



CHRISTINA SCHOOL DISTRICT'S WELLNESS POLICY

Background:

Our nations' schools are in a position to play a critical role in promoting student health, preventing childhood obesity, and combating problems associated with poor nutrition, inadequate mental health care and physical inactivity. Children need access to healthful foods, opportunities to be physically active and adequate services that support mental wellness in order to grow and thrive. Furthermore, these factors are essential for students to achieve their full academic potential, full mental and physical development, and lifelong health and well-being. Healthy schools that support good nutrition, physical activity and implement a coordinated school health model are conducive to a learning environment that produces healthier students.

To recognize and formalize the role of schools in promoting student health Congress passed Federal Public Law 108.265 Section 204 in June 2004 requiring schools participating in the National School Lunch/Breakfast Program to develop a local wellness policy to be implemented by the start of the 2006-2007 school year. The law requires the wellness policy to include:

1. Goals for the nutrition education, physical activity and other school-based activities.
2. Nutrition guidelines for all foods sold on campus.
3. Assurance that school meals meet USDA regulations.
4. A plan for monitoring the implementation of the wellness policy
5. Involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public.

In order to create a sound Wellness Policy for the entire school district community, input was requested from district staff, teachers, students, parents and community members. The Wellness Policy Committee integrated the following 8 components of the *Coordinated School Health Model to establish a comprehensive policy for the district:

Nutrition Services, Physical Education, Health Education, Health Services, Counseling, Staff Wellness, family and Community Involvement, Health School Environment.

These eight components are embedded within the three main sections of the Wellness Policy:

- I. Nutrition Services
- II. Physical Activity and
- III. Implementation of the Wellness Policy

*For more information refer to: <http://www.cdc.gov/HealthyYouth/CSHP/>

JUST THE FACTS:

- **The prevalence of obesity has tripled for children (ages 6-11) and has doubled for adolescents (ages 12-19). (CDC, National Center for Health Statistics, NHANES.)**
- **17% of children and adolescents ages 2-19 are overweight (NHANES 2003-2004).**
- **51% of school age children consume less than one serving of fruits and vegetables a day. 84% of school age children exceed the daily recommended intake of dietary fat. (J AM Diet Assoc. 2003)**
- **Overweight adolescents have a 70% chance of becoming overweight or obese adults. Overweight or obese adults are at greater risk of heart disease, Type II diabetes, high blood pressure, and some forms of cancer.**
- **Type II diabetes, previously considered an adult disease, has increased dramatically in children and adolescents and has paralleled the increase in obesity and overweight among children.**
- **Risk factors for heart disease, including elevated cholesterol levels and blood pressure, occur with greater frequency in overweight children compared to children of healthy weight.**
- **Depression and poor self-esteem resulting from social discrimination occur with greater frequency among overweight or obese children.**

Nutrition Services

I. Goals for Healthy School Nutrition

Schools play a powerful role in influencing students' dietary behaviors. There are several ways schools can help ensure the daily eating habits being formed by students will contribute to their learning achievement and lifelong good health.

The Christina School District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition guidelines governing the sale of food, beverage and candy. The school district is committed to promoting the Nutrition Policy with all school nutrition personnel, teachers, nurses, coaches and other school administrative staff. The school district will work toward expanding awareness about this policy among students, parents, teachers and the community.

Nutritional Standards for Foods in Schools

All reimbursable meals will meet Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Menus must comply with the current USDA Dietary Guidelines for nutrition goals when averaged over a school week, and portions should be appropriate for each age group. In addition, the Christina School District will:

1. Provide students with healthy and nutritious foods
For more information refer to: <http://www.healthierus.gov/dietaryguidelines/>
2. Foods offered over the course of a school week should emphasize nutrient dense foods and beverages including whole grain products, fiber rich vegetables and fruits (for more information refer to: www.mypyramid.gov)
3. Support healthy eating through nutrition education
4. Encourage students to select and consume all components of the school meal which meet 1/3 of the Recommended Dietary Allowances (RDA)
5. Nutrition information for products offered a la carte, cafeteria and vending machines shall be available upon request at Child Nutrition Services
6. Sell or serve only snacks and beverages that meet the FDA guidelines and adopted nutrition standards:

A. Portion Size

1. One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or dried fruits.
2. Two ounces for cookies or cereal bars
3. Three ounces for bakery items, including but not limited to pastries, muffins and donuts
4. Four fluid ounces for frozen desserts, including but not limited to ice cream
5. Twelve-ounces for beverages (except water and milk products)

