

# Gratton School District Wellness Plan And Policies on Nutrition and Physical Activity

## Policies

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intakes are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, cookies, and snack cakes;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Gratton Elementary School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Gratton Elementary School District that:

- \* The school district will engage students, parents, teachers, school nurse, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- \* All students in grades TK-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 and all State and Federal guidelines.

- \* Gratton Elementary School District will provide a clean, safe, and pleasant setting and adequate time for students to eat.
- \* Gratton Elementary School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between lifelong habits of healthy eating and physical activity, and will establish linkages between health education and related community services.

## **TO ACHIEVE THESE POLICY GOALS:**

### **I. SCHOOL HEALTH COUNCILS**

Gratton Elementary School District will create a health council (could be site council) to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to the school site for implementing those policies. (A school health council may consist of a group of individuals representing the school community, and may include parents, students, and members of the school board, school administrators, teachers, health professionals, and members of the public. This group could be the school site council.)

### **II. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED**

#### **SCHOOL MEALS**

**Meal Times and Scheduling.** Gratton Elementary School:

- \* Should schedule the meal period at appropriate times;
- \* Should not schedule tutoring, organizational meetings; or activities during meal times;
- \* Will schedule lunch periods to precede recess periods;
- \* Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- \* Reserves the right to, if needed, alter the meal period to accommodate for special events.

**Sharing of Food and Beverages.** Gratton Elementary School District 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.

#### **SALES OF FOODS AND BEVERAGES**

All foods and beverages sold individually (including those sold through student store, snack bar, vending machines, or other fundraising activities) during the school day, or through

programs for students after the school day, will meet the SB12 requirements and the following nutrition and portion size standards:

## **NUTRITION STANDARDS FOR INDIVIDUAL FOODS AND BEVERAGES**

### **\* BEVERAGES**

Allowed: Beverages that meet SB965 and SB12 requirements.

Not Allowed: Soft drinks containing caloric sweeteners; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

### **\* FOODS**

A food item sold individually:

- \* Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- \* Will have no more than 35% of its weight from added sugars;
- \* One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- \* One ounce for cookies;  
Four ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery goods;
- \* Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- \* Eight ounces for non-frozen yogurt;
- \* Twelve fluid ounces for beverages, excluding water, sports drinks and juices;
- \* Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will not focus on food and will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Gratton Elementary School District will encourage fundraising activities that promote physical activity.

**Snacks.** Snacks served during the school day or in after-school 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.

**Rewards.** Gratton Elementary School District will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and

beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages as a punishment.

Gratton Elementary School District desires to involve the community and local businesses in our educational program and will continue to encourage their support even though the focus may be rewarding academic performance or good behavior with food.

**Celebrations.** Gratton Elementary School should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually.

**School-Sponsored Events.** Foods and beverages offered or sold at school-sponsored events outside the school day do not have to meet the nutritional requirements.

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

**Nutrition Education and Promotion.** Gratton Elementary School District aims to teach, encourage, and support healthy eating by students. Gratton Elementary School 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, and social sciences;
- \* Includes enjoyable developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, 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);
- \* Teaches media literacy with an 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 to 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 activity breaks between lessons or classes, as appropriate

**Communication with Parents.** Gratton Elementary School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district will send home nutrition information and will post nutrition tips. Gratton Elementary School should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages.

The district 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.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion. As such, Gratton Elementary 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. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

**Staff Wellness.** Gratton Elementary School District highly values the health and well-being of every staff member and promotes activities and policies that support efforts by staff to maintain a healthy lifestyle. These policies should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

#### **IV. PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION**

**Daily Physical Education (P.E.) K-8.** All students in grades K-8, including students with disabilities, and/or special health-care needs, will receive daily physical education (225 minutes/week) for the entire school year. Students are to spend at least 50 percent of physical education class time participation in moderate to vigorous physical activity.

**Daily Recess.** All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which school should encourage moderate to vigorous physical activity. Extended periods of two or more hours of inactivity are discouraged. Periodic breaks are encouraged during which students are encouraged to stand and be moderately active.

**Physical Activity Opportunities Outside of School Hours.** Gratton Elementary School District encourages physical activity programs outside of school. For example: youth football, baseball/softball, or soccer.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (running laps, pushups) as punishment.

**Safe Routes to School.** The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.

**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 programs.

## **V. MONITORING AND POLICY REVIEW**

**Monitoring.** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.

Periodic reports will be made to the board of trustees concerning district-wide compliance with the district's established nutrition and physical activity wellness policies.