

SOUTHERN HILLS CAREER AND TECHNICAL CENTER

Wellness Policies on Physical Activity and Nutrition

PREAMBLE

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, nearly 1 in 3 (ages 2-19) in the United States is overweight or obese, putting them at risk for serious health problems;

Whereas, 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 are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, nationally, the items most commonly sold from school vending machines, include low-nutrition foods and beverage;

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

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

Thus Southern Hills Career and Technical Center (SHCTC) is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the SHCTC:

- To engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies;
- That qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of the students; and will provide a clean, safe, and pleasant setting and adequate time for students to eat;
- To the maximum extent practicable, SHCTC will participate in available federal school meal programs, including the School Breakfast Program and the National School Lunch Program;
- That foods and beverages sold or served at school will meet the nutrition requirements of the National School Lunch Program and School Breakfast Program;
- To provide nutrition education and physical activity education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs;
- To provide professional development, support, and resources for staff about wellness;
- To provide and promote social, noncompetitive fitness and active opportunities; and
- Will use data to develop, structure, and support the wellness policy.

TO ACHIEVE THESE POLICY GOALS:

I. SCHOOL WELLNESS COUNCIL

SHCTC will create a school wellness council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to implement those policies. The school wellness council will consist of a group of individuals representing the school and community, including, parents, students, at least one representative of; the school food authority, the District Office, administration, and staff.

II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS

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

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives; and
- to ensure that half of the served grains are whole grain.

SHCTC will engage students through surveys in selecting foods sold through the school meal programs in order to identify healthful and appealing food choices. In addition, SHCTC will share information about the nutritional content of meals with parents and students. Such information will be made available on the monthly menu, on cafeteria menu boards, and the school website.

Breakfast:

To ensure that all children have the opportunity to have breakfast at school, in order to meet their nutritional needs and enhance their ability to learn SHCTC;

- offers breakfast in accordance with the School Breakfast Program;
- will notify parents and students of the availability of the School Breakfast Program;
- will, to the extent possible, utilize methods to serve school breakfasts that encourage participation; and
- will encourage parents to provide a healthy breakfast for their children through mailings and newsletters.

Free and Reduced-Priced Meals:

SHCTC will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced-price school meals. We utilize a Point of Sale electronic identification and payment system for student eligibility, meal tracking, and maintaining student accounts.

Meal Time and Scheduling:

SHCTC:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times;
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Qualifications of School Food Service Staff:

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

Sharing of Foods and Beverages:

SHCTC discourages students from sharing their foods or beverages with one another during meals, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through the la carte line and vending machines) during the regular school day, will meet the following nutrition and portion size standards:

- **Beverages**
 - Allowed: water; 12 ounces or less of 100% fruit juice, or 1 100% fruit juice and water blend with no added sweeteners that contains no more than 160 calories per 8 ounces, 12 ounces or less of any beverage that contains no more than 66 calories per 8 ounces, or any size of a beverage that contains no more than 10 calories per 8 ounces.
- **Foods**
 - Any food sold must:
 - Be a "whole grain=rich" grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contains 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans, (calcium, potassium, vitamin D, or dietary fiber).
 - Any food must also meet several nutrient requirements

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack items: ≤ 230 mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Trans fat: 0 grams
- Sugar limit: $\leq 35\%$ of weight from total sugars in foods

Fundraising Activities:

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually during the regular school day. SHCTC will encourage fundraising activities that promote physical activity.

Snacks:

Snacks served during the regular school day 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.

Rewards:

SHCTC will limit the use of foods or beverages as rewards for academic performance or good behavior, especially those that do not meet the nutrition standards for foods and beverages. Food or beverages will not be withheld (including food served through school meals) as a punishment.

Celebrations:

SHCTC 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.

School-Sponsored Events:

Event Advisors are advised to offer foods and beverages at school-sponsored events outside the regular school day that will meet the nutrition standards for meals or for foods and beverages sold individually.

III. NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

NUTRITION EDUCATION AND PROMOTION:

SHCTC aims to teach, encourage, and support healthy eating by students. We 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;
- is part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting.

For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Toward that end:

- classroom education will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents:

SHCTC will support parents' efforts to provide a healthy diet and daily physical activity for their children, by sending home nutrition information, post nutrition tips on school websites, and provide nutrient analyses 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 the above nutrition standards for individual foods and beverages. SHCTC can provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

SHCTC will provide information about school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity through the school's website and newsletters.

Marketing:

Marketing will be consistent with nutrition education and health promotion. As such, SHCTC will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. SHCTC will promote only healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

SHCTC will market by posters, flyers, social media, and the school website.

All marketing activities will promote healthful behaviors which includes pricing structures that promote healthy options in the a la carte line.

Staff Wellness

SHCTC highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. SHCTC will establish and maintain a staff wellness committee. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

IV. PHYSICAL ACTIVITY OPPORTUNITIES

Physical Activity Opportunities Before and After School:

Extracurricular physical activity programs, such as physical activity clubs or intramural programs may be offered at the home schools. All students are encouraged to participate in all home school activities.

Physical Activity Opportunities during School:

Teachers will reinforce the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities; may incorporate physical activity into subject lessons, or provide short physical activity breaks between lessons or classes, as appropriate.

Physical Activity and Punishment:

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

V. MONITORING AND POLICY REVIEW

Monitoring

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 on the school's compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Policy Review

To help with the initial development of the school wellness policy, SHCTC will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of the assessment will be used to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the SHCTC will review its nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical activity education policies and program elements. SHCTC will, as necessary, revise the wellness policy and develop work plans to facilitate their implementation.

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