

McLaughlin School Wellness Policy 2014-2015

“You can’t educate a child who isn’t healthy and you can’t keep a child healthy who isn’t educated.”

WELLNESS POLICY

The McLaughlin School District is committed to provide 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 McLaughlin Public 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.
- The school district encourages students, parents, teachers, school administration, food service professionals and community members to serve as role models in practicing healthy eating and physical activity in school and at home.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Qualified child nutrition professionals will provide students with access to a variety of nutritious and appealing foods that meet the health and nutrition needs of students.
- The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkage between health education and school meal programs, and with related community services.
- The wellness committee will measure the implementation of the wellness policy.

NUTRITION EDUCATION

Nutrition education will be offered to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

Nutrition Education and Nutrition Promotion:

- teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community and media.
- is part of health education classes and /or stand alone courses.
- 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.
- offers information to families that encourages them to teach their children about health and nutrition and provide nutritious meals for their families.
- staff who are responsible for nutrition education will be adequately prepared and should participate in professional development activities to effectively deliver an effective program.
- will include a school nutrition/health team to conduct nutrition education activities and promotions that involve parents, students and the community.
- is included in the scope and sequence of the curriculum in core subjects such as reading, math, science, language arts, and social sciences, as well as in elective subjects.

- nutrition education follows the SD Health Education Standards to include health knowledge and skills.
- nutrition promotion creates environments that inspire healthy nutrition choices.
- nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.
- nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.

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, will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include snacks, vending machines, fund raising activities, parties/celebrations and school sponsored events.

General Guidelines

- Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional values of the foods served.
- Food and beverages sold or served on school grounds or at school sponsored events during the normal school day should meet the Dietary Guidelines for Americans and the Standards for Food and Beverages as set forth in this document.

School Meal Program

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act as amended and applicable laws and regulation of the state of South Dakota. The school will comply with USDA regulations and state policies.
- The school will offer varied and nutritious food choices that are consistent with the federal government's Dietary guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" and the "Standards for Food and Beverages refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.
- 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 will be accommodated as required by USDA regulation.

Snacks

- Snacks will need to meet the Standards for Food and Beverages stated in this

Fundraising

The McLaughlin School district makes decisions/guidelines based on nutrition goals, not on profit making.

- At least 70% of the fund raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered they should meet the Standards for Food and Beverages.
- The sale of food or beverages will not take place until after lunch.
- The school should encourage fundraising activities that will support healthy lifestyles.
- The school district will make available a list of ideas for acceptable fundraising activities (pages 11-13). Such activities may include physical activity, healthy eating, school support and/or academic achievement.
- The school will not allow any bake sales for fundraising.
- All fundraisers will need to be approved by the wellness committee.

Parties and Celebrations

- The school should limit parties that involve food during the school day. All parties should be after lunch.
- School parties should include no more than one food or beverage that does not meet Standards for Food and Beverages.
- The school district will disseminate a list of healthy party ideas to parents and teachers (page 14-15).

School Sponsored Events

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at School-sponsored events outside the school day.

Vending Machines

- All foods sold in junior high and high school must meet the Standards for Foods and Beverages.
- No vending services will be available until after the noon meal is served.
- The following guidelines will apply to all vending machines in the school.

SALES VENUES

Best Choices

- Granola bars

- Whole-grain fruit bars
- Fruit bars
- Nuts and seeds-plain or with spices
- Nut mix
- Dry roasted peanuts, tree nuts and soy nuts
- Trail mix-plain
- Beef or buffalo jerky
- Fresh fruit
- Dried fruit
- String cheese, cheese sticks
- Fruit juice (100% juice)
- Vegetable juice (100% juice)
- Frozen fruit juice bars
- Plain water
- 1% or skim milk
- Fresh vegetables

Good Choices

- Nuts (light sugar covering or honey-roasted)
- Popcorn (without hydrogenated fats)
- Corn nuts
- Individually packaged fruit (in natural juices only)
- Fruit leather
- Animal crackers
- Graham crackers
- Pretzels
- Peanut butter and crackers
- Pudding (low-fat)
- Baked chips
- Low fat ice cream and sherbet bars

