

DESCRIPTIVE CODE: ABCC

New Salem-Almont Public School

Wellness Policy

Policy Overview—A Healthy School Nutrition Environment

The link between good nutrition and learning is well documented. Good nutrition and improved health optimizes student performance and ensures that no child is left behind. In addition, healthy eating patterns are essential for students to achieve their full physical and mental growth, as well as lifelong health and well-being. It has been demonstrated that healthy eating reduces the risk of developing many chronic diseases in both children and adults. It is also linked to reduced risk of mortality.

Schools have a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns. A Healthy School Nutrition Environment has been shown to positively influence students' eating habits.

The New Salem-Almont Public School District promotes a Healthy School Nutrition Environment by supporting and promoting the following five practices:

1. A comprehensive learning environment for developing and practicing lifelong wellness behaviors.

- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- Every student in grades K-12 shall be encouraged to participate in at least one program of school-based physical activity at every grade level, either a physical education class and/or a competitive sport, and/or an intramural sport each year.
- A healthy school environment should not be dependant upon revenue from high-fat, high-sugar, low nutrient foods.
- School personnel are encouraged to practice consistency of nutrition messages throughout the curriculum and school environment (e.g., in learning activities, classroom snack policies, etc.).
- School personnel are encouraged to be good nutritional role models.

2. Proper dietary habits contributing to students' health status and academic performance.

- All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards (attached). Regarding vending (pop and candy) machines, the following will become effective immediately:
 - All vending machines located on school property must have graphics featuring at least 50% fruit or vegetable juices, water or healthy educational messages; there shall be no soda pop advertising on the vending machines.
 - Pursue the addition of a dairy product vending machine.

- Pop machines will not be placed in the elementary school.
 - Pop machines will be allowed in both staff rooms.
 - Emphasis will be placed on foods that are nutrient dense per calorie, whether they are served or sold.
 - Foods should be served with consideration towards variety, appeal, taste, safety and packaging to ensure high quality meals and snacks.
- 3. A sequential program of nutrition instruction that is integrated within the comprehensive school health education curriculum and coordinated with the food service program.**
- The nutrition classes will be taught by well-qualified and well-supported staff and will be aimed at influencing students' eating habits (behaviors) as well as their knowledge and attitudes toward health education.
- 4. A foodservice program that employs well-qualified staff who efficiently serve appealing choices of nutritious foods that comply with or exceed federal and state standards.**
- 5. Marketing of healthy eating.**
- Promote healthy eating to students, parents, teachers, administrators, and the community.
 - Giving students positive, motivating messages about healthy eating and physical activity throughout the school setting.
 - Reducing or eventually eliminating advertising that promotes less nutritious food choices.

I. NEW SALEM-ALMONT PUBLIC SCHOOL DISTRICT WELLNESS POLICY COMMITTEE MEMBERS

Parent Representatives	Mary Jagelski Nancy Jo Bateman
Student Representatives	Brekka Thompson Bryce Tellmann
School Food Service Representative	Sandy Heid Gale Norton
School Board Representatives	Mark Fleck
Administrators	Brent Lauf
Representatives from the Public	Steve Kleinjan

II. GOALS FOR NUTRITIONAL EDUCATION

Nutritional Education and Promotion: The New Salem-Almont Public School District aims to teach, encourage, and support healthy eating. Schools in the New Salem-Almont Public School District will provide nutrition education and engage in nutrition promotions that meet the following criteria:

- Nutrition education will be 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.
- Nutrition education will not only be a part of health education classes, but also a part of classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- The nutrition provided will promote the eating of fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- The nutrition education program will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise).
- The nutrition education program will link with the school's meal program, with other school foods, and nutrition-related community services.

- The nutrition education program will teach media literacy with an emphasis on food marketing.
- The nutrition education program will include 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 physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward this end, the New Salem-Almont Public School Districts adopts the following policies:

- 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 activity are encouraged to be a part of other subject lessons.
- Classroom teachers are encouraged to 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 daily physical activity for their children. Schools will encourage parents pack healthy lunches and snacks and refrain from including beverages and foods that do not meet the school district's nutrition standards for individual foods and beverages. The New Salem-Almont Public School District will provide parents with a list of foods that will meet the district's snack standards and include ideas for healthy snack choices for celebrations, rewards, and fundraising activities.

The New Salem-Almont Public School District will provide information about physical education and other school-based physical activity opportunities before, during and after the school day to parents regularly. The district will support parents' efforts to provide their children with opportunities to be physically active outside of school. Support will be provided by sharing information about physical activity and physical education through the school website, the school newsletter, other take home materials, hosting special events, and/or through physical education homework.

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. As such, New Salem-Almont Public Schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for foods and beverages sold individually (see above). School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited.

The promotion of healthy foods including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following:

- Logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment;
- Educational incentive programs that provide food as a reward;
- Programs that provide schools with supplies when families buy low-nutrition food products;
- On-school television, such as Channel One;
- Free samples or coupons of low-nutrition food products;
- Food sales through fundraising activities.

