

Laneville School District Wellness Policy on Physical Activity and Nutrition

2015-2016



Laneville School District is committed to providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Laneville 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.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at Laneville School will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods 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 Laneville Schools in our district will participate in available federal Laneville School meal programs (including the Laneville School Breakfast Program, National Laneville School Lunch Program [including after-Laneville School snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
- Laneville 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 Laneville School meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. Laneville School Health Council

The Laneville School district will create, strengthen, or work within the existing Laneville School health council to develop, implement, monitor, review, and, as necessary, revise Laneville School nutrition and physical activity policies. The council also will serve as a resource to the school for implementing those policies.

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

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 statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

Breakfast. To ensure that all children have breakfast, either at home or at Laneville School, in order to meet their nutritional needs and enhance their ability to learn:

- Laneville School will, to the extent possible, operate the School Breakfast Program.
- Laneville School will, to the extent possible, arrange bus schedules and utilize methods to serve Laneville School breakfasts that encourage participation.
- Laneville School will notify parents and students of the availability of the School Breakfast Program.
- Laneville School 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. Laneville School 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 Laneville School meals. Toward this end, Laneville School may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of Laneville School meals to all students.

Summer Food Service Program. Laneville School in which more than 50% of students are eligible for free or reduced-price Laneville School meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic Laneville School year and the first day of the following Laneville School year.

Meal Times and Scheduling. Laneville School:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- will schedule, to the extent possible, lunch periods to follow p.e. periods (in elementary);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

Qualifications of Laneville School Food Service Staff. Qualified nutrition professionals will administer the Laneville School meal programs. As part of the district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in Laneville School. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, Laneville School nutrition managers, and cafeteria workers, according to their levels of responsibility.¹

Sharing of Foods and Beverages. Laneville School should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Laneville School District aims to teach, encourage, and support healthy eating by students. Laneville School should provide nutrition education and engage in nutrition promotion.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

Communications with Parents. The district will support parents' efforts to provide a healthy diet and daily physical activity for their children.

The district will provide information about physical education and other Laneville School-based physical activity opportunities before, during, and after the Laneville School day; and support parents' efforts to provide their children with opportunities to be physically active outside of Laneville 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.

Staff Wellness. Laneville 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. A committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from Laneville School staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among Laneville School staff.

IV. Physical Activity Opportunities and Physical Education

Daily 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 daily physical education (or its equivalent of 150 minutes/week for elementary Laneville School students and 225 minutes/week for middle and high Laneville School students) for the entire Laneville School year. Student involvement in other activities involving physical activity

Daily Recess. All elementary Laneville School students will have supervised recess, preferably outdoors, during which Laneville School should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

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

Physical Activity Opportunities Before and After Laneville School. Laneville School as appropriate, will offer interscholastic sports programs. Laneville School 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.

V. Monitoring and Policy Review

Monitoring. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal or designee will ensure compliance with and will report on the compliance to the district superintendent or designee.

Policy Review. To help with the initial development of the district's wellness policies, the district will conduct a baseline assessment of the existing nutrition and physical activity environments and policies.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Laneville School district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

