

# **NEW**

## **Rhea County School District**

### **Wellness Policy**

**On June 30, 2004, the President signed Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. Section 204 of this law requires school districts/LEAs participating in the National School Lunch Program and/or School Breakfast Program to develop a local wellness policy that addresses student wellness and the growing problem of childhood obesity, by the school year 2006.**

#### **General Statements concerning Wellness:**

- Children need access to healthful 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 are established in childhood.
- All K-5 participate in 30 minutes of physical activity, 6-8 participate daily in physical activity, 9-12 participate in physical activity except for band/ chorus students and in 2017 72% of high school students do not attend daily physical education classes;
- Only 8% of children (11 to 18 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid/MyPyramid/Dietary Guidelines.
- Nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

- School districts/LEAs around the country are facing significant fiscal and scheduling constraints.
- Community participation is essential to the development and implementation of successful school wellness policies.

The Rhea 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 Rhea County School District that:

- The school district will engage students, parents, teachers, school nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- 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 students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- All schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program) Schools that qualify may participate in the after-school snack program and the Summer Food Service Program.

### **Local Wellness Policy Components:**

- 1. Nutrition Promotion and Education Goals**
- 2. Physical Activity Goals**
- 3. Nutrition Standards**
- 4. Other School-Based Activities**
- 5. Policy Implementation, Monitoring and Review**
- 6. Public Notification and Stakeholder Involvement**

## **1. Nutrition Education Goals:**

### **Nutrition Promotion**

- Rhea County Schools will offer nutrition promotion through various activities including nutrition-related parent newsletters, nutrition tidbits on school menus and healthy eating posters in dining areas.

## **Nutrition Education:**

- is offered 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.
- will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- will include community outreach by the use of the LEAs Internet Website, Parent menus and flyers.
- Will discourage teachers from using high fat, sugar and sodium foods as rewards
- Offer a variety of low-fat foods
- Ensure that whole grain products are made available
- Promote more collaboration between food service staff and teachers
- Offer a variety of fruits and vegetables daily and will offer FRESH fruits/vegetables at least twice per week.
- Serve a variety of milk, including fat-free, low-fat, flavored and unflavored, on a daily basis. The fat content of chocolate milk will be fat free.

**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 professionals in schools. Staff development programs should include appropriate training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

## **2. Physical Activity Goals:**

- **Each classroom teacher will encourage physical activity exercises with subject changes or at teacher's discretion for a minimum of 20 minutes per day in addition to physical education classes for all students in grades K-12. (K-5) Recess (6-8) Brain Breakers (9-12) Intramural Sport**
- Encourage the Presidents Physical Fitness Test or approved county wide local physical fitness test in the fall and spring.
- Develop system wide training for coaches including Little League for community involvement.
- **Physical Activity and Punishment.** Teachers and other school and community personnel will be discouraged from using physical activity (e.g., running laps, pushups) or withholding opportunities for physical activity (e.g., recess, education) as punishment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

## **3. Nutritional Guidelines of Foods and Beverages Available on Campus**

The health of today's school environment continues to improve. Students across the country are now offered healthier school meals with more fruits, vegetables and whole grains through the National School Lunch Program and the School Breakfast Program.

Nutrition guidelines are implemented for a la carte, vending and other foods available on the school campus effective July 1, 2006. Beginning July 1, 2014 all Rhea County schools will follow the United States Department of Agriculture Smart Snacks In School, "All Foods Sold in Schools" standards (or Minimal Nutritional Standards for Pre-K through 8<sup>th</sup> grade, whichever is more restrictive) as follows:

The Smart Snacks in School standards published by USDA will build on those healthy advancements by ensuring that all other snack foods and beverages available for sale to students in school are tasty and nutritious.

## **Smart Snacks in Schools' Nutritional Standards for Foods**

Any food sold in schools 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
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*

\*On July 1, 2016, foods may not qualify using the 10% DV criteria

### **Accompaniments**

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods.

### **Nutrition Standards for Beverages**

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or = 10 calories per 20 fluid ounces.

No more than 12-ounce portions of beverages with = 40 calories per 8 fluid ounces, or= 60 calories per 12 fluid ounces.

### **Foods 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: =35% of calories; Saturated fat: < 10% of calories; Trans fat: zero grams

**Sugar limit:** = 35% of weight from total sugars in foods

\*\* On July 1, 2016, snack items must contain = 200 mg sodium per item.

### **Other Requirements**

#### **Fundraisers:**

Food items that meet nutrition requirements are not limited

The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each State agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.

### **Tennessee Minimum Nutritional Standards**

Additionally, all Rhea County Elementary/Middle schools will follow Public Chapter 0520-1-6-.04 Minimum Nutritional Standards for Individual Food Items Sold Or Offered For Sale To Pupils In Grades Pre-Kindergarten Through Eight (Pre-K-8) when the guidelines are more strict than the USDA Smart Snack standards. The state standards are as follows:

- These standards apply to food items sold or offered for sale during the school day (starting 45 minutes before the beginning of the official school day and continuing until 30 minutes after the end of the official school day) including, but not limited to school store items, fundraising items, a la carte items, vending machine items, snack bar items, etc. These standards do not apply

to foods served as a federally reimbursable meal to pupils. However, it is strongly recommended that schools meet these standards in federally reimbursable meals.

