

Perry County School District's 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 more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of the Dietary Guidelines for Americans places stronger emphasis on balancing calories with physical activity, and encourages Americans to make more nutrient-rich food choices that contain less sodium, saturated fats and trans-fats, added sugars and refined grains.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for 55% of deaths in the United States, and major risk factors for these diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 83% of high school students do not participate in sufficient vigorous physical activity and 70% of high school students do not attend daily physical education classes, and there are numerous studies showing that physical activity can improve academic achievement in students.

Whereas, nationally, until the Healthy Hunger Free Kids Act of 2010 was enacted, the items most commonly sold from school vending machines, school stores, and snack bars included low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Whereas, Perry County ranks 119 out of 120 counties in health outcomes mortality.

Whereas, 46% of adolescents in Kentucky report consuming fruits and vegetables less than one time daily.

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, the Perry 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 Perry County School District that:

The school district will 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.

All students in grades K-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 U.S. Dietary Guidelines for Americans, and meet the new meal pattern requirements of the Healthy Hunger Free Kids Act of 2010.

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; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after schools snacks), Summer Foods Service Program, Fresh Fruit and Vegetable Grant Program, and Child and Adult Care Food Program for suppers.

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE GOALS:

I. School Health Councils

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils, or other committees, to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council, or wellness committee will consist of students, representatives of the school food authority, members of the school board, school nurses, school administrators, teachers, health professionals, parents, and other interested members of the community. The PE Teacher at each school will be the lead person on these councils/committees.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

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 statutes and regulations;
- ☐ Offer a variety of fruits and vegetables;
- ☐ Serve only low-fat(1%) white milk, and fat free flavored milk, and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ☐ Ensure that all the serve grains served for lunch are whole grain, and half of the grains serve for breakfast are whole grain, and starting in the school year 2014-15, all the grains served for breakfast as well will be whole grain.

Schools should engage students and parents, through taste-tests of new entrees and surveys, and in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on the menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials. Directions on how to select a reimbursable meal will be available on the menus, and at the beginning of the serving line.

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, including serving breakfast in the classroom, “grab and go” breakfast, or breakfast during morning break or recess.
- ☐ Schools that serve breakfast to students 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, take-home materials, or other means.

Free and Reduced-price Meals: Schools 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. Toward this end, Perry County Schools has chosen to participate in the CEO (Community Eligibility Option) program in order to provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Program: Schools in which more than 50% of students are eligible for free or reduced-price meals may sponsor the 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 entire summer vacation. Perry County Schools participates in this program for the past 10 years for the entire summer vacation, and also started the after school supper program, CACFP.

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;

- ☐ Should schedule meal periods at appropriate times, e.g. , lunch should be scheduled between 10 a.m. and 1 p.m., or as close to these times as possible;
- ☐ Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- ☐ Will schedule lunch periods to follow recess periods (in elementary schools) as often as scheduling will allow;
- ☐ Will provide students access to hand washing or hand sanitizing before they eat meals 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).

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 certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. Perry County Schools provide annual training for all cooks and managers that meets the state requirements and the Child Nutrition Staff attends all required state and USDA trainings, the KSNA Conferences, and Food Shows.

Sharing of Foods and Beverages: Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (e.g., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte line, fundraisers, school stores, etc.)

Elementary Schools: The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually will meet the same nutrition requirements as those for school meals. Diet soft drinks cannot be sold in elementary schools. The only beverages allowed in elementary schools are 100% fruit juices, white or flavored milks, and waters.

Middle/Junior High and High Schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte lines, vending machines, student stores, or fundraising activities during the school day, will meet the following nutrition and portion size standards:

Beverages

Allowed: water, plain or non-caloric flavored, sports drinks containing no more than 10 grams of sugar per serving (or 40 calories per 8 oz.), 100% fruit or vegetable juices. Skim or 1% white milk, and fat free flavored milk. Beverages shall meet the following standards established in 702 KAR 6:090.

Foods

A food item sold individually:

- ☐ Will have no more than 30% of its calories from fat (excluding nuts, seeds, or peanut butter, or other nut butters), and 10% of its calories from saturated fat, and will have 0 Trans fats. (For calculations there are 9 calories per gram for fat).
- ☐ Will have no more than 32% of its weight from added sugars, (divide the grams of sugar by the gram weight of the product, (not to exceed 12 grams of sugar). Fresh, frozen or canned fruits and vegetables are exempt from this limit).

- ☐ Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 230 milligrams of sodium per serving.
- ☐ Pastas, meats, and soups shall not contain more than 450 milligrams of sodium per serving.
- ☐ Pizza, sandwiches, and main dishes shall not contain more than 600 milligrams of sodium per serving;
- ☐ The portion or pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky shall not exceed two (2) ounces;
- ☐ The portion or pack size for cookies shall not exceed one (1) ounce;
- ☐ The portion or pack size for cereal bars, granola bars, pastries, bagels, or other bakery-type items shall not exceed two (2) ounces;
- ☐ The portion or pack size for non-frozen yogurt shall not exceed eight (8) ounces, and
- ☐ 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.
- ☐ A choice of at least 2 fruits and 2 non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; dried, or canned fruits (canned in juice or light syrup), and cooked, dried, or canned vegetables.

