

Administrative Guidelines For WELLNESS POLICY (Code No. 507.9)

The Turkey Valley Community School District Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health promoting learning environment at every level, in every setting.

The Turkey Valley CSD has developed the following Administrative guidelines for implementation and monitoring of the district's Wellness Policy. The school district wellness policy committee is comprised of parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators, and the public. The local wellness policy committee has developed a plan to implement these administrative guidelines to monitor the effectiveness of the policy. Annually, the school completes a School Wellness Building Progress report and communicates its findings. The principal has been designated as the person responsible for reporting the committee's review of the policy and guidelines to the school board and ensuring that the school complies with the policy.

Specific Wellness Goals

In order to assure progress with the school wellness plan, specific wellness goals in the areas of nutrition education, physical activity and other school-based activities will be developed and reviewed annually. Guidelines for each area follow.

Nutrition Education

The Turkey Valley school district will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. Nutrition education will:

- Be offered at each grade level as part of a sequential, comprehensive, standards-based program;
- Be part of not only health education classes but also classroom instruction in subjects such as math, science, language arts, social sciences and electives;
- Include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing's, farm visits, school gardens and nutrition related community services;
- Promotes whole foods including: fruits, vegetables, whole-grain rich products, low-fat and fat-free dairy products, and healthy fats along with nutrient-preserving food preparation methods and health-enhancing nutrition practices;
- Includes annual training for food service members.

Physical Activity

Physical Education: The Turkey Valley school district will provide age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines. The goals for addressing physical activity include:

- at least 60 minutes a week for elementary students and 90 minutes a week for junior and senior high school students;
- opportunities for all students in grades K-12 for the entire school year;
- instruction by a certified physical education teacher;
- adaptations for students with physical and educational disabilities, as well as students with special health-care needs;
- activities and games that engage students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess: Elementary schools should provide recess for students that

- is at least 30 minutes a day;
- is preferably outdoors; indoor recess may be held per weather conditions;
- verbally encourages moderate to vigorous physical activity and provides space and equipment; and
- discourages extended periods (i.e., periods of two or more hours) of inactivity.
- Policies and school practices ensure physical activity is not used for or withheld as a punishment.

When activities, such as mandatory school wide-testing, make it necessary for students to remain indoors for long periods of time, students are provided with periodic breaks during which they are encouraged to stand and/or participate in a stretching routine.

Physical Activity Opportunities after School

After-school 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.

Other School-based Wellness Activities

The school, with coordination assistance from the wellness committee works to design and promote student wellness opportunities into classroom routines, projects and school-wide activities. An example of this is integrating additional physical activity into the classroom setting by:

- Discouraging long periods of sedentary activities, such as watching television, playing computer games, etc;
- Recommending classroom teachers to integrate short physical activity breaks (brain breaks) between lessons or classes, as appropriate;

- Permit students to bring and carry water bottles filled with water throughout the day.

Communication with Parents

The Turkey Valley school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. Communication with parents will be via social media, the school website, and the school newsletter. The school district will:

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.
- Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, non-food rewards and fundraising activities.
- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day.
- Support parents' efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion and will follow Smart Snacks Nutrition Standards for food marketing in schools. The school district will:

- Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers.

Staff Wellness

The Turkey Valley school district 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 District promotes:

- A staff wellness committee composed of staff members.
- Development and promotion of a plan to promote staff health and wellness developed by the staff wellness committee.
- Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of wellbeing among employees.

Nutrition Guidelines for All foods Available on Campus

The nutrition guidelines for all foods and beverages sold to student on the school grounds during the school day are consistent with Federal regulations for: school meal nutrition standards and Smart Snacks in School standards. The objectives of these programs and student school wellness offerings is to promoting student health and normal growth respective to each individual student, while reducing childhood obesity development in the Turkey Valley Community School District.

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 settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal law;
- Offer a variety of fruits and vegetables;
- Serve low-fat (1%) and fat-free milk and/or nutritionally equivalent non-dairy alternatives (as defined by the USDA);
- Ensure that half of the served grains are whole grain.

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:

- Operate the breakfast program, to the extent possible;
- Notify parents and students of the availability of the School Breakfast Program.

Free and Reduced-Priced Meals

The Turkey Valley school district 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 meals. Toward this end, the school district:

- Utilizes confidential electronic identification and payment systems;
- Promotes the availability of meals to all students.
- Provide meals at no charge to all children, regardless of income.

Meal Times and Scheduling

The 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;
- Will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during each activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- 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).

Qualification of Food Service Staff

Food service workers will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- Provide continuing professional development for all food service workers. This includes annual review of the Federal nutrition guidelines and Smart Snack standards;
- Provide staff development programs that include appropriate certification and/or training programs for food service workers, according to their levels of responsibility.

Sharing of Foods

The school discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, potential restrictions on some children's diets, and food illness prevention and infection control.

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

Access to healthy foods outside the reimbursable meal program before school, during school, and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes food and beverage items sold through a la carte lines, vending machines, student run stores, and fundraising activities inside school hours.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will be recommended to include foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Food related fundraiser sales are held outside of the school day. The school district encourages fundraising activities that promote physical activity. Other non-food fundraisers, such as spell-a-thons and dance-marathons are also encouraged.

Snacks

Snacks served during the school day 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. Snacks provided by the school will meet the Smart Snack standards. The school will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of suggested healthful snack items to teachers, after-school program personnel and parents.

Rewards

The school district will not withhold physical activity, or food or beverages (including food served through meals) as a punishment. In efforts to promote healthy eating habits and good internal eating regulation (abilities to eat when hungry and stop when satisfied), food as a reward is not encouraged. Non-food rewards for achievements are encouraged instead.

Celebrations

The school will routinely evaluate their celebrations practices that involve food during the school day. The school district will encourage healthy food and beverage choices and nonfood related activities by providing a list of healthy party ideas to parents and teachers that align with wellness objectives.

Concession Stand

Individual groups offering concession stands during events (not during instructional day) are not subject to this policy.

Food Safety

- All foods made available on school grounds adhere to food safety and security guidelines.
- All foods prepared or provided on the school campus 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.
<http://www.fns.usda.gov/tn/resources/servingsafechapter6.pdf>

Documentation, Reporting and Evaluation

Documentation

Documentation of implementation of the school wellness policy is maintained for 7 years. This documentation will be examined by the State agency during their triennial administrative review. Documentations maintained include, but are not limited to: copy of current wellness policy, documentation on how the policy and assessments are made available to the public, the most recent assessment of implementation of the policy (School Wellness Building Progress reports), and documentation of efforts to review and update the wellness policy, including who was involved and how stakeholders were made aware of their ability to participate. Documentation of the current wellness committee member list, meeting announcements, committee invites, and notes are also kept.

Triennial Assessments

The school wellness policy and practices are subject to a triennial assessment by the state to assess for compliance with the wellness policy requirements every three years.

School Wellness Building Progress Reports

In efforts to continually improve school improvement and make progress on identified goals, the school will complete a school wellness building progress report annually. Information from this reviewed is shared with administration, staff and public. The information is used to develop future goals and programming and will be viewable on the school website.

Approved: January 9, 2017

Reviewed: January 2017

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