



## EXTERA PUBLIC SCHOOLS WELLNESS POLICY

**Due to children’s need to access healthy food and opportunities to be physically active in order to grow, learn and thrive; EXTERA PUBLIC SCHOOLS and its SFA members is committed to providing school environments that promote and protect children’s health, well being, ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of EXTERA PUBLIC SCHOOLS SFA that:**

The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing EXTERA PUBLIC SCHOOLS SFA school-wide nutrition and physical activity policies.

All students in grades k-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served at 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 a student; will accommodate the religious, ethnic and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant setting and adequate time for students to eat.

To the maximum extent practicable, all schools in EXTERA PUBLIC SCHOOLS SFA will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks)).

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 school meal programs, and with related community services.

A comprehensive committee, consisting of all PUC stakeholders, will participate in development, monitoring and revision of PUC Schools Wellness Policy.

A comprehensive committee, consisting of all PUC stakeholders will assist in menu planning and reporting survey results and data to FSMC or Food Vendor, three times a year.



## **CREATION OF WELLNESS COMITEE**

EXTERA PUBLIC SCHOOL SFA has created, strengthened, or worked within existing school advisory councils developing, implementing, monitoring, reviewing, and, as necessary, revising school nutrition and physical activity policies. The councils serve as revising school nutrition and physical activity policies. The councils serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

In addition, Extera Public Schools Schools will encourage consistent nutrition messages between the home and school environment, we shall disseminate nutrition information to students, parents, guardians, staff, and the community. Outreach shall emphasize the relationship between student health and academic performances.

## **NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING**

Nutritional Guidelines EXTERA PUBLIC SCHOOLS believes that access to high quality, nutritious meals has been shown to improve eating habits and overall health status. Therefore, we shall adopt nutrition guidelines determined for food available on each campus during the school day, with the objective of promoting student health.

Our Schools will offer healthy foods for sale on campus and school meals will meet the standards set by the National School Lunch Program. All food and beverages served or sold outside the federal meal program will also meet or exceed Senate Bill 19 Guidelines:

- Have no more than 35% of it's calories from fat
- Have no more than 10% of it's calories from saturated fat
- Be nor more than 35% sugar by weight
- The only beverages that may be sold to students are milk, water, or juice that is at least 50% fruit juice with no added sweeteners
- In middle schools, carbonated beverages may be sold only after the end of the last lunch period.

*Meals served through the National School Lunch and Breakfast Programs will:*

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- All foods available on school premises must provide for the nutritional wellbeing of children and serve as a model for healthy eating.
- Food and beverages provided through federally funded reimbursable school meal programs shall meet or exceed federal guidelines and regulations, as they apply to schools. These foods will be prepared in ways that ensure optimal student acceptance.
- School Leaders are responsible for all food and beverages sold on school campus, including outside of the cafeteria (“competitive foods”), e.g. in vending machines, school events and fundraisers. Food will be carefully selected so as to contribute to the student’s nutritional wellbeing.

### **Nutrition Promotion**

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information can be made available on menu, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

### **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, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom (BIC), “grab-and-go” breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program multiple times during the school year.
- Schools 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.**

Schools 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 school meals. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of

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income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

## **Summer Food Service**

EXTERA PUBLIC SCHOOLS will send reminders to families regarding the availability of the Universal Breakfast (free of cost to all students). In addition, EXTERA PUBLIC SCHOOLS will provide families with a listing of locations, to inform them of the availability of free Summer Food Service Program meals for students when school is not in session.

7 CFR 210.12(d) Student, parent and community involvement - Outreach activities"(1) To the maximum extent practicable, school food authorities must inform families about the availability breakfasts for students. Information about the School Breakfast Program must be distributed just prior to or at the beginning of the school year. In addition, schools are encouraged to send reminders regarding the availability of the School Breakfast Program multiple times throughout the school year. (2) School food authorities must cooperate with Summer Food Service Program sponsors to distribute materials to inform families of the availability and location of free Summer Food Service Program meals for students when school is not in session."

## **Meal Times and Scheduling.**

Schools:

- 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.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).



### **Qualifications of School Food Services Staff.**

Qualified nutrition professionals will administer the school meal programs. As part of EXTERA PUBLIC SCHOOLS SFA it is our responsibility to operate a food service program, we will provide continuing professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods and Beverages.**

Schools should monitor students sharing their foods and beverages with one another during meal or snack times, given concerns about allergic and other restrictions on some children's diets.

### **Fundraising Activities.**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school EXTERA PUBLIC SCHOOLS will make available a list of ideas for acceptable fundraising activities.

### **Snacks.**

Snacks served during the school day or in after-school care or enrichment programs 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. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The PUC SCHOOLS will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

In addition, PUC Schools will monitor the sale of competitive foods and beverages by completing a "Competitive Food and Beverage Log" once a year.

