

# LIVINGSTON SCHOOL DISTRICT

## ADMINISTRATIVE PROCEDURES

## Wellness Policy 2510P

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**I. Nutrition Education** Sequential and interdisciplinary nutrition education will be provided and promoted as follows:

- A. each school will ensure the core health is taught in grades K-12; and
- B. nutrition education will be encouraged in other content areas, in the home and the broader community. Ideas for doing this include: nutrition fair, nutritious food cooking camps, after school chef programs...

## **II. Physical Education and Physical Activity**

A. Adequate physical education will be provided and physical activity connected to students' lives outside of physical education will be promoted as follows:

1. Each school will ensure the physical education core is taught in grades K-12. Physical education activities will be encouraged in other content areas, in the home and the broader community;
2. Physical education instructors at the elementary level will be district certified;
3. Each elementary physical education instructor will be encouraged to participate annually in the following certification programs:
  - a. elementary Physical Education Teaching Methods, 14 hours per year;
  - b. monthly Staff Development, 16 hours per year; and
  - c. current First Aid and CPR Certification.
4. Physical education instructors at the secondary level will be certified according to state standards.
5. Enrollment in secondary physical education courses will not exceed the number of students that space and equipment can safely accommodate.
6. Adequate equipment and supplies will be available for all students to safely and fully participate in structured physical education activities.
7. Time allotted for physical education instruction and physical activity will be consistent with state standards,
8. All elementary students will be allowed a minimum of 15 minutes of recess each school day, not to include scheduled lunch time. Daily recess periods can be structured to be a part of the physical education instructional time and will not be systemically used as a behavioral consequence.
9. Learning and playing of lifetime sports in the middle and high school will be encouraged.

**III. Other School Based Activities:** All school-based activities will be consistent with the district wellness policy as follows:

- A. After-school programs will encourage physical activity and the formation of healthy habits.
- B. The district wellness policy administrative procedures should be considered for all classroom and school based activities. Birthday recognitions (if done) should discourage treats and encourage celebrating in other ways that do not include foods.
- C. Hosting wellness clinics, health screenings, and enrolling eligible children in Medicaid and other state health insurance programs will be pursued at each school site to support the health of all students.

**IV. Nutrition Guidelines for All Foods on Campus:** All foods and beverages made available to students on campus will be consistent with the current standards for all foods sold in school as required by the Healthy, Hunger-Free Kids Act of 2010 as follows ( These standards shall be monitored by the wellness director for compliance):

- A. ~~All~~ Foods made available to students on campus, a-la-carte sales, after-school programs, beverage contracts, school parties/celebrations, student stores, vending machines, etc. will prioritize nutrient density, fruits and vegetables, decreasing fat and added sugars, and moderating portion size.
- B. Nutrition Standards for Foods sold in school must:
  1. Be a "whole grain-rich" grain product; or
  2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
  4. 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 may not qualify using the 10% DV criteria.

C. Foods must also meet several nutrient requirements:

1. Calorie limits - Snack items < 200 calories; Entrée items < 350 calories
2. Sodium limits – Snack items < 230 mg (On July 1, 2016, snack items must contain ≤ 200 mg sodium per item)
3. Entrée items < 480 mg
4. Fat limits - Total fat: ≤ 35% of calories; Saturated fat: < 10% of calories; Trans-fat zero grams
5. Sugar limits - < 35% of weight from total sugars in foods

D. Classroom rewards should focus on non-food rewards. Schools should strive to avoid any rewards that have sugars, artificial colors, artificial sweeteners, corn syrup, and trans-fats. Alternative classroom rewards should focus on social rewards, recognition, privileges, school supplies, sports equipment, games, toys/trinkets, etc. Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences

## **V. Nutrition Standards for Beverages all school may sell:**

A. All schools may sell:

1. Plain water (with or without carbonation)
2. Unflavored low fat milk
3. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
4. 100% fruit or vegetable juice and
5. 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

B. Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water. Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students. No more than 20-ounce portions of:

1. Calorie-free, flavored water (with or without carbonation); and
2. Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or calories per 20 fluid ounces.
3. No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

C. Other Requirements:

1. Fundraisers - The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards. The 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.
2. Accompaniments - Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.
3. Classroom snacks will feature healthy choices.
4. Food and beverage information displayed in the school cafeteria will be consistent with established nutrition standards.
5. No school activities, events or parties will interfere with student access to a nutritionally balanced lunch or breakfast.

**VI. Eating Environment:** The school environment will be safe, comfortable, pleasing, and allow ample time and space for eating meals; and food and/or physical activity will not be used as a reward or punishment as follows:

- A. Students will be encouraged to start each day with a healthy breakfast.
- B. Students will be provided adequate time to eat breakfast and lunch at school, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated.
- C. Lunch periods will be scheduled as near the middle of the school day as possible. Lunch periods will not be scheduled at the end of a shortened school day.

D. Elementary schools will implement a schedule, where feasible, to schedule recess before lunch or implement a structured schedule that ensures that children are not pressured to eat and run.

E. School cafeteria areas will provide enough serving lines to ensure that students spend no more than seven minutes waiting in line for a school meal.

F. School employees, student government, and community members will be encouraged to reward student behavior with non-food items instead of food items. Student input is recommended at secondary level.

G. Bus routes and school schedules will be coordinated to allow students ample time before class to participate in the National School Breakfast program.

H. Students in kindergarten through grade 12 will be responsible for cleaning up after themselves at breakfast and lunch. Students will put away trays and dispose of garbage properly to keep the school environment clean.

I. Efforts to provide hydration opportunities for students is strongly encouraged.

**VII. Child Nutrition Operation:** Child Nutrition programs will be accessible to all students and must comply with federal, state and local requirements (See 2510). The school district will develop a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the federal school meal programs, e.g. school lunch, school breakfast, after-school snack, and summer food service.

**VIII. Food Safety/Food Security:** All foods made available on campus by Child Nutrition Services will adhere to food safety and security guidelines including compliance with federal, state and local food safety and sanitation regulations. Food provided outside of Child Nutrition Services becomes the responsibility of school administration, with oversight of the School Community Council. Access to the food service operation is to be limited to Child Nutrition staff and authorized personnel only.

**IX. Implementation and Evaluation:** The Superintendent or designee will appoint a district wellness committee to that will positively impact student health. The district wellness committee will be designated to oversee the implementation and evaluation of the district wellness policy at each school site as follows:

- A. District Wellness Committee: The purpose of the district wellness committee is as follows:
  1. Regularly monitor the overall effectiveness of the district Wellness policy.
  2. Highlight area in need of future change.
  3. Recommend policy and/or administrative procedure modifications that will positively impact student health.
  4. Be a resource to give alternative ideas for unhealthy snack and reward practices.
- B. School administration will monitor compliance and support and recognize implementation.
- C. The School District will inform and update the public **every 3 years, at a minimum**, (including parents, students, and others in the community) about the content and implementation of the local wellness policies. The District will also measure periodically and make available to the public an assessment of the wellness policy, including:
  - The extent to which schools are in compliance with the wellness policy;
  - The progress made in attaining the goals of the wellness policy.

Policy History:

Adopted on: March 15<sup>th</sup>, 2016

Revised on: December 13<sup>th</sup>, 2016

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