Marketing activities that promote healthful behaviors (and are therefore allowable) include the following:

- Vending machine covers promoting water;
- Pricing structures that promote healthy options in a la carte lines or vending machines;
- Sales of fruit for fundraisers.

Staff Wellness

The New Salem-Almont Public School District 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 is encouraged to establish and maintain a staff wellness committee that could include staff members, school health council members, local hospital representatives, dietitians or other health professionals, recreation program representatives, union representatives, and an employee benefits specialist. 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 a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school annually.

III. GOALS FOR PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

Daily Physical Education:

- All students in grades K-6, including students with disabilities, special health-care needs, and students in alternative educational settings, will receive physical education class (or its equivalent) for a minimum of 60

minutes/week for students in grades 1-3 and 90 minutes/week for students in grades 4-6 for the entire school year.

- All physical education will be taught by a certified physical education teacher.

Daily Physical Education (P.E.) 7-12:

- All students in grades 7-12, including students with disabilities, special health-care needs, and students in alternative educational settings, will receive physical education per school requirements for graduation.
- All physical education courses will be taught by a certified physical education teacher.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

IV. GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

Daily Recess:

- All elementary school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools in New Salem-Almont Public School District will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Schools in New Salem-Almont Public School District will discourage extended periods (i.e., periods of two or more hours) of inactivity during the school day. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools in New Salem-Almont Public School District will give students periodic breaks during which they will be encouraged to stand and engage in moderate physical activity.

Physical Activity and Punishment: Teachers and other school and community personnel in New Salem-Almont Public School District will not use physical activity (e.g., running laps, pushups, etc.) or withhold opportunities for physical activity (e.g., recess, physical education class, etc.) as punishment.

V. NUTRITION GUIDELINES FOR ALL SCHOOLS AVAILABLE ON THE SCHOOL CAMPUS

SCHOOL MEALS

Meals served through the National School Lunch and Breakfast programs will meet the following guidelines:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives, and;
- work toward the goal of ensuring that half of the grain products served are 100% whole grain, dependent on product availability and student acceptance, by January 2008.

The school foodservice program will work to 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; share information about the nutritional content of meals with parents and students via menus, website, on cafeteria menu boards, or other point-of-purchase materials.

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, the school will do the following:

- To the extent possible, operate the School Breakfast Program. Schools that serve breakfast to students will also notify parents and students of the availability of the program.
- To the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation of students.
- Encourage parents to provide a healthy breakfast for their children at home or school through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals: The New Salem-Almont Public School District will make every effort to eliminate and social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

Meal Times & Scheduling: The schools in the New Salem-Almont Public School District will meet the following meal times and scheduling policies:

- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Schools will schedule meal periods at appropriate hours;
- Schools will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Schools will provide students with access to hand washing or hand sanitizing before they eat meals or snacks, and;
- Schools will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff: Qualified professionals will administer the school meals and be employed as food service staff. New Salem-Almont Public School Food Service Staff will be provided with continuing professional development opportunities in food meal preparation and nutrition, including, but not limited to, the North Dakota Department of Public Instruction's *Pathways* courses as appropriate to their levels of responsibility.

Sharing of Foods and Beverages: Given concerns about allergies and other restrictions on some children's diets, New Salem-Almont Public School will discourage students from sharing their foods or beverages with one another during meal or snack times.

Foods and Beverages Sold Outside of Reimbursable School Meals (i.e., vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

- Meals and drinks from competitive, commercial eating establishments will not be allowed in school cafeterias for consumption or sale.

Elementary Schools: Given young children's limited nutrition knowledge and skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, water, 100% fruit juices, non-fried vegetables, and sandwiches.

Middle/Junior High and High Schools: In middle school/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day, or through

programs for students after the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Foods Sold for Fundraising	All food fundraising on campus for consumption within the instructional day will be encouraged to follow the district nutrition standards.
In-school snacks & snacks in after school programs	<ul style="list-style-type: none">• 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 100% fruit/vegetables juices, fat-free or 1% fat mild, or 100% water as the primary beverages.• Schools will assess if and when to offer snacks, based on the timing of school meals, children's nutritional needs, children's ages, and other considerations.• The New Salem-Almont Public School District will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.• Schools that meet eligibility requirements to provide snacks for after-school programs will pursue receiving reimbursements through the National School Lunch Program.• 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 that one food or beverage that does not meet the nutrition standards for foods and beverages sold individually (listed above).• The New Salem-Almont Public School District will disseminate a list of healthy party snack ideas to parents and teachers.• School-sponsored events held outside the regular school day include, but are not limited to, athletic events, dances, performances, etc.• Foods and beverages offered or sold at school-sponsored events outside of the school day are NOT restricted under this policy. However, foods and beverages that make a positive contribution to children's diets and health will be encouraged.• The schools in the New Salem-Almont Public School District will not use foods or beverages that do not meet the nutrition standards for foods and beverages sold
Celebrations	
School-Sponsored Events	

Rewards

individually (listed above) as rewards for academic performance or good behavior, and will not withhold foods or beverages (including food served through school meals) as punishment.

These standards are subject to change necessary for improvement upon periodic review.