Warren County Schools Health and Wellness Policy

Children need access to healthy foods and opportunities to be physically active in order to grow, learn and thrive.

Good health fosters student attendance and education. 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.

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often is established in childhood.

School-wide and community participation is essential to the development and implementation of successful school wellness policies.

With the recent passage of the Act (Public Law 108: Section 204) requiring each Local Education Authority (LEA) to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of students.

The Warren County 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 Warren County School District that:

- The school district will engage students, parents, teachers, food service professionals, healthcare professionals, and community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades preschool-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the Federal and State Laws and Regulations.
- Qualified and certified 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.
- All schools in our district participate in the federal school nutrition programs (School Breakfast program, National School Lunch program, After School Snack program, and Summer Food Service program), meeting students' nutritional requirements with age appropriate portion sizes.
- Schools will provide nutrition education and physical activity to foster lifelong habits of healthy eating and physical fitness, and will establish links between health education and school nutrition programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Committee

Our school district and each school will strengthen and work with school health and wellness by developing, implementing, monitoring, reviewing, and as necessary, revising school nutrition and physical activity policies. A school health committee consists of a group of individuals representing the school and community, and may include parents, students, and representatives of the school food service program, members of the school board, school administrators, teachers, health professionals, and members of the community. The School Health Committee will report to their school's SBDM Council.

II. School Nutrition Operations

School Meals

- Meals served through the National School Lunch and Breakfast Programs will:
- Be appealing and attractive to children.
- Be served in a clean, pleasant setting.
- Meet the nutrition requirements established by state and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Promote the consumption of fruits and vegetables through Vegetable Treasures Program and the Cool Spot.
- Continue to serve low-fat (1%) and fat-free milk in a variety of flavors as the beverage with school meals. No bottled or canned carbonated beverages will be allowed in the cafeteria while school meals are being served.
- Offer a variety of whole grain foods.

Schools will engage students and parents, through taste-tests and surveys, in selecting foods sold through the school nutrition programs in order to identify new, healthful, and appealing food choices. The School Nutrition Program will share nutritional information, including information concerning food allergies, with parents and students on menus, website, and through nutritional fact sheets made available at each school.

Breakfast

To ensure that all children have breakfast, either at home or at school, to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Methods will be utilized to serve school breakfast that encourages participation. For example, some schools make breakfast available in the classroom, offer "grab-and-go" breakfast, or serve breakfast during morning break.
- Schools 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 and take-home materials.

Summer Food Service Program

Warren County Schools will sponsor a 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 summer vacation.

Meal Times and Scheduling

- Schools will give students adequate time to eat breakfast and lunch.
- Schools schedule meal periods at appropriate times, for example, lunch scheduled between 11a.m. and 1 p.m.
- Lunch periods will be scheduled to follow recess periods, when possible.

Qualifications of School Nutrition 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 initial training and continuing professional development for all nutrition professionals in schools. Staff development programs will include credentialing, certification, and/or training programs for school nutrition director/supervisors, central office staff, school nutrition managers, and staff, according to their levels of responsibility.

Special Dietary Needs

To ensure that reasonable accommodations are made to allow participation in meal service, School Nutrition Personnel will work closely with the parents and/or guardian(s), and with school, child care,medical, and others in the community who are responsible for the health, well-being, and education of students with disabilities or with other special dietary needs.

III. School Food Environment

Foods and beverages made available to students will meet the nutrition standards required by Federal and State Laws and Regulations.

Fundraising Activities

To support children's health and nutrition education efforts, school fundraising activities will include, but will not be limited to items that will encourage healthy eating and physical activity. The school district will make available a list of fundraising ideas. Food items that do not meet nutrition standards should only be sold after school.

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, with an emphasis on encouraging the consumption of fruits and vegetables, with water, 1% or skim milk, 100% juice as the primary beverage. Schools will assess whether to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will provide a list of healthful snacks to teachers, after-school program personnel, and parents.

Snacks through after-school programs will use the After-School Snack Program provided by the School Nutrition Program.

Rewards

Schools will make efforts to use non-food items as rewards for academic performance or good behavior. The district will provide a list of suggestions.

Celebrations

Schools should limit celebrations that involve food during the school day. Each party should include no more than one food and/or beverage that does not meet nutrition standards for foods and beverages.The district will provide a list of healthy party ideas to parents and teachers.

IV. Nutrition Education

- Nutrition Education will be integrated into Core Content Areas.
- The staff responsible for nutrition education will be adequately prepared and participate in professional development activities. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom. School cafeterias will promote nutrition by using contests,promotions, and taste testing activities.
- Nutrition education will involve sharing information with families and the community to positively impact students and the health of the community.
- Families will be provided with information to encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Schools are USDA Team Nutrition Schools who use teaching materials, nutrition curriculum, and food safety training kits.
- Students will be encouraged to start each day with a healthy breakfast.

V. Physical Activity

- Physical education will be an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- State-certified physical education instructors teach all physical education classes.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds meet safety requirements.
- The district will encourage teachers to incorporate physical activity into subject areas.
- Schools will provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Recess will include moderate to vigorous physical activity, preferably outdoors, during which school staff shall encourage students to be physically active.
- Depriving students of physical activity as a consequence for behavior or academic performance will be discouraged.
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day. School policies concerning safety will apply at all times.
- The district supports Middle and High School physical activity opportunities.

VI. Other School Based Activities

- Local wellness policy goals will be considered in planning school-based activities.
- Support for the health of all students is demonstrated by participating in health fairs, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.

VII. Monitoring and Policy Review

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the superintendent or designee.

The Food Service Director shall annually assess school nutrition in the district and issue a written report that addresses the school nutrition environment. Using the School Health Index will assess the physical activity environment: Module 3 for Elementary, Middle and High Schools.The district will evaluate student nutrition and physical activity by conducting student wellness surveys.

Board Approved, May 8, 2006