

Bluffton-Harrison Metropolitan School District's Wellness Policies on Physical Activity and Nutrition Guidelines

Preamble

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, include 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 Bluffton-Harrison Metropolitan School District 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 the Bluffton-Harrison Metropolitan School District 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.

Source: Bluffton-Harrison Metropolitan School District

Adopted: May 8, 2006

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- All students in grades K-12 will have opportunities, support, and encouragement for developmentally appropriate physical activity on a regular basis.
- Foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the Department of Agriculture.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods and beverages that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, and the National School Lunch Program.)
- 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 Wellness Committee

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, staff members, health professionals (when available), and members of the public.) The school district will engage administrators, department supervisors, teachers, food service professionals, health professionals, the purchasing agent, and youth in developing, implementing, monitoring and reviewing the BHMSD Wellness Policy on Physical Activity and Nutrition. The Wellness Committee shall meet quarterly to review nutrition and physical activity policies and annually to develop an action plan for the coming year as necessary. The Committee shall meet as needed during the school year to discuss implementation activities and address barriers and challenges.

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II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

SCHOOL MEALS (MEAL CONTENT)

1. Meals served through the National School Lunch and Breakfast Programs will:
 - 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 (see attached board policy EFF-L);
 - offer a variety of fruits and vegetables; with a minimum of 1 cup fruit for breakfast and 1 cup both fruit and vegetable for lunch;
 - ensure that half of the served grains are whole grain;
 - serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
 - food service employees may establish reasonable limits on the availability of ala carte items where applicable. Ala carte limits and policies will be communicated through traditional channels like web sites and school newsletters.
 - Contain 0% trans fats;
 - Contain less than 10% of total calories from saturated fats;
 - Include whole grains for all grains served;
 - Offer only 100% fruit juices.
 - Make potable (drinking) water readily available at all mealtimes.
2. Menus will be reviewed and approved by a licensed dietician.
3. Special dietary needs of students will be considered when planning meals, according to the document *Accommodating Children with Special Dietary Needs in the School Nutrition Programs*.
4. Menu items may be substituted as needed for the safety and security of individual residents while on suicide watch or other limited circumstances. All substitutions will be made while maintaining compliance with USDA standards.
5. The food services department will share information about the nutritional content of meals with students, program participants, and parents/guardians. The information will be available in resident handbooks and parent intake packets.

GOALS:

- All cooked foods will be baked or steamed.
- Proper procurement procedures and preparation methods will be used to decrease excess fat, calorie and sodium levels in food.

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- Introduce whole grain pastas to youth and staff.
- Provide opportunities for taste testing of new healthier foods being introduced on the menu.
- Menus will include larger variety of vegetables, particularly in the categories of beans/peas and red/orange.

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 will, to the extent possible, operate the School Breakfast Program.
- Breakfast offerings will be limited to healthy cereals and other items as approved by the food service manager and building principal. Fresh fruits will be offered whenever possible.
- 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.

Free and Reduced-priced 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. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Meal Times and Scheduling. Schools within the Bluffton-Harrison Metropolitan School District:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should 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 nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for

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all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

FOODS AND BEVERAGES SOLD INDIVIDUALLY

Elementary School. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition 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, and non-fried vegetables.

Middle and High School. In the middle/junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the nutrition and portion size standards as defined by state and federal laws (see attached policy EFF-L).

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities will strive to offer foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. Fundraising activities must be approved by the building principal or designee.

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 considerations.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards. Schools will be very selective about using 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.

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Celebrations. Schools should limit celebrations that involve food during the school day to a reasonable number as approved by the building principal. Staff will make efforts to provide healthy options available during these celebrations.

Food Items from Home. Each school within the Bluffton-Harrison Metropolitan School District will establish policies related to food items being brought into the school. A school may choose to either prohibit the practice of accepting items prepared at home or communicate safe food handling procedures that must be followed before such items are accepted by the school. Such policies will be communicated to parents by the building principal through traditional communication methods like web sites or school newsletters.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education. The Bluffton-Harrison Metropolitan School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education that:

- is offered at various grade levels 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 subjects such as math, science, language arts, social sciences, and elective subjects as appropriate;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

Nutrition Promotion. The Bluffton-Harrison Metropolitan School District aims to teach, encourage, and support healthy eating by students. Schools should engage in nutrition promotion that:

- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens as resources allow;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Links with school meal programs, other school foods, and nutrition-related community services;

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Communications with Parents. The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

Food Marketing in Schools. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (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.

Staff Wellness. The Bluffton-Harrison Metropolitan 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. Staff members are also provided opportunities to access the facility gymnasium and equipment, when not in use by the youth, during lunch breaks.

GOALS:

- Increase staff involvement during youth recreational periods.
- Conduct physical team building/stress relieving activities for staff.
- Conduct wellness improvement options
 - a. Free flu shot clinic offered every season
 - b. Blood profile options scheduled annually
 - c. Every October staff participates in breast cancer awareness month

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IV. Physical Activity Opportunities and Physical Education

BHMSD supports the health and well-being of youth by promoting physical activity. Students engage in scheduled recreation daily. In addition, students are provided opportunities to participate in recreational activities within the community (i.e., YMCA, local parks, baseball fields, swimming pool, bowling alley, etc.).

Sufficient space is provided for youth to engage in various types of physical activities. Students are able to utilize the gymnasium and outdoor recreation areas during appropriate class times.

GOALS:

- A combination of aerobic, stretching, and muscle building activities will be rotated to ensure a varied and holistic workout.
 - a. Circuit training is provided in order to improve fitness.
 - b. A variety of games are played to develop group dynamics and team play.
- Youth will be provided opportunities to develop knowledge and skills for specific physical activities.
- Youth will be educated on the short and long-term benefits of a physically active lifestyle.
- Encourage teamwork among staff to develop ways to integrate physical activity into daily routines of youth.
- 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 will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive regular physical education as the present school funding levels allow.

Daily Recess. The school district will strive to offer all elementary school students at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

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Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. Recreational TV viewing will be limited to the lunch time.

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will 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.

After-school child care and enrichment programs will provide and encourage, verbally and through the provision of space, equipment, and activities, daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment. Administrators and other school and community personnel will discourage the use of physical activity (*e.g.*, running laps, pushups) as punishment. Coaches may use running as they deem it necessary to improve the overall performance of their respective teams.

Other School-Based Activities BHMSD will retain nurses, counselors, and therapists in each building to provide counseling to ensure the emotional and social well-being of all students and staff.

Use of School Facilities Outside of School Hours. School spaces and facilities should be available to students, staff, and community members before, during, 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. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

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School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal).

Each department supervisor is responsible for monitoring daily implementation of the Wellness Policy within his/her department. Department Supervisors report directly to the Wellness Committee Supervisor. The Wellness Committee Supervisor is responsible for calling the committee to meet for any concerns or changes.

Policy Review. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation. The Wellness Committee will meet annually, at minimum, or more often as needed to evaluate the implementation and impact of the Wellness Policy on Physical Activity and Nutrition. Goal attainment will be measured and goals will be revised and updated or created. Policy language will be assessed every two years and revised as needed.

GOALS:

- Meet at the minimum once in the third quarter of each year.
- Review cyclic menus, production records, temperature charts, special diet documentation, and substitution documentation.
- Observe meal preparation and serving at a minimum of once quarterly.
- Confirm staff and students are receiving nutrition education as prescribed.

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