

CARROLL COUNTY SCHOOLS 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, 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;

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, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sport drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

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 Carroll County Schools are 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 Carroll County Schools 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 nutrition and physical activity policies.
- All students enrolled in the Carroll County Special Learning Center/Preschool, will have opportunities, support, and encouragement to be active on a regular basis.

- Foods and beverages served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- 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, the Carroll County Special Learning Center/Preschool will participate in available school meal programs (including the National School Lunch Program). The school 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 POLICY GOALS:

I. School Health Councils

The Carroll County Schools will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council will serve as a resource for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

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 pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables; (2)
- serve only low-fat (1%) and fat-free milk (3) and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and

The Carroll County Schools will engage parents and students through surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the Carroll County Schools will share information about the nutritional content of meals with parents and students. This information will be made available on menus which are sent home on a weekly basis.

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;

- Due to the special needs populace attending the Carroll County Special Learning Center /Preschool, and how disruptive any change can be to their routine, a breakfast waiver has been granted to the Carroll County Schools.
- Students at the Carroll County Technology Center will be served breakfast at their host schools.
- The Carroll County Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. The Carroll County 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 ⁽⁴⁾. Toward this end, the Carroll County Schools will utilize a identification code system; provide meals at no charge to all children, regardless of income, and promote the availability of school meals to all students.

Meal Times and Scheduling. The Carroll County Schools:

- will provide students with 20 minutes after sitting down for lunch;\
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule any activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods
- 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).
- will provide water at no charge at all areas where lunch is served

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. ⁽⁵⁾

Sharing of Foods and Beverages. Students will be discouraged 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 (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)

Competitive Food Policy. The Carroll County Board of Education has established a *no sale* of competitive foods to students attending the Carroll County Special Learning Center/Preschool. Students attending the Carroll County Technology Center are able to purchase competitive foods from vending machines on site. All foods available on the Technology Center campus will meet the district's nutrition guidelines promoting student health and reducing childhood obesity.

Fundraising Activities. Children attending the Carroll County Special Learning Center/Preschool are excused from fundraising activities due to their physical and mental limitations. All fund raisers promoted at the Carroll County Technology Center through classroom participation or clubs will not involve food sales.

Snacks. Snacks served during the school day will make a positive contribution to the 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 and parents.

Rewards. Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages as rewards for academic performance or good behavior, (6) and will not withhold food or beverages (including foods served through school meals) as a punishment.

Celebrations. Schools should limit celebrations that involve food during the school day to no more than five parties per class per year. Each party should include no more than one food or beverage that does not meet nutrition standards. The district will disseminate a list of healthy party ideas to parents and teachers.

Beverages

- Allowed: water or seltzer water (7) without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not Allowed: soft drinks containing caloric sweeteners; sport drinks; 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).

Foods

- will have no more than 35% of its calories from fats (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 weight from added sugars; (8)
- will have no more than 230 mg of sodium per serving for chips, cereals, crackers, baked goods and other snack items.

Portion Sizes

Limit portion sizes to those listed below:

- one and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit;
- one ounce for cookies;
- two ounces for cereal bars, pastries, muffins, doughnuts and other bakery items;
- four fluid ounces for frozen desserts, including but not limited to, low-fat or fat-free ice cream;
- twelve fluid ounces for beverages, excluding water; and
- fruits and non-fried vegetables are exempt from portion size limits.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered at school-sponsored events out side the school day will meet the nutrition standards for meals, foods and beverages. (above)

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Carroll County Schools aims to teach, encourage, and support healthy eating by students, and 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 not only health education classes, but also classroom instruction;
- includes enjoyable, developmentally-appropriate, participatory activities;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing practices;
- emphasis caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.
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- 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 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 activities will be incorporated into the subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. The Carroll County Schools will support parents' efforts to provide healthy diet and daily physical activity for children. The Carroll County Schools send home nutrition information, post nutrition tips on school website, 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 above nutrition standards for individual foods and beverages. The Carroll County Schools will provide parents with a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, and rewards. In addition, the Carroll County Schools will provide opportunities for parents to share their healthy food practices with others in the school community.

The Carroll County Schools will provide information about physical education and other school-based physical opportunities before, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such efforts 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.

Food Marketing in Schools. The Carroll County Schools will limit school-based marketing to the promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

Staff Wellness. The Carroll County Schools 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 school should establish and maintain a staff wellness committee. (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 healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.). All students attending the Carroll County Special Learning Center/Preschool, including students with disabilities, special health care needs 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. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess. All students attending the Carroll County Special Learning Center/Preschool will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity and Punishment. Teachers will not withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Special Transportation. Due to the special needs populace attending the Carroll County Special Learning Center/Preschool, special buses will be assessable to the students.

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 district superintendent or designee.

School food service staff 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 principal). In addition, the school district will report on the most recent USDA Schools Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the last 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 the school. That report will be provided to the school board and also distributed to all school health councils, school principals, and school health services personnel in the district.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. (9) The results of those school-by-school assessments will be compile at the district level to identify and prioritize needs.

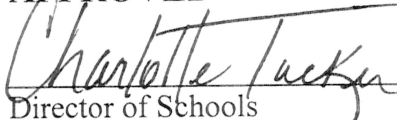
Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating 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.

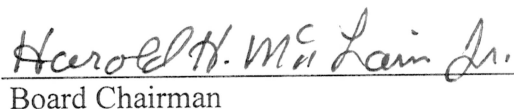
Footnotes

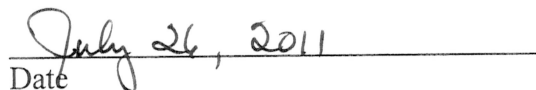
- 2 To the extent possible, schools will offer at least two non-fried and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.
- 3 As recommended by the Dietary Guidelines for Americans 2005
- 4 It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-priced or "paid" meals.
- 5 School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.
- 6 Unless this practice is allowed by a student's individual education plan (IEP).
- 7 Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).
- 8 If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.
- 9 Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and prevention (CDC), Changing the Scene from the Team Nutrition Program from the U.S. Department of Agriculture (USDA), and Opportunity to Learn Standards for Elementary, Middle, and High School Physical education from the National Association for Sport and Physical Education.

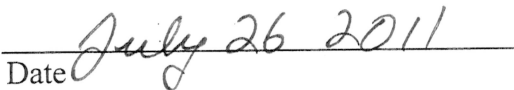
Revised: 7/18/11

APPROVED


Director of Schools


Board Chairman


Date


Date