

STUDENT WELLNESS &

NUTRITION

SEPTEMBER 2006

Board Adopted: 09-11-06

Dale Petrie, President	
Alan Plunkett, Vice President	Susan Albrecht, Trustee
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BOARD OF SCHOOL TRUSTEES	

STUDENT WELLNESS POLICY

The Board of School Trustees of Crawfordsville Community Schools supports increased emphasis on nutrition as well as physical activity at all grade levels to enhance the well-being of the school corporation's students. Therefore, it is the policy of the Board to: provide students access to nutritious food and beverages; provide opportunities for physical activity and developmentally appropriate exercise; and require that all meals served by the school corporation meet the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Vending machines dispensing healthy drinks, such as bottled water, fruit juice, and milk, may be made available throughout the school day, after school, and at all extra curricular activities.

Vending machines that dispense minimally nutritious items such as carbonated sodas or snacks shall not be available to students until after 3:20 p.m.

No commercially prepared/vendor-prepared foods or drinks should be brought onto school property during the school day by student or parents without prior approval by the building principal.

Minimally nutritious snacks and drinks may not be sold on lunch lines as `a la carte items. Sack lunches from home should contain nutritious foods and healthy drinks such as bottled water, fruit juice, or milk. Carbonated sodas are not allowed during the school day.

All school sponsored events and celebrations of special occasions shall include healthy beverages and/or food among the choices available to participants.

Each school day shall incorporate several minutes of physical activity or exercise as determined at each building level in addition to the physical education curriculum.

Nutrition, health, and fitness topics shall be integrated within the health education curriculum taught at every grade level, K-12, and coordinated with the school corporation's food service program. These topics may be integrated with other curriculum areas as deemed appropriate.

The superintendent and each building principal or designee shall jointly share the operational responsibility for ensuring that the provisions of this policy and its regulations are met. The superintendent will be responsible for reporting to the board on an annual basis the progress of the school corporation in implementing this policy.

The superintendent is also responsible to prepare guidelines to implement and support this policy. Such provisions should address all food and beverages sold and/or served to students at schools, including competitive food sales, vending machine items, fund-raising activities, and rewards to students. The superintendent should also prepare regulations for staff development, community involvement, and program evaluation.

LEGAL REFERENCE: 42 U.S.C. § 1751

The following are guidelines developed in 2005-2006 by the Health, Fitness, & Nutrition Committee.

CELEBRATIONS, INCENTIVES, REWARDS, AND MEETINGS GUIDELINES

Schools are a key setting for establishing healthy nutrition through its school meal program and healthy snacks. Childhood obesity is recognized as a national epidemic and therefore according to Section 204 of Public Law 108-265, each school shall establish a Wellness Policy starting the 2006 school year. Crawfordsville Schools has developed healthy snack choices that we strongly encourage our parents to follow to help promote healthy choices during school hours. We appreciate your thoughtfulness in following our wellness policy.

Classroom Celebrations:

- Teachers may have up to three (3) seasonal celebrations per school year.
- Parents should contact their child's teacher prior to bringing in snacks for a class party to get teacher approval. It will be up to the teacher's discretion on the party time. Individual parties are discouraged.
- Whenever food is offered as part of the celebration, we encourage healthy and nutritional food choices.
- The suggested healthy snack list is intended as a guideline, and the staff will implement and oversee that the guideline is followed.
- Water will always be made available.

**Carbonated drinks are not allowed to be sold or served to students during the school day.
We strongly discourage cakes, cupcakes, cookies, and candy.**

Recommendations for healthy snacks for school and home:

Pretzels, popcorn, baked chips, tortilla chips and salsa, animal crackers, graham crackers, Fig Newtons, Vanilla Wafers, cubed or string cheese, crackers, peanut butter crackers, low-fat/grain muffins, rice cakes, granola bars, trail mix, Chex mix, nuts, sunflower seeds, fruit, vegetables and dip, pizza, beef jerky, sugar-free pudding, fruit-juice popsicles, yogurt, fat-free/low fat ice cream or sherbet, 100% fruit juice, light juice, sugar-free juice, and low or non-fat milk.

Incentives and Rewards:

- Staff members are encouraged to model good nutritional habits by promoting healthy snacks and use candy sparingly as an incentive or reward.
- Staff members are encouraged to use non-food incentives and rewards in place of using food or candy.
- Suggestions for alternative incentives and rewards are available at each school.

Meetings Involving Students and/or Parents:

Staff members are encouraged to model good nutritional habits by providing healthy snack choices at meetings involving students and/or parents.

FUNDRAISING GUIDELINES

During the school day

Food for fundraising purposes will not be sold for consumption during the school day. The school day is defined as 15 minutes before school begins and 15 minutes after students are dismissed.

