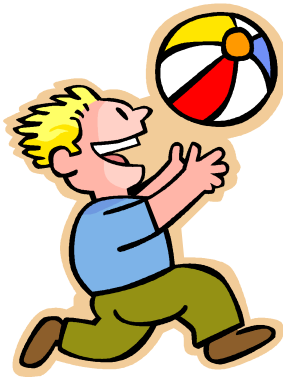




COWGILL R-VI SCHOOL DISTRICT

Wellness Policy

- A. School Health Council
- B. Nutritional Quality of Foods and Beverages Sold and Served on Campus
- C. Nutritional and Physical Activity Promotion and Food Marketing
- D. Physical Activity Opportunity and Physical Education
- E. Monitoring and Policy Review



COWGILL R-VI School District's Policy on Nutritional and Physical Activity

The COWGILL R-VI 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 COWGILL R-VI School District that:

- a. The school district will engage students, parents, teachers, food service professionals, health professionals, and community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- b. All students in grades K-6 will have opportunities, support, and encouragement to be physically active on a regular basis.
- c. Foods and beverages sold or served will meet the nutritional recommendations of the *US Dietary Guidelines for Americans*.
- d. Qualified 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 for students to eat.
- e. To the maximum extent practicable, our district will participate in available federal meal programs.
- f. Schools will provide nutrition education programs and physical education to foster lifelong habits of healthy eating and physical activity, and will establish links between health education and school meal programs, and related community services.

It is the belief of the COWGILL R-VI Board of Education that:

- ◇ Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- ◇ Good health fosters student attendance and education;
- ◇ Obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;
- ◇ Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors, including unhealthy eating habits, physical inactivity, and obesity, are often established in childhood;
- ◇ 33% of high school students do not participate in sufficient physical activity and 72% of high school students do not attend daily physical education classes;
- ◇ Only 2% of children (2 to 19 years of age) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
- ◇ Nationally, the items most commonly sold from school vending machines and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;
- ◇ School districts around the country are facing significant fiscal and scheduling constraints;
- ◇ Community participation is essential to the development and implementation of successful school wellness policies;

Thus the following goals are established to lead the COWGILL R-VI District on its mission.

School Health Council

The COWGILL R-VI School District will create, strengthen, and work to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The School Health Council will consist of a group of individuals representing the school and community and is inclusive of students, parents, school food service personnel, school health personnel, school administration, school board members, teachers, health professionals, and patrons of the community.

The COWGILL R-VI School Health Council is comprised of the following:

Students:	Student Council
Parents:	Mrs. Tiffany Worley
School Food service personnel:	Mrs. Tiffany Zinna
School Health service personnel:	Mrs. Toi Cox
School Administration:	Mrs. Betty Vassmer Superintendent
School Board members:	Mrs. Sami McBee
Teacher:	Mrs. Peri Witmer
Health Professionals:	Mrs. Christie Moore

Nutritional Quality of Foods and Beverages

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 minimum, nutritional 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 (as defined by the *USDA*); and
- Ensure that half of the served grains are whole grains.

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, the COWGILL R-VI School District:

- Will, to the extent possible, operate the *School Breakfast Program*.
- Will, to the extent possible, arrange bus schedules and utilize methods that encourage participation .
- Will notify parents and students of the availability of the *School Breakfast Program*.
- Will encourage parents to provide a healthy breakfast for their children through newsletters, take-home materials, local media, or other means.

Meal Times and Scheduling

The Schools will:

- Schedule meals at the appropriate times (lunch should be scheduled between 11:00 a.m. and 12:00 p.m.);
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students are allowed to eat during such activities;
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- Take reasonable steps to accommodate students with special oral health needs (orthodontia, etc).

School Food Service Staff Qualifications

Qualified food service professionals will administer and manage the food service programs. As part of the school district's responsibility to operate a school food service program, the district will provide continuing professional development for all staff according to their levels of responsibility. The district shall also establish and adhere to all guidelines of the *School Food Safety Program*.

Free and Reduced-priced Meals

The COWGILL R-VI School District 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-priced school meals. To this end, the district will use electronic identification and payment system; provide meals to all children regardless of income; and, promote the availability of school meals to all students.

Sharing of Foods and Beverages

The School District will discourage students from sharing their food or beverages with one another during meal or snack times, given the concerns about allergies or other restrictions on a child's diet.

Fundraising Activities

To support children's health and school nutrition education efforts, schools will be encouraged to involve food that meet the above nutrition and portion size standards for foods and beverages that are sold individually.

