to:
 - -knowledge of new pyramid
 - -healthy heart choices
 - -sources and variety of foods
 - -diet and exercise
 - -understanding calories
 - Healthy snacks
 - Healthy breakfast
 - Healthy diet
 - Food labels
 - Major nutrients
 - Multicultural influences
 - Proper sanitation

The district food service director and curriculum director will collaborate to provide resources to provide teacher resources on nutrition education.

2. PHYSICAL ACTIVITY

GOAL:

In the area of physical education, each school physical education program will provide a systematic instruction in grades K-9, designed to enhance the physical, mental, social, and emotional development of every child. Fitness education and assessment will help children understand and improve their physical wellbeing.

Policy Statement: All physical education classes should be taught by a certified teacher who is highly qualified for physical education instruction.

Steps:

- Information will be recorded on lead reports (formally PSD's) and on the professional development record

Policy Statement: Schools will work with community groups to ensure that every student from grades preschool -12 will regularly receive age-appropriate quality physical activity opportunities.

Steps:

- Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.
- Provide information to parents to help them encourage their children to engage in daily physical activity.
- Utilize the school district website of upcoming school and community physical activity opportunities.

Policy Statement: Schools will meet the required minutes of physical activity as established by the Kentucky Legislation

Steps:

- Principals will set school day schedules to meet the required time of physical activity.
- Curriculum will include exposure to a wide range of physical activity that teach skills to help maintain lifelong health and fitness.
- Developmentally appropriate physical fitness assessments will be developed and utilized to evaluate students.
- Students in grades K-5 will be provided with opportunities for physical movement in and out of classrooms during the school day

- A school wide physical activity challenge activity will be made available to all students to help promote physical activity outside of school

Policy Statement: Students will be offered equitable opportunities for physical activity through a range of before and after school programs

Steps:

- Offer on-site after school programs that provide significant amounts of physical activity, as well as support for academic and positive social development.
- Provide comprehensive interscholastic sports programs which will attract the participation of comparable number of girls and boys.

3. FOOD SERVICE

GOAL:

To coordinate school food service with school nutrition policy to reinforce messages about healthy eating and to insure that foods offered in schools promote good nutrition and contribute to the development of lifelong, healthy eating habits.

Nicholas County Schools will provide a place for students to learn about and practice healthy eating. Foods sold in schools shall be healthy. They shall also be coordinated with nutrition education to allow students to apply critical thinking skills to food choices.

Policy Statement: The cafeteria environment will provide students with a relaxed, enjoyable climate.

Steps:

- Encourage having adequate space to eat and a pleasant surrounding.
- Adequate time for meals will be given.
- Convenient access to hand-washing facilities will be offered before meals.

Policy Statement: Meals served through the National School Breakfast and Lunch Program will meet the nutrition requirements established by local, state, and federal statutes and regulations.

Steps:

- The Food Service Program will engage students, parents, and staff through taste tests of new foods and surveys in order to identify new, healthy, and appealing food choices.
- The nutritional content of all food items will be on file in the district food service office and cafeteria offices.
- Menus will contain weekly nutrition averages.

Policy Statement: Increase free and reduced numbers by 1%.

Steps:

- Food Service staff will be available at the school open houses to assist with filling out applications.
- Review applications with the Family Resource Staff and office staff at the schools.

Policy Statement: All foods made available will comply with state and local safety and sanitation regulations.

Steps:

- All schools will receive 2 inspections a year by the local health department.
- Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food illnesses at schools.
- For safety and security of the food and facility, access to the Food Service operation is limited to Food Service staff and authorized personnel.
- All food service employees shall, within the first year of employment, obtain OSHA and Level One State Certification training.

Policy Statement: School menus will be approved by a certified dietician or person with one of the following designations: School Food Service and Nutrition Specialist (SFNS), certification through the School Nutrition Association, Level II or higher by fall 2006.

Steps:

- Food Service director shall obtain certification as stated in statute and attend meetings to obtain continuing education units.
- Nicholas County Health Department dietician will collaborate with the Food Service staff on menu planning and review the menu analysis
- Managers will receive a minimum of 2 hours of nutrition and menu planning.

3. FOOD SERVICE *cont.*

GOAL:

Improve nutrition, freshness, quality, and appeal of food served and sold in schools

Policy Statement: All food served at school during the school day shall meet (at a minimum) nutrition requirements established for school lunches by local, state, and federal statutes and regulations.

Steps:

- Serve food which is appealing and attractive to students
- Serve food in clean and pleasant settings.
- Offer a variety of fresh fruits and vegetables, sourced from local farmers when possible
- Serve low-fat (1%) milk
- Ensure that half of the grains served are whole grain
- Ensure foods are available in child-friendly, appropriate portion sizes.

State Regulations

Section 1. Beverages. During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a beverage offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall:

(1) Be a:

- (a) Fluid flavored or unflavored milk that is no more than one (1) percent milk fat;
- (b) Plain or flavored, noncaloric, noncarbonated water;
- (c) 100% fruit or vegetable juice or any combination of both totaling 100%; or
- (d) Any other beverage that contains no more than ten (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%; and

(2)

- (a) Except as provided in paragraph (b) of this subsection, not exceed a volume size of seventeen (17) ounces, except for plain or flavored, noncaloric, noncarbonated water; or
- (b) For sales to middle school or high school students (grade six (6) through twelve (12), the volume size of a beverage shall not exceed twenty (20) ounces.