- No food for fundraising will be sold during the lunch period.
- Any food for fundraising sold outside of the lunch period will:
 - ✓ Meet the USDA Dietary Guidelines
 - ✓ Be distributed at the end of the school day
 - ✓ Not be consumed in school.
- Fundraising posters placed in school must display healthy items.
- There will be no outside solicitation of food items by students.

After the school day

- Foods and beverages sold at fundraisers should reinforce the importance of healthy choices.
- Schools should encourage fundraisers that promote positive health habits such as the sale of non-food and nutritious food items, as well as fundraising to support physical activity events.

CONCESSIONS/VENDING GUIDELINES

Align vending and concession products to the following guidelines.

- Single servings are preferred
- Concession entrees should consist of healthy choices
- 35% or less of fat by weight (excluding nuts and seeds)
- 10% or less of saturated/trans fat
- 35% or less of weight from sugars (excluding naturally occurring sugars)
- 360 mg or less of sodium

Vending sales will only be available to students after 3:20 pm.

Vending machines (drinks) will offer a minimum of 60% choices other than sodas.

Vending machines (snacks) and concession stands will offer a minimum of 50% healthy snacks.

- Candy is not considered a healthy snack.

Vending machines and concession stands will offer 40% soda drinks and 60% other choices including diet soda, fruit drinks, sports drinks and bottled water.

Sports Drinks:

- 42 mg or less of sodium
- 40% or less by volume from sugar

Options for Healthy Snacks:

Beverages: Bottled water, tomato juice, V8, 1% and fat free milk (flavored and unflavored), Minute Maid juices, Minute Maid juices to go, Minute Maid juice boxes, Tropicana apple and grape juice, Welch's grape juice, fruit flavored spring water, and Fruit 2°.

Snacks: Animal crackers, baked chips or crackers, breakfast/cereal bars, granola bars, Chex Mix, dried fruit, Frito Lay baked chips (various varieties- Doritos, Ruffles, Tostitos), pretzels, energy bars, Kellogg's Nutri-grain bars, 100% fruit bars, lightly or unsalted pretzels, trail mix, Nature Valley Crunch granola bars, Nature Valley Chewy Trail Mix bars, nuts (all varieties), rice cakes, and salsa for baked chips.

NUTRITION EDUCATION GUIDELINES

The primary goal of nutrition education is to influence the eating behaviors of students. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, school districts should provide nutrition education that is age appropriate for students; reflects the cultures of students; is integrated into subjects such as math and reading; and provides opportunities for students to practice skills and have fun. School districts should also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.

- Students in grades K-12 receive nutrition education that is interactive and teaches the skills needed to adopt healthy eating behaviors. Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level. The nutrition education program shall focus on the eating behaviors of students, be based on theories and methods proven effective by published research, and be consistent with the state/district health education standards, guidelines, and framework.
- Nutrition education instruction activities shall stress the appealing aspects of healthy eating and be participatory, developmentally appropriate, and enjoyable. Families will be engaged as partners in educating their children.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students receive consistent nutrition messages in schools, classrooms, cafeterias, homes, community and media.
- District health education curriculum standards and guidelines include both nutrition and physical education.
- Nutrition is integrated into the health education or core curricula (e.g., math, science, reading).
- Schools link nutrition education activities with the coordinated school health program.
- Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (Registered Dietitian [RD], School Food and Nutrition Specialist [SFNS], etc.).
- The corporation will offer professional development in nutrition education to provide a basic knowledge of nutrition, combined with instructional techniques and strategies designed to promote healthy eating habits.
- School nutrition staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

PHYSICAL EDUCATION GUIDELINES

Goal: The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

Mission Statement: Physical education should be designed to build interest and develop skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should provide information, foster a positive atmosphere, encourage self-discipline, develop motor skills, and promote activities that can be carried out over the course of the student's lifetime. Physical education should provide safe and satisfying lifetime fitness activities.

Physical education instructors will:

- Provide every student from kindergarten through high school the opportunity to receive regular, age-appropriate, quality physical education
- Provide certified physical education teachers to teach the physical education classes
- Provide a program of physical education that strives to meet the Indiana Code recommendations and involves moderate to vigorous physical activity
- Provide opportunities and encouragement for students to voluntarily participate in before- and after-school physical activity programs such as: intramurals, clubs, and interscholastic athletics
- Provide information to parents to help them promote and incorporate physical activity into their children's lives
- Respect the need for all students to participate in regularly scheduled physical education
- Coordinate the physical education curriculum with contemporary health issues
- Utilize state-of-the art technology to provide feedback and assess students' fitness levels
- Provide adequate space and equipment that is safe and well-maintained for students to participate in structured physical activity

