

## Wellness Policy

### I. Nutrition Education and Promotion

Remsen-Union School District aims to teach, encourage, and support healthy eating by Students. The school will provide nutrition education and engage in nutrition promotion

That:

- Is offered at each grade level as part of a sequential, comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; at the high school level this will be periodically incorporated during advisement.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, taste testing, and farm visits.
- Promotes fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure(physical activity/exercise);
- Links with school meal programs, booster club and nutrition-related community services
- Teaches media literacy with an emphasis on food marketing; and
- Includes training for teachers and classified staff.

### II. Physical Activity

- Class room health education will complement physical education by reinforcing the knowledge of self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television, playing computer or other video games.
- Opportunities for physical activities will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

#### Physical Education (P.E.) K-12

All students in grades K-12, including students with disabilities, and special health-care needs will participate in physical education. Elementary students will average 70 minutes a week, in a regular school week, middle and high school students will average 90 minutes a week, in regular school week, for the entire school year. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. A certified education teacher will teach all physical education. Student involvement in other activities involving physical activity will be encouraged.

### Daily Recess

Elementary school should provide recess for students that:

- Is at least 20 minutes a day
- Is preferably outdoors
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and
- Discourages extended periods (i.e., periods of two or more hours) of activity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, school should give students periodic breaks during which they are encourage to stand and be moderately active.

### Physical Activity and Punishment

Teachers and other school and community personnel will discourage use of physical activity (e.g., running laps, push-up) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends and during school vacations. A certified staff member must either be present or in close proximity while facility is in use. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs.

### III. Other School-Based Activities that Promote Student Wellness

- Will provide students access to hand washing or hand sanitizing before they eat meal or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### IV. Nutrition Guidelines for All Foods Available on Campus school Meals

Meals served through the National School Lunch and Breakfast programs will:

- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statues and regulations;
- Menu will offer a variety of fruits and vegetables with meals (fresh fruit and vegetables will be served when possible)
- Implementation of serving grains and whole grain will be on going

School lunch employees should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods served through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about nutritional content of

meals with parents and students. Such information could be made available on menus, district websites, menu boards or newsletters.

### Breakfast

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

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and will average 20 minutes after sitting down for lunch:
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1p.m.;
- Should not schedule club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule lunch periods to follow recess periods (for elementary students)
- Remsen-Union will provide a food item at no charge to all children, regardless of income or account status.

### Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school meal programs. As Part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition certification and / or training programs for school nutrition managers and / or cafeteria workers, according to their levels of responsibility.

### Sharing of Food and Beverages.

Remsen-Union School District will discourage students from sharing their foods or beverages wit one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### Elementary School

The school food service program will approve and provide all food and beverages sales to students in the elementary. Given young children's limited nutrition skills, food in elementary will be sold as balanced meals.

### Middle/High School

In middle/high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through vending machines, fundraising or other means) during the school day (8am. To 3:30) will meet the following nutrition and portion size standards;

### Beverages

- Allowed: water, water without added caloric sweeteners; 100% fruit and vegetable juices that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat free milk.
- Not allowed: soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners: beverages containing caffeine excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).
- Student soft drink vending machine will be turned off between 8:00 am to 3:30 pm.
- As current vending contracts expire, new beverage contracts will include more healthy options.

## Foods

A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10% of its calories from saturated and trans fat combined;
- Will have no more than 35% of its calories from saturated and trans fat combined;
- Will have no more than 35% of its weight from added sugars
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; and will contain no more than 600 mg of sodium for pizza and sandwiches
- Vending snack machine will be shut off from 10:30 am to 1:30 pm each school day.

## Portion Sizes:

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts seeds, dried fruit or jerky;
- Two ounces for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Up to twenty fluid ounces for beverages, excluding water;
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than size of comparable portions offered as part of school meals. Fruit and non-fried vegetables are exempt from portion-size limits.

## Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will discourage using food and will offer healthy alternatives in addition to the regular items. The school district will make available a list of ideas for acceptable fundraising activities.

## 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 serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

## Rewards

School will discourage foods or beverages; especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### Celebrations

Remsen-Union will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers. This information will be provided in the school newsletter and in the school handbook. School-sponsored events outside the school day will strive to meet the nutrition standards for meals or for foods and beverages sold individually.

## V. Plan for Measuring Implementation

### Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

- Principal at each level, elementary, middle and high school, will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and
- Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent.
- The superintendent will develop a summary, report every year on school district-wide compliance with school district's established nutrition and physical activity wellness policies.
- The report will be provided to the school board and also distributed to school wellness committee members, R-U Family Connections, principal(s) and health services personnel in the school district.

### Policy Review

To help with the initial development of the school district's wellness policies, the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled and the district will identify and prioritize needs.

Assessment will be repeated every three years to help review policy compliances, assess progress and determine areas in need of improvement. As part of the review, the school district will review our nutrition and physical activity; and nutrition and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Approved: 5-08-06