All fundraising activities and scheduling shall be approved by the building administrator. Only school-sponsored organizations shall be allowed to conduct fundraising activities. Organizations shall be discouraged from conducting fundraising activities during breakfast and lunch periods.

Snacks

Snacks served during the school day or in after-school programs will make a positive contribution to the child's diet and health with emphasis on serving fruits and vegetables as the primary snacks and water as the beverage. Schools will assess if and when to offer snacks based on timing of school meals, nutritional needs, children's ages, and other considerations.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards as rewards for academic performance or good behavior and will not withhold food or beverages as punishment.

Celebrations

Schools should limit celebrations that involve food during the school day to no more than one activity per class per month. Each celebration should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. Teachers should utilize healthy party ideas as much as possible.

Vending Contracts

Vendors not in compliance with the provisions of this policy by September 1, 2006 or remaining in compliance with the provisions of this policy after September 1, 2006 shall have their contracts considered null and void immediately.

School Meals

National School Lunch Program (NSLP) School Breakfast Program (SBP)

All school meals will comply with USDA regulations and state policies.

Breakfast

- At least 50% of the cereals offered contain
 - Fat– Not more than 35% of weight from sugar per serving
 - Fiber– At least 1g of fiber per serving
- Foods that contain whole grains shall be offered a minimum of three days per week.
- Fresh, canned, dried, or frozen fruits or vegetables are offered a minimum of three days per week.
- Only the following will be offered daily: Low fat (1%, 1/2%) and/or skim (nonfat) milk.

Lunch

- A main entrée with total fat \leq 16g per serving is offered daily.
- Dark green or orange vegetables or fruits are offered three times per week.
- Fresh fruits or raw vegetables are offered a minimum of three times per week.
- A food item containing whole grains is offered a minimum of three times per week.
- Only the following will be offered daily: Low fat (1%, 1/2%) and/or skim (nonfat) milk.
- Reduced-fat and/or fat-free salad dressings are offered

Vending Machines And

The sale of vended food items will comply with the USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the school meal period.

The sale of **FOODS OF MINIMAL NUTRITIONAL VALUE** are not allowed on school property in areas accessible to students.

Nutrition and Physical Activity Promotion And

Nutrition Education and Promotion

The COWGILL R-VI School District aims to teach, encourage, and support healthy eating by students. The school should provide nutrition education and engage in promotion that:

- Is offered at each grade level as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only their health education program but also classroom instruction in subjects such as science, math, communication arts, social sciences, and electives;
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as contests, promotions, and field trips;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Provides caloric balance between food intake and energy expenditure (exercise);
- Links with school food service programs and other nutrition relation community services; and
- Includes support and training for all staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. To 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; and
- Opportunities for physical activities will be incorporated into other subject lessons as appropriate.

Communication with Parents

The School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools will encourage parents to pack healthy lunches and snacks and refrain from including beverages and snacks that do not meet the above mentioned nutritional standards for individual foods and beverages.

Food Marketing in Schools

The COWGILL R-VI School District aims to teach, encourage, and support healthy eating by students. School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutritional standards for meals or for foods and beverages sold individually. Schools should not market or promote predominantly low-nutrition foods and beverages. Schools are encouraged to promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

Examples of marketing and promotional strategies include: logos and brand names on vending machines, books and book 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 and coupons; and food sales through fund raising activities.

Staff Wellness

The COWGILL R-VI School District highly values the health and well-being of every staff member and will encourage and support plans and activities that support personal efforts by staff members to maintain a healthy lifestyle.

Physical Activity Opportunities And

Daily Physical Education

All students in grades K-6, including students with disabilities and special health care needs, will be provided opportunities for participating in physical education. Student involvement in other activities involving physical activity (interscholastic or intramural sports) shall not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

All elementary students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment.

Physical Activity Opportunities Before and After School

All elementary, middle, and high schools will offer extracurricular activity programs such as interscholastic and/or intramural programs as appropriate. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health care needs.

Monitoring And

Monitoring

The Superintendent or designee will ensure compliance with established district-wide nutrition, safety, and wellness policies. The building administrators will ensure compliance with all district approved policies and procedures.

Food service staff will ensure compliance with nutrition guidelines and policies and will develop menus that promote healthy dietary choices for students and faculty.

Policy Review

The School Health Council will monitor and evaluate policy compliance, assess progress, and determine areas in need of improvement a minimum of once every three years. As part of that review, the District will review nutrition, safety, and wellness policies and procedures, provisions for an environment that supports healthy eating and physical activity, and nutrition and physical activity program elements. The district will as necessary, revise wellness policies and educational programs in order to facilitate the implementation of this program.