

**WELLNESS**

**School Wellness Policy Statement**

The Iola-Scandinavia School District is committed to providing a school environment that enhances learning and the development of lifelong wellness. The Iola-Scandinavia School District encourages all members of the school community to help create an environment that helps support healthy dietary and lifestyle practices. Through the support and promotion of good nutrition and physical activity, our school contributes to the basic health status of children. Improved health helps maximize student performance potential and ensure that no child is left behind.

**Nutritional Guidelines**

Students who practice good nutrition attend school with minds and bodies ready to take advantage of their learning environment. The Iola-Scandinavia School District recognizes the importance of proper nutrition and physical activity to lifelong good health. This message will be demonstrated and taught to students through food served in the school setting as well as through appropriate classroom instruction. Decisions made district wide in regard to food and beverages will reflect and encourage positive nutrition messages and healthy food choices.

Reimbursable Meals served through the National School Lunch Program and School Breakfast Program:

- Will be appealing and attractive to children.
- No foods will be deep fried on the premises prior to service. Foods purchased will be “oven-ready” or “ready-to-bake” in the oven prior to service.
- When appropriate, frozen vegetables will be chosen over canned vegetables. Frozen vegetables will be steamed rather than boiled to preserve their integrity and nutrient content.
- Will meet, at a minimum, nutritional standards set forth in federal child nutrition program laws and regulations, including but not limited to the Dietary Guidelines for Americans and the Healthy, Hunger Free Kids Act (HHFKA).
- Will increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat milk. In addition, there will be a reduction in the amount of sodium, saturated fat, and trans fat in meals. Meals shall, over the course of 5 days, derive no more than 35% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations are consistent with federal mandates. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat and omega-3 fatty acids (healthy fats).

## Nutrition Standards for School Meals

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	≥7 (1) <sup>j</sup>	≥8 (1) <sup>j</sup>	≥9 (1) <sup>j</sup>	≥8 (1)	≥8 (1)	≥10 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	≥8 (1)	≥9 (1)	≥10 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	≤ 430	< 470	≤ 500	≤ 640	< 710	≤ 740
Trans fat <sup>n,o</sup>	<b>Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.</b>					

<sup>a</sup> In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

<sup>b</sup> Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅓ cup.

<sup>c</sup> One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>d</sup> For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

<sup>e</sup> The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

<sup>f</sup> Larger amounts of these vegetables may be served.

<sup>g</sup> This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>h</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>i</sup> At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

<sup>j</sup> In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

<sup>k</sup> There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>l</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>m</sup> The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>n</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>o</sup> In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

<sup>p</sup> Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.

## Competitive Foods

Competitive foods are all foods and beverages sold to students on school campus during the school day, other than reimbursable meals. This can include à la carte items, vending, school stores, and fundraising. Competitive foods are often low in nutritional value, undermining efforts to create healthier school environments. The Healthy, Hunger Free Kids Act, Nutrition Standards for All Foods Sold in School Rule sets nutrition standards for competitive foods. The new standards require foods to be low in fat, saturated fat, sugar, and sodium and to consist of whole grains, low-fat dairy, fruits, and vegetables.

## All Foods Sold in Schools (Smart Snacks)

The U.S. Department of Agriculture (USDA) recently released standards for all foods sold in school. These standards are often referred to as Smart Snacks in School. The Smart Snacks in School standards ensure that kids are only offered tasty and nutritious foods during the school day. These standards will replace foods of minimal nutritional value and will go into effect July 1, 2014. The Alliance for a Healthier Generation has developed an online tool that schools may use to assess if a food product is in compliance with the federal requirements for Smart Snacks in Schools. The Smart Snacks Product Calculator has been determined by the USDA to be accurate in assessing product compliance for foods. There is currently no calculator for beverages approved for use by the USDA.

## Nutrition Standards for Foods

Any food sold in school must:

- Be a whole grain-rich 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 will not qualify using the 10% of DV criteria.

In addition, food items must meet the following requirements:

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 230mg (On July 1, 2016, snack items must contain ≤ 200mg)
  - Entrée items: ≤ 480mg
- Fat limits:

- Total fat:  $\leq 35\%$  of calories
  - Saturated fat:  $< 10\%$  of calories
  - Trans fat: zero grams
- Sugar limit:
- $\leq 35\%$  of weight from total sugars in foods

### Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

### 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.

In addition, the following standards apply:

	Elementary	Middle	High
Water, plain	No portion limit	No portion limit	No portion limit
Milk and Juice	Maximum serving size of 8oz	Maximum serving size of 12oz	Maximum serving size of 12oz
Calorie free, flavored water or other flavored and/or carbonated beverages containing $< 5$ calories per 8oz or $\leq 10$ calories per 20oz	Not allowable	Not allowable	Maximum serving size of 20oz
Beverages with $\leq 40$ calories per 8oz , or $\leq 60$ calories per 12oz	Not allowable	Not allowable	Maximum serving size of 12oz

## **Fundraisers**

- The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.
- These 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. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.

## **Healthy Fundraising**

Schools rely on fundraisers to raise money for school supplies and programs. Fundraising activities often include vending, product sales (e.g., candy, pizza, soda), bake sales, school stores, etc. However, fundraisers that sell unhealthy foods undermine nutrition education being taught in the classroom and cafeteria. Healthy fundraisers are not only profitable, but also support the well-being of students and staff. The following is a list of suggested healthy fundraisers.

