

Delta R-V School District Nutrition and Physical Activity Wellness Policy

Purpose and Goal:

The link between nutrition and learning is well documented. Healthy eating patterns and adequate physical activity are essentials for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Healthy eating and being physically active are demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. Schools have a responsibility to help students and staff establish and maintain lifelong healthy eating and physically active patterns. Well-planned and well-implemented school nutrition and physical education programs have been shown to positively influence students' eating habits and choices to be physically fit.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Delta R-V School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Component 1: A Commitment to Nutrition and Physical Activity:

- A. The Delta R-V School District's School Health Advisory Council (SHAC) shall address nutrition and physical activity issues and develop, implement, and evaluate guidelines that support a healthy school wellness environment. The Council shall offer revision to these guidelines annually or more often if necessary.
- B. Principals will address concerns such as kinds of foods available on their campus, sufficient mealtime, nutrition education, and appropriate physical activity.
- C. Nutrition education shall be integrated across the curriculum and physical activity will be encouraged daily.
- D. The school food service staff will participate in making decisions and guidelines that will affect the school nutrition environment. The physical education department and teachers will participate in making decisions that will encourage student physical activity.

Component 2: Quality School Meals

- A. The Delta R-V School District will offer breakfast and lunch programs and participate in free and reduced meals to those students who qualify.

- B. The school foodservice staff, that is properly qualified according to current professional standards and will regularly participate in professional development activities, will administer the Child Nutrition Programs.
- C. Food safety will be a key part of the school foodservice operation by satisfying the requirements of the Delta R-V School District's Food Safety Program based on the federal HACCP (Hazard Analysis and Critical Control Point) principles.
- D. Menus will meet the nutrition standards established by the U.S. Department of Agriculture and the Missouri Eat Smart Guidelines, conforming to good menu planning principles, and featuring a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature.
- E. School Personnel, along with parents, will encourage students to choose and consume full meals. Positive nutrition statements will be provided to students on a daily basis.

Component 3: Other Healthy Food Options

- A. The SHAC will develop and recommend to the administration guidelines on nutrition standards for food and beverages offered through parties, celebrations, social events, and any school functions (including concession stands at sporting and academic events). See Attachment A.
- B. Staff may use food as a reward for student accomplishment. But an attempt will be made to offer items such as those listed in Attachment A.
- C. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom.
- D. Students are allowed to have individual water bottles in the classroom.
- E. Attachment A will be sent home with students at the beginning of the year and for scheduled holiday parties to encourage the sending of healthy snacks and beverages.
- F. All classroom parties will be scheduled after lunch if at all possible.

Component 4: Pleasant Eating Experiences

- A. Drinking fountains will be available for students to get water throughout the day.
- B. School Personnel will assist all students in developing the healthy practice of washing hands before eating.
- C. School personnel will schedule enough time so students do not have to spend too much time waiting in line.
- D. Schools should not schedule tutoring, pep rallies, awards, assemblies, club/organization meetings, and other activities during mealtime. Unless it is acceptable to eat at the same time.
- E. Adequate time to eat in a pleasant dining environment should be provided. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.
- F. Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to

- students by demonstrating proper conduct and voice level, and by eating with the students. Parents are highly encouraged to dine with students in the cafeteria.
- G. Creative, innovative methods will be used to keep noise levels appropriate.

Component 5: Nutrition Education

- A. Delta R-V School District will follow health education curriculum standards and guidelines as stated by the Missouri Department of Education. Schools will link nutrition and physical education activities with the coordinated school health program.
- B. Students in K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors. Teachers are encouraged to integrate nutrition education into core curriculum areas such as math, science, social studies, and language arts, as applicable.
- C. Nutrition education will be offered in the school dining room and in the classroom, with coordination between school foodservice staff and teachers. Teachers can display posters, videos, websites, etc. on nutrition topics.