B. Nutrition Standards

Elementary Schools

- | | |
|-----------|---|
| Snacks | No more than 35% calories from sugar or other sweeteners
No more than 8 grams of fat per serving and/or having 35% or less of its total calories from fat
10% or less of its total calories from saturated fat and or trans fat |
| Beverages | Must be made with at least 50% and up to and including 100% real fruit juice and must not contain added sweeteners
Dairy products must be low fat or skim, including but not limited to: chocolate, strawberry, and soy or rice beverages
Water |

Middle/High Schools

- | | |
|-----------|---|
| Snacks | No more than 35% calories from sugar or other sweeteners
No more than 8 grams of fat per serving and/or having 35% or less of its total calories from fat
10% or less of its total calories from saturated fats and or trans fat |
| Beverages | Must be made with at least 50% and up to and including 100% real fruit juice and must not contain added sweeteners
Electrolyte replacement beverages with no more than 30 grams of sugar per 12 oz serving size
Dairy products must be low fat or skim, including but not limited to: chocolate, strawberry, and soy or rice beverages
Water |

Nuts, seeds, and dried fruits are exempt from the above standards.

C. Minimal Nutritional Value

The following items may not be served, sold or given out within the cafeteria school meal program.

Foods of minimal nutritional value as defined by USDA regulations:

“210.11 Foods of Minimal Nutritional Value”

A food which provides less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per serving and in the case of all other foods a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving.

Examples: Soda water, water ices, chewing gum, and certain candies (hard candy, jellies/gums, marshmallow, fondant, licorice, spun candy, candy coated popcorn) are prohibited.

Schools shall move to eliminate any items containing trans fats.

Other School Based Activities (Eating Environment)

1. The National Association of State Boards recommends a minimum of at least 10 minutes for breakfast and 20 minutes for lunch from the time the student sits down to eat.
2. There should be a minimum of 3 hours not more than 5 hours scheduled between Breakfast and Lunch periods.
3. Bus Schedules and morning breaks should be coordinated to allow students ample time before class to eat breakfast.
4. Lunch periods are scheduled as near the middle of the school day as possible.
5. It is recommended that physical education and recess be scheduled before lunch whenever possible.
6. Food Service Staff and School Administration shall collaborate to provide sufficient space and time for meals.
7. Dining areas shall be attractive and have enough space for seating all students.
8. Drinking water shall be available at mealtime for all students and students are permitted access; encourage consumption of at least 6-8 8 oz. glasses of water per day.

9. Students will wash their hands before meals to prevent spread of germs and reduce the risk of illness.
10. Meals, snacks, and candy will not be used as a reward or a punishment for student behaviors, unless it is detailed in a student's 504 or Individualized Education Plan (IEP).
11. In the context of the total day's food intake, a list of healthier snack choices that are free of most common allergens i.e., peanut-egg-wheat-dairy is available to be distributed to parents to use as a guide when considering food items for special events during school celebrations or during curriculum-related activities. (See attached)
12. School fundraisers will promote positive health habits such as the sale of non-food and nutritious food items as well as fund raising to support physical activities.
13. Parent and back to school events will be encouraged to provide healthy food options.
14. School Nutrition programs will aim to be financially self-supporting. The school nutrition program is an essential support to the success of the education process. Profit generation should not take precedence over the nutritional needs of the students. If subsidy of the school nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and or compete nutritionally with program meals:

“210.11 Competitive Food Services”

Competitive Foods means any foods sold in competition with the school breakfast and lunch programs to children in food service areas during serving periods.

“The sale of other competitive foods may, at the discretion of the State Agency and School Food Authority, be allowed in the food service area during the lunch period if all income from the sale of such foods accrues to the benefit of the non-profit school food service or the school or student's organizations approved by the school.” (Federal Regulation 7CFR Part 210.11 (B).

15. State agencies and school food authorities may impose additional restrictions on the sale of and income from all foods sold at any time throughout schools participating in the school breakfast program and the national school lunch program.
16. The School District will employ a properly qualified, certified and /or credentialed Nutrition Director to administer the School Nutrition Programs.

17. All school nutrition personnel shall have adequate in-service training in food service operations.
18. Students are encouraged to start each day with a healthy breakfast.
19. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
20. Safety and security of the food and facility access to the School Nutrition Operations are limited to School Nutrition Personnel and other authorized personnel.
21. Snack and beverage vending machines intended for staff use will be located in designated staff lounge areas.
22. Cafeteria vended products shall be consistent with established nutrition standards.
23. Vended products offered outside the cafeteria shall consist of approved products in addition to selections with lower fruit juice percentages. These machines shall be timer controlled for sales after normal school hours.