FOODSERVICE/STANDARDS GUIDELINES

All foods made available in schools will, at a minimum, comply with the current USDA Dietary Guidelines for Americans for: Regular meals (breakfast and lunch), `a la carte, and beverages

Regular Meals

- All entrees provided by the foodservice program should be combined with a variety of fruits and vegetables and a low fat beverage to make an average week's meals fall within the 30% fat guidelines set by the USDA for school meal programs.
- Breakfast should provide one-fourth of the Recommended Dietary Allowance (RDA) and Lunch should provide one-third of the RDA for key nutrients and calories.
- All meals should provide less than 30% of calories from fat.
- All meals should provide less than 10% of calories from saturated fat.
- Offer a variety of fruits and vegetables daily. Canned fruits should be packed in natural juice or light syrup.
- Offer 1% or skim milk in a variety of flavors. Flavored milks should contain less than 35 grams of sugar per serving.
- Offer whole grain bread products when available.
- Increase servings of other whole grain foods to at least 50% of grain offerings.
- Reduce sodium content of meals. The goal is 600 mg at Breakfast and 800 mg at Lunch. This will provide one-fourth and one-third, respectively, of the 2300 mg recommended by the USDA Dietary Guidelines.
- Fruit juices should contain at least 50% fruit juice and provide 100% of the daily Vitamin C requirement and the same amount of calcium as eight ounces of milk (300 milligrams). This item is a reasonable replacement for those students who cannot tolerate milk products or who wish a change from milk. Fruit juices containing 100% fruit juice and meet the above criteria are preferred.
- Prices for meals will be reasonable to encourage students to participate in the reimbursable meal program. Prices for `a la carte will be higher to further encourage the purchase of a full reimbursable meal.

`A la carte

All foods and beverages, other than school meals, made available to students during allowable times must meet the following maximum portion sizes and nutrition standards.

Food Items:	Elementary Schools	Middle School	High School
Chips (Baked and Reduced Fat)	1 oz.	1 oz.	1.25 oz.
Crackers, popcorn, trail mix, seeds, dried fruit, jerky, pretzels	1.5 oz.	1.5 oz.	1.5 oz.
Cereal bars, granola bars, cookies	2 oz.	2 oz.	2oz.
Low fat muffins and baked goods	3 oz.	3 oz.	3 oz.
Frozen desserts, ice cream	3 oz.	3 oz.	3 oz.
Yogurt	8 oz.	8 oz.	8 oz.
Reduced fat milk	8 oz.	16 oz.	16 oz.
Beverages other than milk or FMNV* (water exempt)	12 oz.	12 oz.	12 oz.
Fruit drinks and juice (50% juice minimum)	6 oz.	12 oz.	12 oz.
All other food/beverages	No more than 9 grams of fat per package (except nuts and seeds) and no more than 35% by weight or 15 grams per serving of added sugar (excluding milk).		

FOODSERVICE/STANDARDS GUIDELINES (continued)

Free and Reduced 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. Schools will utilize electronic identification and payment systems to maintain the confidentiality of all students. The school shall make efforts to ensure that families are aware of need-based programs for free and reduced-price meals and they are encouraged to apply. Families applying for or receiving free or reduced-priced meals shall also be kept confidential.

***Foods of Minimal Nutritional Value (FMNV)**

Foods of minimal nutritional value (FMNV) are listed below. Students should not be in possession of any of these foods and/or beverages at school except during times approved by this policy.**

**Approved time for the availability of FMNV:

- Elementary Schools – no access any time**
- Middle School – after the end of the regular school day**
- High School – after the end of the regular school day**

- Soda Water – any carbonated beverage (even water).
- Water Ices – any frozen, sweetened water such as “...sicles” and flavored ices with the exception of products that contain fruit or fruit juices.
- Chewing Gum – any flavored product from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- All Candies – any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of other ingredients, including powdered drink mix (i.e., Kool-Aid).
- Certain Chips and Snack Foods – any portions larger than or nutritional content other than those indicated in this policy.

Eating Environment:

- Students should be provided adequate time to eat meals.
- Lunch periods should be scheduled as near the middle of the school day as possible.
- Cafeterias should include enough serving area so students do not have to spend too much time waiting in line.
- Dining areas should be attractive and welcoming to students and have adequate seating for all students.
- Food should not be used as a reward or punishment for student behaviors, unless it is detailed in the student’s Individual Education Plan (IEP).

Foodservice Operations:

- The foodservice operation will aim to be financially self-supporting. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- The foodservice operation will employ a foodservice director, who is properly qualified, certified and/or credentialed according to current professional standard, to administer the school foodservice program and satisfy reporting requirements.
- Foodservice personnel shall be adequately trained in pre-service and foodservice operations.

Food Safety/Food Security:

- All foods made available in schools will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the foodservice operations are limited to foodservice staff and authorized personnel.

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