- Approved beverages include:
  - Flavored or unflavored fluid milk that is reduced fat, low fat or skim/non-fat
  - 100% fruit and vegetable juices
  - Plain water
  - Low-calorie beverages that are flavored, non-carbonates, have no additional caloric sweeteners and no more than 15 calories per serving
- Foods sold individually must meet the following guidelines:
  - Calories from total fat must be at or below 35%, excluding nuts, seeds and nut butters.
  - Calories from saturated fat must be at or below 10%.
  - Calories from sugar must be at or below 35% by weight. This limit does not include fruits and vegetables as defined below.
  - Snack items may contain no more than 230 mg of sodium per serving; pasta, meats and soups may contain no more than 480 mg of sodium per serving; and pizza, sandwiches and main dishes may contain no more than 600 mg of sodium per serving.
- Fruits and vegetables may be fresh, frozen, canned or dried. Fruits and non-fried vegetables are exempt from portion-size limits.
- Examples of products that cannot be sold as a fruit or vegetable include: snack-type foods made from vegetables or fruits, such as potato chips and banana chips; pickle relish; jam and jelly; tomato catsup and chili sauce
- Portion-size limits are as follows:
  - 1 ¼ oz. chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky
  - 1 oz. cookies
  - 2 oz. cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items
  - 4 fl. oz. frozen desserts including, but not limited to, low-fat or fat-free ice cream
  - 1 oz. low-fat or fat-free pure cheese containing 3.5 grams or less fat
  - 8 oz. non-frozen yogurt
  - 8 fl. oz. for beverages, excluding non-flavored water
- The portion size of a la carte entrees and side dishes, including potatoes, shall not be greater than the size of comparable portions offered as part of

school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

- Individual food items that are part of a day's reimbursable school lunch or part of the reimbursable school breakfast program may be sold on that day for that meal as an a la carte item. All other school a la carte items are not to exceed the State Board of Education's standards for foods sold individually.

**All schools will follow the approved competitive foods policy.**

**School Meals:**

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, at a minimum, nutrition requirements established by local, state, and federal regulations;
- offer a variety of fruits and vegetables daily and will offer FRESH fruits/vegetables once per week.
- serve a variety of milk, including fat-free, lowfat, flavored and unflavored, on a daily basis. The fat content of chocolate will be fat free.
- ensure that 80% whole grain products are made available.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify acceptable new, healthful, and appealing food choices.

**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:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.



### **Meal Times and Scheduling.**

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will discourage using high fat ,sugar and sodium foods as a REWARD or Punishment

## **4.OTHER SCHOOL BASED ACTIVITIES:**

### **Cafeteria Atmosphere:**

1. School dining areas have sufficient space for students to sit and consume meals.
2. School dining areas are clean, safe and pleasant environments that reflect the value of the social aspects of eating.
3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
4. Meal times are scheduled near the middle of the day.
5. Students are given adequate time to enjoy eating healthy meals with friends.
6. Food or physical activity will be discouraged from using as a reward or punishment.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, foods that do meet nutrition and portion size standards for foods and beverages sold individually will not be used for school fundraising activities. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for suggested 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 low-fat and less sugar and sodium items. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

**Rewards.** Schools will discourage using high fat and sodium foods or beverages 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.** Schools will limit the number of celebrations and encourage healthy foods being brought into the schools for celebrations such as popcorn, fresh fruits and vegetables. The Wellness Team will disseminate a list of healthy party ideas to parents

and teachers. When celebrations occur, parents **will be encouraged** to bring non-homemade pre-packaged foods that are nutritious and safe.

**Communications with Parents.** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will, send home nutrition information, post nutrition tips on school websites and menus. Schools should encourage parents to pack healthy lunches and snacks. The Wellness Committee will provide parents a list of foods and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The Wellness Team will provide information about physical education and other school-based physical activity opportunities 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 and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

## **Policy Implementation, Monitoring and Review**

**Policy Implementation:** The Director of School or designee will ensure compliance with nutrition and physical activity wellness policies. At the school level, the principal or designee will ensure compliance with those policies and will report on the school's compliance to the director of schools or designee. Information collected through Coordinated School Health annual reporting mechanisms and School Health Index improvement plans will be utilized to evaluate the effectiveness of the wellness policy's implementation. This may include:

- BMI data
- School Health Index Scorecards
- School nursing logs of student records
- Academic performance
- Incidence of student behavior infractions
- Coordinated School Health Progress reports
- Physical Activity/Physical Education reports

**Monitoring:** The Rhea County Director of Schools or Wellness Team Leader or several persons of the team or the SHI team leader 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 nutrition 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 school nutrition supervisor.

The DOS 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 review of the Rhea County Wellness Policy, the School Health Index will be used to assess the school's existing nutrition and physical activity environments and policies. The results of this assessment will be used to identify and prioritize needs.

The assessment will be repeated each year to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## **Public Notification**

The public will be notified about the Rhea County School Wellness Policy on the Rhea County Schools' web-site at [www.rheacounty.org](http://www.rheacounty.org) as well as school menus. It may also be included in the back to school packet that is sent home with students at the beginning of each school year. The Rhea County School System will inform and update the public about content included in the Wellness Policy as well as periodically give an assessment of the implementation and compliance with the Wellness Policy. The notification will be made on the Rhea County Schools' web-site at [www.rheacounty.org](http://www.rheacounty.org).

## **Stakeholder Involvement and Participation**

The Rhea County School System will notify parents, PE teachers, school health professionals, school administrators, school board representatives and the general public of the opportunity to participate in the development, implementation, and periodic review and update of the local Wellness Policy. The notification will be posted on the Rhea County Schools' web-site at [www.rheacounty.org](http://www.rheacounty.org). Other efforts to notify potential stakeholder will be done through a district wide e-mail or on school menus.