

# **RICHARD ALLEN SCHOOLS WELLNESS POLICY**

**Effective February 1, 2012**

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, 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, 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, sports 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 Richard Allen School District 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 Richard Allen School District that:

- The school district will engage students, parents, teachers, food service and health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

## **Module 1**

### **NUTRITIONAL STANDARDS FOR FOODS SOLD ON CAMPUS**

#### **SCHOOL MEALS**

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

- Be appealing and attractive to children
- Be served in clean and pleasant surroundings
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve reduced fat (2%), low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives(to be defined by USDA)
- Ensure that half of the served grains are whole grain (*Appendix A*)

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 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 menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

#### **FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)**

##### **Elementary School/ Middle School/Junior High/ High School**

Schools may not serve or provide access for students to FMNV and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class.

#### **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 are encouraged to arrange bus schedules and utilize methods to serve school breakfasts that promote 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.

## **FOODS AND BEVERAGES SOLD INDIVIDUALLY**

In compliance with Senate Bill 210 and ORC 3313.814:

Richard Allen School District does not:

- engage in “a la carte” food or beverage sales during the school day.
- no vending machines are operational in the public or student areas.
- allow bake sales during the school day.
- Engage in a “a la carte” food or beverage sales during after school activities.

### **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 nutrition and portion standards for foods and beverages as listed in Appendix B. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities as listed on Appendix C.

### **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 consideration. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

### **Rewards**

Schools will not use 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.

### **Accommodating Students With Special Needs**

Special Needs Students whose Individualized Education Program (IEP) plan indicates the use of Foods of Minimal Nutritional Value (FMNV) or candy for behavior modification (or other suitable needs) may be given FMNV or candy items. Schools are encouraged to use foods from Appendix B.

### **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

The district will ensure that nutrition education is taught by qualified staff who are adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program.

Schools will offer nutrition education not only in health education but also will integrate it across the curriculum.

The district will make training in nutrition education available for teachers and other staff.

The district will require a minimum of one semester of health education at middle school and high school.

The district will require teachers to student ratio in health education classes that is consistent with core content areas.

### **Module 3**

## **PHYSICAL EDUCATION AND ACTIVITY**

### **DAILY PHYSICAL EDUCATION AND ACTIVITY**

#### **Elementary**

Students in elementary schools including those with disabilities, special healthcare needs and alternative educational settings will receive physical activity weekly. A minimum of 30 minutes per week will be spent on physical education instruction.

#### **Middle School**

Students will receive a minimum of one semester of physical education instruction per year.

#### **High School**

Students will receive a minimum of two semesters of physical education. The District will provide activity and instruction options for students in grade 9 as electives.

#### **Physical Education Instruction**

All physical education will be taught by physical education teachers that are hired by Richard Allen Schools, and the curriculum will be aligned with state/national standards for physical education and dance. Student involvement in other activities involving physical activity (e.g., interscholastic, intramurals, marching band) will not be substituted for meeting the physical education requirement.

The teacher/student ratio in physical education classes will be consistent with that of other core content areas.

## **Module 4**

### **OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT AND STAFF WELLNESS**

The policies established under this category create a school environment that provide consistent wellness messages and includes goals for other school-based activities that are designed to promote student and staff wellness.

#### **COORDINATED SCHOOL HEALTH APPROACH:**

A model to guide school decision-making related to physical activity and nutrition that encompasses all aspects of the school from education to staff wellness. The coordinated school health program model involves and coordinates the efforts of eight interactive components to maintain well-being. These components are (1) health education, (2) physical education, (3) health services, (4) nutrition services, (5) counseling, psychological and social services, (6) health school environment, (7) health promotion for staff, and (8) family and community involvement. The model utilizes community partnerships and school resources to coordinate services, encourage collaboration, and avoid duplication of services. The individual school health advisory councils and the district school health advisory board are the vehicles through which the Richard Allen School District will coordinate the efforts of these components.

#### **School Health Advisory Councils**

Individual schools within the district will create school health advisory councils to develop, implement, monitor, review, and revise when necessary school nutrition and physical activity policies. School health advisory councils consists of groups of individuals representing the schools and the community and should include parents, students, administrators, teachers, food service personnel, school nurses, and other community members.