STANDARDS FOR FOOD AND BEVERAGES

Total Fat	Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese)
Trans Fat	“Trans fat-free less than 0.5g trans fat per serving
Saturated Fat	Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt.
Sugar	Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt.
Sodium	Must be at or below 480 mg per side dish/entrée Must be at or below 66 mg per main dish/entrée
Portion Sizes	Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.
Fruits and Non-Fried Vegetables	Fruits and vegetables may be fresh, frozen, canned, ore dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweetener: canned fruit must be packed in juice or light syrup.
Milk	Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
Milk Serving Sizes	Milk serving size is limited to 8-fluid ounces.
Other Approved Beverages	Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners).
Juice Serving Size	Elementary/Middle School: 6-fluid ounces High School: 8-fluid ounces

PHYSICAL ACTIVITY, EDUCATION, AND PROMOTION

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, reduce sedentary time, and provide health education in order to instill understanding of the short and long term benefits of a physically active and healthful lifestyle.

Daily Physical Education Classes K-12

- All students in grades K-2 will receive 40 minutes of physical activity a week. Students 3-5 will receive 80 minutes of physical activity a week. Middle school student will receive physical education. Grades 9-12 are required to have ½ credit of physical education before graduation. Students with disabilities, special health-care needs, and in those alternative education settings will be included.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota Standards for K through 12.
- All physical education will be taught by highly qualified physical education teachers.
- Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirements.
- The school encourages parents and guardian to support their children's participation in physical activity and to be physically active role models.
- Opportunities for physical activity will be incorporated into other subject lessons.

Daily Recess

- Students in grades K-2 will have at least 30 minutes a day of supervised recess, outdoors, weather permitting. Students in grades 3-5 will have at least 15 minutes a day of supervised recess, outdoors, weather permitting. Students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- Recess will occur prior to lunch to ensure appropriate healthful food intake.
- Extended periods of inactivity are discouraged. When activities (such as testing, classes/lessons) require students to be inactive teachers will provide appropriate physical activity breaks in which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After

- The high school and middle school as appropriate, will offer interscholastic sports programs.

- The 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.
- The school will educate and encourage participation in community or club activities.
- Enrichment programs should 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 personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment except in behavioral problems.
- Students should not be denied physical education for purposes of make-up work, testing, etc.

OTHER SCHOOL-BASED ACTIVITIES

Schools shall create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and being physically active, and contributes to forming healthy life long habits for students, staff and community.

Professional Development

- The school will provide professional development regarding the impact of nutrition and physical activity on academic performance to foodservice professionals, administrators, and other staff.
- The school will provide ongoing content specific professional development and education for foodservice professionals, educators, administrators and other staff.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled (20-25 minutes for breakfast and lunch). Lunch will be scheduled as near the middle of the school day as possible to eat, relax and socialize.
- Convenient access to facilities for hand washing will be available during all meal periods.
- Consideration should be taken for passing time, bathroom break, and hand washing.

Lunch Recess

- The school will be encouraged to schedule recess for elementary school before lunch so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

Convenient and Safe Drinking Water

- The school will promote drinking water availability as an essential component of student wellness by improving access to free, safe drinking water in varied locations and encouraging student consumption of water throughout the school.

Rewards, Incentives, and Consequences

- Rewards and incentives will be given careful considerations 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, physical activity opportunity, pencils, bookmarks, etc).
- Food will not be withheld from students as a consequence for inappropriate behavior and poor academic performance.
- Teachers and other school personnel should not prohibit or deny student participation in recess or other physical activity as a consequence for poor academic performance or inappropriate behavior unless the inappropriate behavior happens during recess or physical activity. Recess or other physical activity should not be cancelled for instructional make-up time.

Access Facilities for Physical Activity

- The school should be encouraged to provide community access to the school's physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities if funding is available.

Parties and Celebrations

- The school should limit parties that involve food during the school day. All parties should be after lunch.
- School parties should include no more than one food or beverage that does not meet Standards for Food and Beverages as outlines in this policy.
- The school will disseminate a list of healthy party ideas to parents and teachers (page 12-13).

Wellness Councils

- The school will organize local wellness councils comprised of parents, teachers, administrators, foodservice personnel, and students to plan, implement, and improve nutrition and physical activity in the school environment.