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### **Rewards.**

Schools are encouraged not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

### **Celebrations.**

School should limit celebrations that involve food during the school day to no more than one party per class per month. It is encouraged that each party include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The EXTERA PUBLIC SCHOOLS will disseminate a list of healthy party ideas to parents and teachers.

Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually

## **NUTRITION AND PHYSICAL PROMOTION AND FOOD MARKETING**

### **Nutrition Education and Promotion.**

EXTERA PUBLIC SCHOOL SFA aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);

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- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.
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- Teaches media literacy with emphasis on food marketing; and includes training for teachers and other staff.

## **Integrating Physical Activity into the Classroom Setting**

For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons and
- classroom teachers will provide short physical breaks between lessons or classes, as appropriate.

## **Communications with Parents.**

EXTERA PUBLIC SCHOOLS will support parents' efforts to provide a healthy diet and daily physical activity for their children. PUC Schools will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The EXTERA PUBLIC SCHOOLS will provide parents a list of foods that meet the EXTERA PUBLIC SCHOOLS snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the EXTERA PUBLIC SCHOOLS will provide opportunities for parents to share their healthy food practices with others in the school community.

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

## **Food Marketing in Schools.**

School-based marketing will be consistent with nutrition education and health promotion. As such, school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above). School-based marketing of brands promoting predominantly low-nutrition and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: sales of healthy food for fundraisers.

## **Staff Wellness**

EXTERA PUBLIC SCHOOLS SFA values the health and well-being of every staff member and will encourage that support personal effort by staff to maintain a healthy lifestyle.



## **PHYSICAL EDUCATION AND PHYSICAL ACTIVITY OPPURTUNITIES**

### **Daily Physical Education (P.E.) K-8.**

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive weekly physical education for the entire school year. All physical education will be taught by a certified physical education teacher. 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.

A minimum of 200 minutes for every 10 school days for students in grades 1-6

A minimum of 400 minutes for every 10 school days for students in grades 7-8

Schools shall be encouraged to administer the physical fitness test designated by the State Board of Education to Students in Grades 5, 7, and 9.

### **Daily Recess.**

All elementary school students will attempt to have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate o vigorous physical activity verbally and through the provision of space and equipment.

School should discourage extended periods (i.e., periods of 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, school should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Before and After School.**

All elementary, middle and high school will offer when appropriate extracurricular physical activity programs, such as physical activity clubs, or intramural programs. All high schools, and middle schools, when appropriate, will offer, interscholastic sports programs, Schools will offer when feasible a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.



After-school child care and enrichment programs when appropriate 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.

### **Physical Activity and Punishment.**

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.

### **Safe Routes to School.**

EXTERA PUBLIC SCHOOLS SFA will assess and, if necessary and to the extent possible, make needed improvements to make it safer for students to walk and bike to school. When appropriate EXTERA PUBLIC SCHOOL SFA will work together with local public works, public safety, and/or police departments in those efforts. EXTERA PUBLIC SCHOOLS SFA will explore the availability of federal ‘safe routes to school’ funds, administered by the state department of transportation, to finance such improvements. EXTERA PUBLIC SCHOOLS SFA will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

### **Use of School Facilities Outside of School Hours.**

School spaces and facilities should 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. School policies concerning safety will apply at all times.

### **Monitoring.**

The Wellness Committee will ensure compliance with established EXTERA PUBLIC SCHOOLS SFA school-wide nutrition and physically activity wellness policies in his/her school and will report on the school’s compliance to the EXTERA PUBLIC SCHOOLS SFA Wellness Committee.

School food services staff, at the school level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Wellness Committee (or if done at the school level, to the school principal). In addition, EXTERA PUBLIC SCHOOL SFA will report the most recent USDA Administrative Review findings and resulting changes. If EXTERA PUBLIC SCHOOLS has not received a SMI review from the state agency within the past five years,

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EXTERA PUBLIC SCHOOLS will request from the state agency that a SMI review be requested.

The Wellness Committee will develop a summary report periodically on EXTERA PUBLIC SCHOOLS SFA school-wide compliance with EXTERA PUBLIC SCHOOLS established nutrition and physical activity wellness policies, based on input from schools within EXTERA PUBLIC SCHOOLS SFA. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in EXTERA PUBLIC SCHOOLS.

## **POLICY REVIEW**

To help with the initial development of the EXTERA PUBLIC SCHOOLS SFA wellness policies, each school in the EXTERA PUBLIC SCHOOLS SFA will conduct a baseline assessment and or surveys of the school's existing nutrition and physical activity environments and policies. The result of those school-by-school assessments will be compiled by the Wellness Committee level to identify and prioritize needs.

Assessments will be repeated periodically to help review policy compliance assess progress, and determine areas in need of improvement. As part of that review, EXTERA PUBLIC SCHOOLS SFA 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. EXTERA PUBLIC SCHOOLS SFA, and individual schools within EXTERA PUBLIC SCHOOLS SFA, will as necessary, suggest revisions to the wellness, policies and develop work plans to facilitate their implementation.