#### **District Health Advisory Board**

The district will create a district school health advisory board to monitor individual school health advisory councils, create policies, and define and interpret the district policies regarding school nutrition and physical activity. The district health advisory board consists of school board members, the health services director, food services director, teachers, school nurses, physicians, and community health agency representatives, and parents.

#### **Community/Family Involvement**

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 information to parents, post nutrition tips on school websites, and provide nutrient

other health indicators.

- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- Linkages to established Employee Assistance Programs.
- An ongoing assessment process to update and improve the effectiveness of the staff wellness plan.

### **SERVICES FOR NUTRITION-RELATED HEALTH PROBLEMS**

#### **Nutrition-Related Health Problems.**

School counselors and school health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

### **INDIVIDUAL SCHOOL IMPROVEMENT PLANS AND INCLUSION OF PHYSICAL ACTIVITY AND NUTRITION-RELATED COMPONENTS FOR STAFF AND STUDENT WELLNESS.**

Richard Allen Schools Wellness Policy recommendations will be incorporated into each individual school's overall school improvement plan.

## **Module 5**

### **MONITORING THE RAS WELLNESS POLICY**

#### **RESPONSIBILITIES FOR MENTORING AND IMPLEMENTATION**

Under the direction of the Richard Allen School Board of Education, the superintendent will ensure that the directives of the District's wellness policy are fulfilled.

The school food service director will ensure compliance with the nutrition standards within the district.

Each School Advisory Council will submit a report annually to the District Advisory Council describing their school's progress in fulfilling the aims of the wellness policy.

The Richard Allen Schools Health Advisory Council, working in conjunction with the School Advisory Councils, will assist the superintendent in compiling a district-wide annual report for the Board.

## APPENDIX A

### DEFINITION OF TERMS

#### **Grains:**

**Enriched Grains:** Grains to which iron, folic acid and other B vitamins, including niacin, thiamin, and riboflavin are added back to the grain mixture after milling. Over the years, enrichment has helped eliminate many nutrition-related diseases.

**Whole Grains:** Whole grains contain the entire edible part of any grain: wheat, corn, rice, oats, etc. Whole grain foods are important sources of vitamins, minerals and fiber.

**Juice 100%:** Undiluted liquid fraction of whole vegetable, fruit or fruit blends without added sweeteners.

**Juice Drinks:** Diluted, sweetened fruit or vegetable juice, or fruit and vegetable juice blend.

#### **Milk:**

**Fat free milk:** Pasteurized, homogenized fluid cow's milk containing less than ½% milk fat by weight.

**Low fat milk:** Pasteurized, homogenized fluid cow's milk containing ½% or 1% milk fat by weight.

**Reduced fat milk:** Pasteurized, homogenized fluid cow's milk containing 2% milk fat by weight (contains at least 25% less fat compared to whole milk).

**Whole milk:** Pasteurized, homogenized fluid cow's milk containing 3.25% milk fat by weight.

**Nutrient density:** Foods or beverages that provide substantial amounts of vitamins and minerals in relation to their calories are nutrient dense.

**Policy:** A course of action to guide and determine present and future decisions.

**Pouring Rights:** A contract with a vendor for the sale of one brand, also known as an exclusive beverage contract.

**Regulation:** Rules that implement laws.

**Water:** Carbonated and non-carbonated water, with no added sweeteners and zero calories.

### **Beverages**

<b>Best Choice</b>	<b>Acceptable Choice</b>
Milk, any flavor, low fat or non fat	Milk, any flavor, reduced fat or less
Juice, fruit or vegetable that is 100% juice	Juice, fruit or vegetable that is at least 50% juice
Water	

**Single serving snacks not listed above should meet three of the following five criteria**

- 6 grams of total fat or fewer per serving (nuts, seeds and cheeses exempt)
- Sugar not the first ingredient
- 300 or fewer calories (except nuts, seed and cheese)
- 1 or more grams of fiber
- at least 10% of calcium, iron, vitamin A or vitamin C

# Appendix B

## Suggested Nutrition Eating Guidelines

### Richard Allen Schools

### Guidelines for the Middle School

**Evaluate foods on their overall nutritional quality rather than a single nutrient. Encourage consumption of nutrient-dense foods.**

