

Walnut Bend I.S.D. Wellness Policy on Physical Activity and Nutrition

Walnut Bend I.S.D. 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 Walnut Bend I.S.D. 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 PK-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- 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 and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 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 Policy Goals:

I. School Health Advisory Council

Walnut Bend I.S.D. will develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies in consultation with the local school health advisory council and with involvement from representatives of the student body, school nutrition service, school administration, the board, parents and the community.

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 setting;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- Offer a variety of fruits and vegetables;
- Serve assorted 1% reduced fat milk or fat free chocolate milk to grades K-8;
- Serve on 1% reduced fat milk in PreK;
- Ensure that all grains served are whole grain;

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 will share information about the nutritional content of meals with parents and students. Such information could be made available upon request.

Breakfast

To ensure that the children have breakfast 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 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 take-home materials or other means;

Summer Food Service Program

Walnut Bend I.S.D. at this time does not sponsor a Summer Food Service Program.

Meal Times and Scheduling

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will schedule meal periods at appropriate times;
- Will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule lunch periods prior to recess periods;
- Will provide students access to hand washing or hand sanitizing before the eat meals or snacks;

- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (i.e., orthodontia or high tooth decay risk);
- Will discourage consumption of foods and beverages of minimum nutritional value in the classroom between scheduled meals and snacks;

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 or sickness and other restrictions on some children's diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals)

Director of Food Service will provide administrator with lists of Nutritional Snacks for classroom parties and/or celebrations per USDA requirements.

Guidelines for Use of Food for Instructional Purposes

Suggestions for non-food reward ideas can be given to INSTRUCTIONAL students based on the discretion of the teacher and/or principal.

Celebrations

Schools will 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. The district will disseminate a list of healthy party ideas to parents and teachers.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotions

Walnut Bend I.S.D 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, and social sciences;
- Includes enjoyable, developmentally-appropriate, culturally relevant, participatory activities, such as contest, promotions, taste testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole grain products, low-fat or 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;
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of physical activity (i.e., at least 60 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 the 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 watchin television;
- Opportunities for physical activity should be incorporated into other subject lessons;
- Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate;

Communications with Parents.

The district will support parents' efforts to provide a healthy diet and physical activity for their children. The district will send home nutrition information and post nutrition tips on the district website. Schools should encourage parents to pack healthy lunches and snacks.

Food Marketing in Schools

School-based marketing should be consistent with nutrition education and health promotion. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Staff Wellness

Walnut Bend I.S.D. 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. 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.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) PK – 8

All students in grades PK-8, including students with disabilities, special health-care needs, and in alternative education settings, will receive daily physical education (or is equivalent of 150 minutes per week for elementary school students and 225 minutes per week for middle 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.

Physical Activity Opportunities Before and After School

All schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All middle schools as appropriate should offer interscholastic sports programs. Schools should 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.

Safe Route to School

The district will assess to the extent possible and make improvements as needed to make it safer and easier for students to walk and bike to school. When appropriate, the district will work with county public works and safety in those efforts.

Use of School Facilities Outside of School Hours

School spaces and facilities may be available to students, staff, and community members before 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. 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.

School food service staff will ensure compliance with nutrition policies with school food service area and will report on this matter to the superintendent.