

WELLNESS POLICY

Lakeshore Public Schools is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum and school activities. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have access to additional training.

The district shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The district shall encourage students to make nutritious food choices.

The district shall monitor food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

The district shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge and skills needed for lifelong physical activity.

All students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, promoting physical fitness.

The Superintendent shall implement this policy and assess how well it is being managed and enforced. The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), parents/guardians, students, representatives of the school food service program, the Board of Education, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

LEGAL REFERENCE: Section 204 of Public Law 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)

Adopted: 6/12/06

WELLNESS POLICY EXHIBIT

A. Healthy Food and Beverages Criteria and Healthy Snack List

The lists below will help schools identify healthy food and beverages that are available from food-service distributors and snack vendors for vending machines, a'la carte, and other venues.

Single-serving size snacks (except for nuts, seeds, and cheese) should have no more than 6 grams of fat and meet at least two of the following three criteria:

1. contain 300 or fewer calories
2. one or more grams of fiber, or
3. at least 10% of Calcium, Iron, Vitamin A or Vitamin C

B. Alternatives to Using Food as a Reward

At school, home and throughout the community, children are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.

There are many disadvantages to using food as a reward:

It undermines nutrition education being taught in the school environment

It encourages over consumption of foods high in added sugar and fat

It teaches children to eat when they're not hungry as a reward to themselves.

Children learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among children, particularly teen age children, is at epidemic levels and can often lead to serious health problems.

Below are some alternatives for students to enjoy instead of being offered food as a reward at school:

- Sit by friends
- Read outdoors
- Have extra art time
- Have an extra recess
- Read to a younger class
- Make deliveries to the office
- Listen to music while working
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher during lunch
- Eat lunch outdoors with the class

- Be a helper in another classroom
- Eat lunch with a teacher or principal
- Dance to favorite music in the classroom
- Get “free choice” time at the end of the day
- Listen with a headset to a book on audiotape
- Have a teacher perform special skills (i.e., sing)
- Give a 5-minute chat break at the end of the day
- Select a drawing for donated prizes
- Take a trip to the treasure box (non-food items)
- Watch a video
- Teach the class
- Enjoy class outdoors
- Play a computer game
- Get a no homework pass
- Get stickers, pencil and other school supplies
- Receive a video store or movie theatre coupon
- Get a set of flash cards printed from a computer
- Receive a “mystery pack” (notepad, folder, sports cards, etc.)

C. Healthy School Parties

Schools play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and sharper mind.

Snack Ideas for School and Classroom Parties

Of course, the foods offered at school parties should add to the fun, but try to avoid making them the main focus. Remember, schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons during school parties.

Here is a list of healthy snack choices to consider for classroom events. Serving all healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- Fresh fruit and vegetables
- Yogurt
- Bagels with low fat cream cheese
- Baby carrots and other vegetable and low fat dip
- Trail mix

- Nuts and seeds
- Fig cookies
- Animal crackers
- Baked chips
- Low fat popcorn
- Granola bars
- Soft pretzels and mustard
- Pizza (no extra cheese and no more than one meat)
- Pudding
- String cheese
- Cereal bar
- Single-serve low fat or fat free milk (regular or flavored)
- 100% fruit juice (small single-serves)
- Bottled water (including flavored water)

D. Healthy School Fundraisers

Raising money may present a constant challenge for schools. School fundraisers may help pay for computers, field trips, athletics, music, art, and other programs that educate and enrich young lives – important programs that are not always covered by shrinking school budgets. More than just raising money to pay for valuable programs, a well-run fundraiser can also be an experience that educates, builds self-esteem, provides community service, and promotes school and community spirit.

Fundraising doesn't have to involve selling food items of limited nutritional value, such as candy. When healthy food choices are used as fundraising items, the healthy eating message presented in the schools is reinforced. Some of the ideas even have the added benefit of providing additional physical activity opportunities for students.