Section 2. Food. During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the following standards:

- (1) Calories from fat shall not exceed thirty (30) percent, excluding reduced fat (two (2) percent milk-fat or less), cheese, nuts, seeds, and nut butters.
 - (a) This shall be determined by dividing the calories from total fat by the total calories and multiplying by 100.
 - (b) If the calories from fat are not available, the grams of fat shall be multiplied by nine (9) to equal calories from fat
- (2) Calories from saturated fat shall not exceed ten (10) percent.
 - (a) This shall be determined by dividing the calories from saturated fat by the total calories and multiplying by 100.
 - (b) If calories from saturated fat are not available, the grams of saturated fat shall be multiplied by nine (9) to equal calories from saturated fat.
- (3) Calories from sugar shall not exceed thirty-two (32) percent by weight.
 - (a) This shall be determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100. This shall include both naturally occurring and added sugars.
 - (b) The grams of sugar shall not exceed fourteen (14) grams.
 - (c) The limit established in this subsection shall not apply to fresh, frozen, canned, or dried fruits or vegetables.
- (4)
 - (a) Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 300 milligrams of sodium per serving
 - (b) Pastas, meats, and soups shall not contain more than 450 milligrams of sodium per serving.
 - (c) Pizza, sandwiches, and main dishes shall not contain more than 600 milligrams of sodium per serving;
- (5) The portion or pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky shall not exceed two (2) ounces;
- (6) The portion or pack size for cookies shall not exceed one (1) ounce;
- (7) The portion or pack size for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, or other bakery-type items shall not exceed two (2) ounces;
- (8) The portion or pack size for non-frozen yogurt shall not exceed eight (8) ounces; and
- (9) The portion or pack size for frozen dessert items, including low-fat or fat-free ice cream, frozen fruit juice bars, or frozen real fruit items, shall not exceed four (4) ounces.

Section 3. 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 following standards:

- (1) A beverage shall meet the standards established in Section 1 of this administrative regulation; and
- (2) A food item shall meet the standards established in Section 2 of this administrative regulation, except 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.

Section 4. If a school does not have a school breakfast program on the effective date of this administrative regulation, the school may conduct a breakfast food and beverage activity that:

- (1) Involves students and is intended as a student learning opportunity;
- (2) Offers only food and beverage items that meet the minimum nutritional standards of KRS 158.854 and Sections 1 and 2 of the administrative regulation; and
- (3) Concludes at least three (3) hours prior to the first lunch period.

Section 5. Local District Nutrition Program Report

- (1)
 - (a) A school Food Service director of the local district shall complete the assessment of the nutrition program required under KRS 158.856 and issue a report for the 2005-2006 school year at least sixty (60) days prior to the public forum required by KRS 158.856(5).
 - (b) The director may issue the report via posting to the district Web site.
 - (c) A local district superintendent shall submit a summary of the findings and recommendations of the nutrition report as required by KRS 158.856(6) to the Kentucky Department of Education by May 1, 2006, and by May 1 of each succeeding year.
- (2) If the Department of Education completes a review of a district's nutrition program during the school year prior to the deadline established in subsection (1) of this section, the report and recommendations of that review may constitute the district's annual assessment and report issued in accordance with subsection (1) of the section.

Section 6. Student Physical Activity

- (1) A local district superintendent shall evaluate the student physical activity environment, including the amount of time and types of physical activity provided in the elementary schools, as required in KRS 160.345(11) and release the report at least sixty (60) days prior to the public forum required by KRS 158.856(5).
- (2) A local district superintendent shall submit the record on physical activity, including a summary of findings and recommendations to the Department of Education by May 1, 2006, and by May 1 of each succeeding year.
- (3) The superintendent may release the report via posting to the district website.

4. HEALTH SERVICES

GOAL:

To have an effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers which will improve the mental and physical health of students

Policy Statement: A coordinated program of accessible health services shall be provided to students and staff.

Steps:

- Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Nicholas County School district. Collaboration will continue with the Nicholas County Health Department
- Nicholas County School district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
- Services offered to students will include violence prevention, school safety, communicable disease prevention, health screening, immunizations, first aid, and other priority health education topics.

5. FAMILY, SCHOOL, AND COMMUNITY PARTNERSHIPS

GOAL:

Long term effective partnerships will improve the planning and implementation of health promotion projects and events within each school and throughout the community.

Policy Statement: Family, student, and community partners shall be included on an ongoing basis in school and district wellness planning processes.

Steps:

- Utilize the district website with upcoming school events.
- Community partnerships will continue to be developed and maintained as a resource for school and district programs, projects, activities, and events.

6. STAFF WELLNESS

GOAL:

To provide school staff in Nicholas County Schools, involved in nutrition educations and in supporting a health school environment, with adequate training that focuses on the wellness policy strategies.

Policy Statement: The district and each work site shall provide information about wellness resources and service.

Steps:

- Each school and district site shall be in compliance with drug, alcohol, and tobacco free policies.
- Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- Employees shall be encouraged to engage in daily physical activity during the workday as part of their work breakfast and/or lunch periods, and before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities. Work with the Nicholas County FRYSC to provide after school physical activities for faculty and staff.