Component 6: Physical Activity Opportunities and Physical Education

- A. Elementary students, including students with disabilities, special health-care needs, and in alternative education settings, will receive 30 minutes of physical education twice a week, all year. All Junior High students will receive one semester of 50 minutes of physical education, daily per school year. All High School students will receive two semesters of 50 minutes of physical education, daily, equaling one full credit, as per their graduation requirements. A certified physical education teacher will teach all physical education classes. 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 percent of physical education class time participating in moderate to vigorous physical activity.
- B. All elementary students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which the recess supervisor should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- C. The Delta R-V Schools will discourage extended periods (i.e., periods to 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, students will be given periodic breaks during which they are encouraged to stand and be moderately active.
- D. School spaces and facilities will 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. Delta R-V School District policies concerning safety will apply at all times.

Component 7: Marketing

- A. Students will receive positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- B. Schools will consider student needs in planning for a healthy school nutrition and physical activity environment.
- C. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.
- D. Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and the community at registration, PTO meetings, Open Houses, Health Fairs, teacher-in-services, etc.
- E. Schools will work with a variety of media to spread the word to the community about healthy school and nutrition and physical activity environment, such as local newspaper and television stations.

Component 8: Implementation

- A. The SHAC shall be composed of parents and school district staff. The council should be represented by administration, teachers, the foodservice department, parents, a member from the community, and two students.
- B. The SHAC will meet four times a year. The students, staff, and parents will present the SHAC meeting minutes and/or reports to the Superintendent and both Principals with regards to the progress of the Wellness Policy and the status of compliance.

Attachment A

Delta R-V School District Nutrition and Physical Activity Wellness Policy Guidelines for Food and Beverages Offered to Students At School and School Functions

1. At any school function (parties, celebrations, receptions, festivals, etc.) healthy food choice options should be available to students. Some suggested foods are listed below:

Foods

Animal/Graham Crackers	Whole grain products
Cheese or Peanut Butter and Crackers	Raw vegetable sticks/slices with low-fat dressing or yogurt dip.
Baked Potato Chips	Fresh fruit and 100% fruit juices
Low-fat Pretzels	Frozen fruit juice pops
Low-fat Beef Jerky	Dried fruits (raisins, banana chips, etc)
Low-fat, low-sugar pudding cups	Trail Mix (dried fruits and nuts)
Low-sugar Jell-O cups	Dry roasted peanuts, tree nuts, and soy nuts
String Cheese	Low-fat meats and cheese sandwiches
Low-fat Yogurt	Party Mix (variety of cereals, nuts, pretzels)
Fresh Fruit	Low-sodium crackers
Multi grain/Granola Bars	Baked Corn Chips and Potato Chips with Salsa and low-fat dips (Ranch, French Onion)
Fruit Bars	Low-fat muffins, granola bars, and cookies
Trail Mix	Angel Food and Sponge Cake
Raisins	Flavored yogurt an fruit parfaits
Bagels w/or without low-fat cream cheese	Low-fat ice cream, frozen yogurts, sherbets
Healthy Sandwiches	Low-fat and skim milk products
Nuts or nut bars	Pure ice cold water
Rice Krispie Treats	Teddy Grahams
Nabisco 100-Calorie Packs	Pizza Hut Fit & Delicious Pizza

Beverages

Water, non-caloric
Only low-fat (1% or ½%) and/or skim (nonfat) milk
100% juice
Sports Drinks
Calcium-fortified soy or rice beverages

Foods to Avoid – Consume only occasionally (recommended no more than once per month)

Carbonated and caffeinated beverages (sodas, tea & coffee)

High sugar content candies and deserts

High fat foods (fried foods like French fries, fatty meats, most cheeses, and buttery popcorn)

High sodium foods (luncheon meats, cheeses, chips, salty popcorn, pickles)

- In selecting food items to offer keep in mind the numerous students and adults who are on special diets and their consumption of sugar, fat sodium, etc. is restricted.
- The use of foods of minimal nutritional value as learning incentives should not be practiced, and healthy food choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market healthy options at a lower profit margin to encourage selection by students.
- Sodas may be sold in the concessions at school functions. It is recommended that other beverages offered will include water, 100% fruit juices, teas, and sports drinks.