II. Goals for Nutrition Education

Christina School District's wellness policy is intended to influence a student's actual eating behaviors that result in lifelong healthy food choices. These healthy food choices will help to eliminate barriers to learning associated with improper nutrition and fitness. Healthy food choice themes include:

Knowledge of the Food Guide Pyramid
 Sources and variety of foods
 Diet and disease
 Healthy snacks
 Healthy diet
 Major nutrients
 Serving sizes
 Limiting foods of low nutrient density

Healthy heart choices
 Dietary Guidelines for Americans
 Understanding calories
 Healthy breakfast
 Food labels
 Multicultural influences
 Proper food safety/sanitation

Nutrition Education

The overall goal for nutrition education for Christina School District is to promote the integration of nutrition education into curriculum areas. Nutrition education will be age appropriate, reflect cultural diversity, and provide opportunities for students to practice skills learned. We will:

1. Integrate nutrition education into the respective subject areas with the help of credentialed health educators and nutrition professionals from DOE and other

sources.

2. Educate and train teachers to integrate nutrition education in an interdisciplinary approach. When practical, teachers will enhance nutrition education learning through practical experiences including in-services.
3. District staff will be encouraged to model principles of good nutrition.
4. Promote and disseminate resource information related to integration of nutrition education into curriculum. Urge the inclusion of education activities sponsored by nutrition and health organizations by promoting them through various venues including newsletters, announcements, etc.
5. Promote nutrition awareness throughout the school environment by disseminating resources for nutrition education that can be displayed. (i.e. posters in cafeteria, hallways, gymnasiums, classrooms, etc...). These posters can assist students to make healthy food choices. The classroom, the school dining room, and other school activities should provide clear messages that explain and reinforce healthy eating. Students should receive messages throughout the school that are consistent and reinforce each other. The cafeteria offers students an opportunity to practice classroom nutrition lessons.
6. Promote nutrition awareness to parents and communities through any of the following methods: offering healthy eating seminars, sending nutrition information home, posting nutrition tips on websites, and providing nutrient analyses of school menus.
7. Initiate school-based marketing that is consistent with nutrition education and health promotion. As such, we 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.
8. Prohibit school-based marketing of brands promoting predominantly low nutrient foods and beverages during the school day.
9. Promote optimal oral hygiene by eliminating foods with high levels of added sugar such as candy and soda.
10. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Develop student based focus groups for feedback and planning of menus.
11. Establish district and individual school wellness taskforces. Taskforces shall develop, promote, and oversee a multi-faceted plan to promote the district's health nutrition wellness.

12. Encourage staff participation in Coordinated School Health Programs (CSHP) within each school in order to facilitate coordination between food service and classroom instruction.
13. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.
14. School Nutrition Staff will be present at open houses to discuss the benefits of our cafeteria services. Nutrition staff will emphasize choice of healthy food items.

III. Goals for Cumulative Food Intake

Celebratory activities provide students an opportunity to share achievements, birthdays, holidays, etc. These celebratory events occur at varying frequencies and often involve foods not consistent with healthy choices as well as negatively impacting the daily cumulative food intake of students. In an effort to reinforce healthy eating behaviors and improve the quality of foods offered the following guidelines have been developed for school events:

1. Sale of fundraising foods is not allowed during the course of the school day.
2. Food will not be used as a reward or punishment for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.)
3. Classroom parties and any other celebrations during the school day must provide a choice of at least one high nutrient dense item and no more than one low nutrient dense item. (see appendix for examples)
4. Inform and encourage parents to provide foods for all school activities consistent with established nutrition guidelines via newsletters, website, and other district publications.

Physical Activity

Schools share a responsibility to help students and staff establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall well being.

The national recommendations of 60 minutes per day of moderate to vigorous physical activity should be the goal for all students. This includes opportunities in various settings such as:

- Physical Education
- Classroom activity breaks
- Structured and freestyle recess
- After-school programs
- Organized athletic activities

Christina School District will play a role in influencing students' physical activity behaviors. By providing challenging physical and health education classes, and providing unique opportunities for physical activity during the day, we will give students the knowledge, motivation, and skills needed for lifelong physical activity.

Physical Education versus Physical Activity

Physical Education is the science of human movement that teaches the knowledge and skills necessary to be physically active for life. Physical Activity is all bodily movements that result in energy expenditure. This includes daily routine activities such as school work, intramural activities, sports, free play, planned and structured repetitive movements designed specifically to improve fitness and health.