#### Snacks

<b>Best Choice</b>	<b>Acceptable Choice</b>
Crackers – animal, graham, whole grain	Granola bars, whole grain fruit bars
Bagels	Muffins, fruit or whole grain
Pretzels, soft and regular	Baked Chips, rice cakes, cereal/nut mix
Nuts and seeds	Nuts with light sugar or honey coating
Trail mix	Popcorn/nut mix
Fresh fruit and vegetables, canned fruit, dried fruit	Fruit flavored snacks
Fat Free popcorn	Light pop corn
Yogurt, low fat or non fat	Yogurt, reduced fat or less
Pudding, low fat or non fat	Pudding, reduced fat or less
Cheeses, low fat or non fat	Cheese, reduced fat or regular

## Appendix B

### Middle School

#### Maximum Portion Sizes

<b>Snacks</b>	1.25 ounces
Chips, crackers, popcorn, cereal	
Trail mix, nuts, seeds, dried fruit	
<b>Bakery Items</b>	3 ounces
Cereal bars, granola bars	
Muffins, bagels, other healthy bakery items	
<b>Frozen desserts, Ice Cream</b>	4 ounces
<b>Yogurt</b>	6-8 ounces
<b>Cheese</b>	1-1.5 ounces
<b>Beverages</b>	
Juice	6-8 ounces
Milk	10-16 ounces
Water	No limit
Flavored waters, soft drinks, sports drinks, sweetened teas	12 ounces

### **Beverages**

<b>Best Choice</b>	<b>Acceptable Choice</b>
Milk, any flavor, low fat or non fat	Milk, any flavor, reduced fat or less
Juice, fruit or vegetable that is 100% juice	Juice, fruit or vegetable that is at least 50% juice
Water	Flavored or vitamin enhanced fitness water, sparkling water

**Single serving snacks not listed above should meet three of the following five criteria**

- 6 grams of total fat or fewer per serving (nuts, seeds and cheeses exempt)
- Sugar not the first ingredient
- 300 or fewer calories (except nuts, seed and cheese)
- 1 or more grams of fiber
- at least 10% of calcium, iron, vitamin A or vitamin C

## APPENDIX C

### FUNDRAISING SUGGESTIONS

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets.

More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. Following are web sites and fundraising ideas that offer alternatives to selling candy.

When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

Take a look and help your school select a creative fundraising alternative to selling foods of limited nutritional value.

#### **Search the Web**

Select a search engine and type in "school fundraisers" to access 112,000+ sites.

A few of these sites follow:

- **[www.afrds.org/homeframe.html](http://www.afrds.org/homeframe.html)**

Association of Fund-Raising Distributors and Suppliers. Site includes a Toolbox with "Fundraising Fundamentals," a checklist for evaluating fundraising companies, and a resource on product fundraising issues and trends.

- **[www.PTOtoday.com](http://www.PTOtoday.com)**

Lists fundraising activities by categories, has a "work vs. reward" equation, contains a parent sharing section on "what works, what doesn't and why."

- **[www.fundraising-ideas.com](http://www.fundraising-ideas.com)**

Offers a free newsletter with programs, services, and press releases. Links to [www.amazon.com](http://www.amazon.com) with books on fundraising.

#### **Healthier Food**

##### **Ideas:**

Bottled water with school name/logo

. Gift baskets of fruit/cheese

. Naturally low fat pretzels

. Specialty shaped pastas

. Boxes of citrus fruits

. Popcorn

. Cheese

. Apples

. Nuts

# Appendix D

## Development and Feedback

This activity booklet has been developed by undergraduate teacher education students from Albion College, Concordia University, and the University of Michigan to help increase the number of physical activities implemented into the elementary classroom. Results from the pilot helped to improve and clarify the content of these activities to make them useful for elementary classroom teachers. The results have been incorporated into the final draft of the materials. All materials are available on the MDE/EMC web sites for easy access for all elementary classroom teachers. Additional Information and ideas can be found at: [www.emc.cmich.edu/BrainBreaks/](http://www.emc.cmich.edu/BrainBreaks/)

## Domains Address in *Brain Breaks*

### COGNITIVE

Body Image  
Following  
Directions  
Language  
Laterality  
Sequencing

### PSYCHOMOTOR SKILLS

Balance  
General Coordination  
Hand/Foot/Eye  
Coordination  
Tactile Touch

### FITNESS

Flexibility  
Strength  
Aerobic

### PSYCHOSOCIAL

Best Effort  
Cooperation  
Self Control  
Compassion  
Respect  
Responsibility  
Constructive  
Competition