### **Healthy Fundraiser Examples**

- Fun runs, walk-a-thons, golf tournaments, other sporting events
  - Physical activity fundraisers are fun for all ages and promote healthy behaviors.
- Garbage bags
  - This fundraiser can be done year long as people continually need garbage bags.
- Cookbook fundraiser
  - Schools collect recipes from students, staff, and prominent community members to create a cookbook, which is sold to members of the community.
- Bottled water
  - Create a custom labeled water bottle to sell at school functions. Schools recruit local sponsors to donate money in exchange for having the sponsor's name printed on water bottle labels.
- Auctions
  - Schools can seek donated items for auction. Desirable items include vacation packages, spa treatments, car washes, etc.

- “Bakeless” bake sales
  - Parents and others are invited to contribute a donation equivalent to the amount of money that they would have spent on ingredients and/or the purchase of the baked goods had there been a traditional bake sale.
- Gift paper
  - Gift wrap catalogs often include low-nutrition foods. Urge companies to provide the school with catalogs that do not include unhealthy foods.
- Apparel / Gifts
  - School apparel and school endorsed gift sales promoting school spirit
- Recycling fundraising
  - Recycling companies purchase used items, such as clothing, printer cartridges, and cell phones, from schools.

### **Mealtimes & Scheduling**

- A lunchroom environment that provides students with a relaxed, enjoyable climate will be developed.
- It is encouraged that the lunchroom environment be a place where students have:
  - Adequate space to eat in clean, pleasant surroundings;
  - Adequate time for meals (the American Foodservice Association recommends at least 20 minutes for lunch and 10 minutes for breakfast from the time they are seated); and
  - Convenient access to hand-washing facilities before meals.
    - Lunch periods will follow recess periods (in elementary schools).
    - Tutoring, club or organizational meetings or activities should not be scheduled during mealtimes unless students may eat during such activities.

### **Free and Reduced-priced Meals**

The district will make every effort to eliminate any social stigma attached to, and prevents the overt identification of, students who are eligible for free and reduced-price school meals.

### **Nutrition Education**

All instructional staff are encouraged to integrate nutritional themes into daily lesson plans when appropriate. The health benefits of good nutrition should be emphasized to enable all students to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.

Suggested nutritional themes include but not limited to:

- Knowledge of ChooseMyPlate
- Healthy Heart Food Choices
- Sources and Variety of Foods
- Guide to a Healthy Diet
- Diet and Disease
- Understanding calories
- Healthy Snacks
- Healthy Breakfast
- Healthy Diet
- Food labels
- Major Nutrients
- Multicultural Influences
- Serving Sizes/Portion Control
- Proper Sanitation
- Handling Food Safely
- Identify and Limit Junk Food
- Identify Non-nutritive Components in Food

### **Teacher-to-Student Incentive**

Strong consideration should be given to non-food items as part of any teacher-to-student incentive programs. However, when using food as a part of class or student incentive programs, staff and students are encouraged to seek out good nutritional choices whenever appropriate.

### **Vending Machines**

Vending machines may dispense only those items which are compliant with the HHFKA Smart Snacks guidelines.

### **Concessions after School Hours**

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The following recommendations are made to promote healthy choices for children related to concessions after the school day during activities supported by the school:

- Consider offering non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food and beverages are sold that raise funds for the school include at least some healthy food choices.

- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.
- At any school function, healthy food choice options should be available. Some suggested foods are listed below:
  - Raw veggies w/ low-fat dip
  - Fresh fruit and 100% fruit juice
  - Dried fruits
  - Trail mix
  - Peanuts or tree nuts
  - Baked chips
  - Low-fat and skim milk products
  - Pure ice cold water

### **Physical Education Curriculum**

Offer a sequential physical education program consistent with State Board of Education curriculum regulations and Healthy, Safety and Physical Education academic standards.

### **Parent & Community Involvement**

- Encourage parents and guardians to support their children's participation in enjoyable physical activities, and recognize that parents and guardians act as role models for active lifestyles.
- Support special programs such as student and staff walking programs, family fitness events, and events that emphasize life-long physical activity.
- Support relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs.
- The School District shall maintain a district wellness committee comprised of staff, students, and community members to develop, monitor, review, and recommend revisions to wellness related policies.

### **Physical Activity**

- Investigate integrating health and physical activity across the school curriculum.
- Encourage student-initiated activities that promote inclusive physical activity on a school-wide basis.
- Before and after-school options for physical activity will be offered at every school whenever possible.
- Encourage physical activity during recess periods.
- Research instituting a tracking and evaluation method to ensure that all students are engaging in developmentally appropriate daily physical activity.

## **Professional Development/Staff Wellness**

Provide professional development opportunities for all school staff that will assist them to effectively promote enjoyable and lifelong physical activity among youth, and that will assist school staff to recognize their influence as role models for active lifestyles

## **Other**

Commit adequate resources that include program funding, personnel, safe equipment, and facilities

## **Implementation & Measurement**

Goals and an implementation timeline will be discussed and implemented when necessary. All employees of the District are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and engage in physical activity. The District shall work through its Employee Wellness Committee and building staff to find cost effective ways to encourage staff wellness.

## **Policy Review**

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 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 will, as necessary, revise the wellness policy and develop work plans to facilitate implementation.

## **Communication**

The District shall provide information regarding wellness policies, programs, and education through multiple media formats including, but not limited to classroom & district newsletters, announcements, advertisements, posters, websites, mailed & take-home materials, social media outlets, or other printed curriculum materials.

LEGAL REF.: Healthy, Hunger-Free Kids Act of 2010

CROSS REF.:

APPROVED.: August 14, 2006

December 14, 2015

REVISED: November 9, 2015