Staff Wellness

Staff wellness should support employee’s efforts to improve their personal health and fitness so they can serve as role models and promote the health of others, including students.

The McLaughlin School highly values the health and well-being of every staff member.

Potential benefits of school employee wellness programs:

- Regular physical activity reduces the risk of adverse health outcomes.
- Decreased employee absenteeism
- Lower health care and insurance
- Increased employee retention
- Improved employee morale
- Positive community image
- Increased productivity
- Increased motivation to teach about health
- Increased motivation to practice healthy behaviors

The McLaughlin School will provide opportunities for staff to improve their health.

To support staff efforts in maintaining healthy life styles the school will:

- Encourage staff to take steps to improve their own health and well being alongside the students.
- Provide opportunity to develop staff wellness through activities and programs that support personal efforts by staff to maintain a healthy life style.
- To engage in physical activity daily before and after school.

HEALTHY FUNDRAISING IDEAS

Fundraisers that Support Academics

- Read-a-thon
- Science fair
- Spelling bee
- Workshops or classes

Fundraisers that Support the Arts

- Art show
- Concerts
- Dances
- Plays and musical
- Talent show

- Singing telegrams
- Rent-a-band, rent-a choir, or rent-a music-group

Fundraisers that Support Physical Activity

- Walk-a-thon
- Bike-a-thon
- Jump-rope-a-thon
- 5 mile run/walk or another fun run
- Golf, tennis, horseshoe, or other sport tournament
- Bowling or skate night
- Sports camps or clinics

Activities You Can Do

- Garage sale
- Auction or silent auction
- Carnival
- Giant game of musical chairs
- Rent-a-teen or rent-a-kid
- Guessing games
- Car wash
- Game night
- Craft show
- Magic show
- Haunted house
- Penny war
- Recycling drive
- Festivals
- Bingo night
- Karaoke competition
- Chess, checkers, or other tournaments
- Treasure hunt or scavenger hunt

Items You Can Sell

- Candles
- Greeting cards
- Gift wrap, boxes, and bags
- Magazine subscriptions
- Gift items
- Coupon books
- Holiday wreaths
- Mistletoe
- Gift certificates
- Cookbooks
- Balloons

- Decorations
- T-shirts and sweatshirts
- Book
- Calendars
- Buttons and pins
- Air fresheners
- Customized stickers
- Christmas ornaments
- Crafts
- First aid kits
- Emergency kits for cars
- School spirit gear
- Coffee cups and mugs
- Foot warmers or slippers
- Scarves and stocking caps
- Spirit, seasonal, state, or US flags
- Megaphones
- Decals
- Bumper stickers
- License plate holders with the school logo
- Jewelry
- Artwork
- Stationary
- Stadium pillows
- School Frisbees
- Bath accessories and lotions
- Videos and CDs

Healthy Food Items You Can Sell

- Fresh fruit
- Fresh vegetables
- Fruit baskets
- Trail mix
- Fruit smoothie mix
- Frozen bananas
- Fruit and yogurt parfaits
- Jell-o cups
- Soft pretzels with cheese sauce
- Yogurt dip

HEALTHY SNACKS FOR PARTIES

Animal crackers
Graham crackers
Pretzels
Peanut butter and crackers
Nuts/seeds - shelled
Corn nuts
Popcorn
Trail Mix
Fruits
Veggies with cheese sauce or peanut butter
Granola bars/mix
Sherbet bars
Low fat pudding
Low fat yogurt
Low fat ice cream
Cheese
Beef jerky/buffalo jerky
Baked chips
Pickles
Sugar free Jell-O jigglers
100% Fruit juices
Diet pop
Teas
Crystal lite drinks

Allow only one sugar - cupcake, cookie, bar, small candy bar, etc.

PEANUT-FREE HEALTH SNACKS FOR PARTIES

Animal crackers
Graham Crackers
Pretzels
Crackers – baked, low-fat

Popcorn
Fruits
Veggies with cheese sauce
Sherbet bars
Low fat pudding
Low fat yogurt
Low fat ice cream
Cheese
Beef jerky/buffalo jerky
Bakes Chips
Pickles
Sugar free Jell-O jigglers
100% Fruit juices
Diet Pop
Teas
Crystal lite drinks

No peanuts or peanut products.

Any food brought to the classroom must have labels.