Portion Sizes:

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

2 ounces for chips, crackers, popcorn, cereal, and trail mix, nuts, seeds, dried fruit, or jerky;

1 ounce for cookies;

2 ounces for cereal bars, granola bars, pastries, muffins, bagels, and other bakery items;

4 ounces for frozen desserts, including, but not limited to, low fat or fat free ice cream;

8 ounces for low fat, or fat free yogurt;

17 ounces for beverages, excluding water;

And the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried low calorie vegetables are exempt from portion size limits.

Fundraising Activities:

During school hours 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. Schools will encourage activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks: Smart 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 Smart Snacks items to teachers, after-school program personnel, and parents. Each school has an account with Gordon's Food service with a list of appropriate snacks that can be order to sale during the recess during the school day. Snacks sold through a school day must be smart snack approved and not served prior to 30 minutes after last lunch is served. It is the building principal's responsibility to ensure snack sold meet the guidelines established for Smart Snacks.

Rewards:

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (nutrition standards as previously stated) as rewards for academic performance or good behavior, and will not withhold food

or beverages (including food served through school meals, or snacks sent from home) as punishment.

Celebrations:

Schools should 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 (nutrition standards as previously stated). The district will disseminate a list of healthy party ideas to parents and teachers. Beverages shall meet the following standards established in 702 KAR 6:090. Schools may offer a la carte sale creditable under School Breakfast or National School lunch Program meal patterns set forth in 5 C.F.R. 220.8 and 210.10, respectively.

School-Sponsored Events: (Such as, but not limited to, athletic events, dances, or performances.)

Foods and beverages offered or sold at school-sponsored events outside the school day should be encouraged to meet the nutrition standards for meals or for foods and beverages sold individually (as previously stated).

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: The Perry County School district aims to teach, encourage, and support healthy eating by students. Schools should 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 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, promotions, taste testing, farm visits, and school gardens; (Teachers are encourage to have Students enter the Farm To School Week and School Nutrition Association Art Contests each year.)
- ☐ 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 30 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 health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- ☐ 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.

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 offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis 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 previous listed nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other 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 and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Perry County currently sends information covering these topics home with students, has information on the website including links to more information, gives out information at the annual Health and Wellness fair, and various activities throughout the year. Several walk/run fundraisers are planned throughout the year, including the Cameron Run, Commodore Run, and the Halloween walk/run. Plans are to offer classes for parents and students after school that need information on controlling diabetes, high blood pressure, heart disease, and weight control.

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. As such, schools 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 as previously identified. School-based marketing of brands promoting predominately low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures,

and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount for gym memberships.

Staff Wellness: The Perry County School District 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. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or health professional, recreation program representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) 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. The staff wellness committee should distribute its plan to the school health council annually.

Health Services:

Perry County Schools has entered into a contract with Primary Care Center to offer a school nurse in each of our buildings listed. We also have a District Health Coordinator.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12: All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. Student involvement in other activities involving physical activity will count for wellness time. Any

movement by Students during the day will count as wellness time such as transition time, recess, standing in class, etc. toward the goal of 150/225 minutes /week.

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. Lesson plans will reflect calculation of Body Mass Index of students at various checkpoints throughout the course.

Daily Recess: All elementary school students are encouraged to have a scheduled daily recess.

Schools should discourage extended periods (i.e., periods of 45 min. to 1 hr.) 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.

Physical Activity Opportunities Before and After School: All elementary, middle, and high schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, may offer interscholastic sports programs. Schools may offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities - daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment: Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) as punishment. Total wellness and instructional time cannot be taken as punishment. If recess time is used as punishment, then the school must have a separate time used for wellness, with documentation maintained for review.

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. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. To this end, Perry County Schools have a policy in place where request to use facilities are made and reviewed for approval by the board. School policies concerning safety will apply at all times.

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 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 formerly called the School Meals Initiative (SMI) review, which is now called the Administrative and Smart Reviews, findings and any resulting changes. Beginning in 2014, school districts started receiving a state meals review every 3 years.

The superintendent or designee will develop a summary report every 3 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 after the initial development of the district's wellness policies, each school in the district will review policies annually. A more thorough assessment will be repeated every 3 years to help 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.

VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity:

Crosscutting:

Local Wellness Policy website, U.S. Department of Agriculture,

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education, www.nasbe.org/HealthySchools/fithealthy.mgi

Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, <http://www.iom.edu/report.asp?id=22596>

School Health Index, Centers for Disease Control and Prevention

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids, <http://www.actionforhealthykids.org/docs/specialreports/LCColor>

Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org/>

Cardiovascular Health Promotion in Schools, American Heart Association

