

**HAMLIN SCHOOL DISTRICT
WELLNESS POLICY**

**Adopted
July 9, 2018**

Introduction and Rationale

Introduction:

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement for all local agencies with a federally-funded National School Lunch program. School districts are encouraged to establish and maintain a coordinated school health program that addresses all components of school health.

Rationale

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

NUTRITION EDUCATION

The primary goal of nutrition education is to influence students' eating behaviors. At each grade level nutrition education will be integrated into existing curriculums and designed to provide students with the knowledge and skills necessary to promote their health.

Nutrition Education:

- Teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community and media;
- Is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences and elective subjects;
- Includes the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- Provides enjoyable, developmentally-appropriate, culturally-relevant and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
- Offers information to families that encourage them to teach their children about health and nutrition and provide nutritious meals for their families.

PHYSICAL ACTIVITY

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthful lifestyle.

Daily Physical Education Classes K-12

- All students in grades PreK-8 will receive physical education at least twice a week for the entire school year. Students with disabilities, special health-care needs and in alternative educational settings will be included. Students in grades 9-12 will be provided physical education opportunities as permitted by staffing, physical facilities, and funding resources.

- All physical education will be taught by highly qualified physical education teachers.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

Daily Recess

- All PreK-5 school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity.
- Extended periods of inactivity, two hours or more, are discouraged. 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.

Physical Activity Opportunities Before and After School

- All high schools and middle schools as appropriate, will offer interscholastic sports programs.
- Hamlin Schools will offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.
- Hamlin Schools will educate and encourage participation in community or club activities.
- After-school child care and enrichment programs will provide and encourage daily periods of physical activity for all participants.
- **Before, during, and afternoon physical activity will be offered to all students**

Rewards/Incentives/Consequences

- Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Students will not be denied physical activity for purposes of make-up work, testing, etc.
- **Food will not be offered as an award.**

Use of School Facilities Outside of School Hours

- Hamlin Schools will attempt to make school spaces and facilities 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 will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

Vending Machines

- Vending machines with food and beverages will not be available in elementary schools.
- No vending machine services will be available to middle school/high school students one hour before to an hour after each school provided meal.

Fundraising

- School fundraising activities will support healthy lifestyles. Such activities may include physical activity (walking challenges), school support (school spirit items), and /or academic achievement (spelling bee).
- The sale of food or beverages as a fund raiser must not interfere with serving lunch. One hour before and after school provided meals are off times for selling fundraising foods.
- Schools will encourage fundraising activities that promote physical activity.
- At least 50% fund raising activities will not involve the sale of food and/or beverages.

Other School-Based Activities

Hamlin Schools shall create an environment that provides consistent wellness messages, is conducive to healthy eating and being physically active, and contributes to forming health life long habits.

Professional Development

- Hamlin Schools will strive to provide ongoing professional development and education for foodservice professionals and educators.
- Hamlin Schools will strive to provide nutrition and physical education for students, staff, parents, and, where appropriate, for community members.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

- Consideration should be taken for passing time, bathroom break, hand washing and socializing so as to allow adequate eating time for breakfast and lunch once the student is seated.

Rewards, Incentives, and Consequences

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. **Food should not be used as a reward or incentive in the classroom**, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks, etc. with input from student council.)
- Food will not be withheld from students as a consequence for inappropriate behavior and poor academic performance.

Nutrition Standards

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

General Guidelines

- Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional values of the foods served.
- Carbonate beverages will not be sold in vending machines within the school to students. Alternative healthy drinks will be offered.

School Meal Program

- The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulation of the state of South Dakota. All schools will comply with USDA regulations and state policies.
- CHamlin Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.
- Menus should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences.
- Students with special dietary needs (diabetes, celiac sprue, allergies, etc.) will be accommodated as required by USDA regulation.

Parties and Celebrations

- Schools will limit celebrations that involve food during the school day.

Healthy Snack options:

Best Choices:

Granola bars, whole grain fruit bars

Nut mix

Fresh fruit of all varieties

Beef jerky (or buffalo jerky)

String Cheese

1% or skim milk

Frozen fruit juice bars

Dry roasted peanuts, tree nuts, and soy nuts

Frozen fruit juice bars

(No sugar or high fructose corn syrup)

Nuts and seeds—plain or with spices

Trail mix—plain

Dried fruit

Yogurt, low fat and no sugars added

Fruit/vegetables juice (100% juice)

Plain water

Fruit bars

Good Choices:

Nuts with light sugar covering; honey-roasted

Individually packed fruit in natural juices only

Animal crackers and graham crackers

Low fat ice cream and sheret bars

Low-fat pudding

Popcorn without hydrogenated fats

Fruit leather

Pretzels

Peanut butter and crackers

Baked chips, corn nuts

Standards for Food and Beverages

1. Beverages:

- Provide 100% fruit and vegetables juices and limit portion sizes to 4-12 oz.
- Provide water-non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- Provide milk-skim or 1% in portion sizes of 8-16 oz.
Flavored milk (chocolate), low fat, or skim may be offered in up to 12 oz. serving sizes with no more than 36 grams of sugar in a 12 oz. portion.
- Eliminate the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee, and coffee-like beverages, and other items not included in allowable beverages listed above.
- Allow only water as a beverage in the classroom.

2. Grains:

- Serve whole grains which contain at least 2 grams of fiber per 1 oz.
- Limit portion sizes to 1.25 oz-2 oz. with most being 1.25 oz.
- Limit total calories from fat to no more than 30%
- Limit total calories from saturated fat to no more than 10%
- Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving.
- Limit the amount of trans fats.

3. Fruits and Vegetables:

- Offer fruits and vegetables prepared/packages without added fat, sugar, or sodium. Low-fat dips and sauces on the side may be served in small portions to make foods more appealing.
- Offer ½ cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5-9 servings per day.
- Offer a variety of fruits and vegetables, especially colorful ones.

4. A la carte entrees and side dishes:

- Offer meat/meat substitutes in portions no greater than 3 oz. with 5 grams of fat per ounce or less (Except nut butters)
- Offer nuts and seeds in portion sizes no greater than 1.25 oz.
- Offer nut butters in portion sizes of 2-4 Tbsp.
- Offer non-fat and low-fat yogurt in portion sizes of 8 oz. or less. Sugar should not be the first ingredient on the label.
- Limit ice cream and frozen desserts to portion sizes of 4 oz. or less with 5 grams or less of fat. Sugar should not be the first ingredient.
- Offer cheese in portion sizes of 1-2 oz.

5. Condiments and miscellaneous:

- Offer salad dressing containing no more than 6-23 grams of fat per ounce.
- Remove salt shakers from tables.