E. Serving Healthy Beverages

The following beverages are recommended:

Plenty of water

100% juice in 12-ounce servings* or less

Fat free, low fat, plain and/or flavored milk in 16-ounce servings* or less

Fruit/Fruit juice smoothies in 16-ounce servings* or less

Choosing your Drinks can be Difficult! Watch out for:

These are not 100% juice –

- Fruit punches
- Fruit drinks
- Juice drinks

* Suggested serving-sizes are based on what is commonly available for use in vending machines. It should be noted that excessive juice consumption may result in an increase in calorie intake and may contribute to the development of unhealthy weight. It should also be noted that 70% of teen boys and 90% of teen girls do not meet daily calcium requirements. Offering fat free or low fat single-serve milk is another opportunity to help teens meet nutrition needs.

Adopted: 6/12/06

File: JHCE-R

WELLNESS POLICY

In order to enact and enforce Lakeshore Public Schools Wellness Policy, the Superintendent and administrative team, with input from teachers, parent/guardian, students, representatives of the school food service program, the school Board, school administrators, and the public have developed these administrative rules.

To assist in the creation of a healthy school environment, the District shall establish a Coordinated School Health Team that will provide an ongoing review and evaluation of the Wellness Policy and these administrative rules.

The Superintendent/or his designee will organize a Coordinated School Health Team made up of appropriate District stakeholders. A Coordinated School Health Team may include representatives from the following areas: administration, food services, health education, health services, parent/guardian, student and community (including health care providers, hospital and public health department staff, non-profit health organizations, physical activity groups, community youth organizations, and university or other governmental agencies) and physical education.

These rules are subject to ongoing administrative review and modification as necessary to help ensure compliance with the purpose and intent of Lakeshore Public Schools Wellness Policy.

Students, staff and community will be informed about the Wellness Policy.

Nutrition education, a component of comprehensive health education, shall be offered to the students of the district. Nutrition education topics, including how to read food labels, shall be integrated into the curriculum when appropriate.

Students should receive consistent messages and support for:

- Self respect;
- Respect for others;
- Healthy eating; and
- Physical activity.

Nutrition Education should also be made available to parents/guardians and the community. This nutrition education may be provided in the form of handouts, wall or bulletin board posters or banners, postings on the district website, community and student oriented presentations or other communications focused on promoting proper nutrition and healthy lifestyles.

The district shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The district shall encourage students to make food choices based on the most current Dietary Guidelines for Americans. Food and beverages that compete with the district's policy of promoting a healthy school environment shall be discouraged.

Each school building in the district shall offer and promote the following food and beverages in venues outside federally regulated child nutrition programs:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars*;
- Fresh, frozen, canned or dried fruits and vegetables and 100 percent fruit or vegetable juice*;
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese*;
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks of cooked lean meat, poultry, or fish; and
- Accompaniments (sauces, dressings, and dips), lower reduced fat if offered.*

* Served in appropriate portion or serving sizes consistent with the current USDA standard, using healthy food preparation techniques.

The district shall monitor food service distributors and snack vendors to ensure that they provide healthy food and beverage choices that comply with this policy's purpose. (See JHCE-E, A)

The district shall strongly discourage using candy and sweets as a reward. (See JHCE-E, B)

The district shall strongly encourage serving healthy food at school parties. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding

them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See JHCE-E, C)

The district shall encourage healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages. Example: Sales of candy items (candy bars, sugar coated chocolate snacks, or the like) as a school or grade level fundraising project could be replaced with non-food items such as candles, wrapping paper, greeting cards, etc. (See JHCE-E, D)

Soft drinks and candy will not be sold to students on school grounds prior to the start of the school day and throughout the instructional day, but may be permitted after the conclusion of the instructional day. However, sale of candy on a limited basis at the high school level may be approved at the discretion of the high school principal. (See JHCE-E, E)

Developmentally appropriate physical education shall be offered every year to students of the district. In addition, physical education topics shall be integrated into the curriculum when appropriate.

The district should offer daily opportunities for unstructured physical activity, commonly referred to as recess, for students in Kindergarten through fifth grade. Recess should be in addition to physical education class time and not be a substitute for physical education. Each school shall provide proper equipment and a safe area designated for supervised recess in the elementary setting.

All employees of the district are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules, including non-consumption of pop or candy during the school day outside of the teacher's lounges. Students can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models in their lives. In order to send consistent messages to students, all adults in the school environment are encouraged to make healthy food choices and encouraged to engage in physical activity.

Adopted: 6/12/06