Physical Education

1. All Christina School District students in grades K-12 shall receive a quality physical education program that

- is age-appropriate
- is taught by a certified physical education teacher
- monitors fitness levels of all students
- uses fitness assessments to plan and guide instruction
- should be a teacher/student ratio comparable to other courses of that grade cluster
- requires 150 minutes per week at the elementary school level (Pending state approval)
- requires middle school students to successfully complete 1.0 credit hour of physical education per school year
- requires high school students to successfully complete 1 credit hour of Physical Education classes not to be taken in the same academic year
- reflects any state mandated changes to the number of hours of Physical Education

2. The physical education program shall:
 - Build knowledge and skills for the enjoyment of lifelong fitness through physical activity
 - Create a positive atmosphere for all students to participate successfully in physical activities
 - Enhance skills in leadership, teamwork and self-confidence
 - Utilize technology within the curriculum to enhance motivations and participation
 - Focus on life-long activities that can be done individually or in teams
 - Improve individual fitness level of each student
3. Schools should provide adequate space and the appropriate equipment to meet the Delaware standards for physical education.
4. Schools must aim to promote physical activity during recess.
5. Students shall not be excluded from participating in physical education classes or opportunities for physical activity.
6. After-school programs should include supervision by trained staff and provide developmentally and age-appropriate physical activity for all participants.
7. Staff wellness opportunities shall be available to all employees.
8. The benefits associated with life long fitness and physical activity shall be shared with community groups and parents through any of the following methods: offering health fairs, physical activity seminars, sending fitness information home, posting fitness tips on websites and other district publications.
9. Schools should schedule recess before lunch since research indicates physical activity prior to lunch can improve nutrient intake and reduce food waste.

Implementation of Wellness Policy

Christina School District will create a District Wellness Policy Committee that will meet regularly to assist in the implementation, coordination and evaluation of the Wellness Policy by:

1. Acting as a liaison between the community, agencies, organizations and the Christina School District in the interest of the health and well being of children and their families.
2. Ensuring the implementation of the Wellness Policy through the development of assessment tools to analyze the status of each school and create an implementation plan to ensure goals are met.
3. Establishing school based wellness site councils district that reports to the District Committee.
4. Ensuring that the instruction and services associated with the Wellness Policy are mutually reinforcing and present consistent messages.
5. Contributing monthly wellness tips via district newsletters, websites, and other district publications.
6. Providing education and initiatives that promote district-wide wellness.
7. Advising administrators on information to monitor compliance.

Glossary

A la carte foods - a menu term signifying that each item is sold and priced separately from the National School Lunch and School Breakfast Programs.

Food Allergens - a specific allergic reaction that involves the immune system, triggered by a particular food, and is reproduced each time the food is eaten.

Competitive Foods - foods that are sold in competition with meals served under the National School Lunch and School Breakfast Programs

Coordinated School Health Program – integrated, planned, school-based programs that was designed by the Center of Disease Control to promote physical, emotional, and educational development of students. The eight components consist of Physical Education, Health Education, Health Services, Counseling, Psychological & Social Services, Healthy School Environment, Health Promotion for Faculty and Staff, Parent and Community Involvement and Nutrition/Food Service.

Dietary Guidelines for Americans – is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). It provides authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

Federal Nutrient Standards - standards for healthy school meals developed by the USDA to set required levels for key nutrients in keeping with the recommendations of the Dietary Guidelines for Americans.

My (Food Guide) Pyramid - outline or a system that provides many options to help Americans make healthy food choices based on dietary guidelines set by the USDA.

Foods of low nutrient density - foods with low-nutrient-density are more commonly referred to as 'junk food'. They are foods that are high in calories, often from fat or sugar, but contain little (or no) amount of vitamins and minerals.

Food of minimum nutritional value – foods which lack minimum nutritional value from vitamins and minerals (ex: chewing gum, flavored ice bars, candy bars, etc.)

Hazard Analysis and Critical Control Points Plan and Guidelines - a systematic approach to the identification, evaluation, and control of food safety by preventing hazards that could cause food-borne illnesses by applying science-based controls, from raw material to finished products.

Individualized Education Plan (IEP) – children, who are eligible for special education services, will have a written document that outlines a child's educational program that is tailored to the individual student to provide maximum educational benefit.

Nutrient Analyses – to evaluate a menu to ensure that it meets the appropriate Nutrient Standards.

Nutrient dense foods - foods that are rich or high in nutrients when compared to their calorie content.

Physical Activity - exercise or health related activity that is planned, structured and repetitive, consisting of moderate to high intensity levels of exertion, resulting in the maintenance or improvement of physical fitness (body composition, flexibility, aerobic power, muscular strength and endurance).

Physical Education – learning a wide range of movements, knowledge, and skills that will contribute to the development of responsible practices, attitudes and behaviors essential to a healthy lifestyle.

Reimbursable meals – meals that are free, reduced and are reimbursable by the federal and state government. These meals must meet federal requirements established by the National School Lunch Program. Schools who participate are required to offer lunches to eligible children.

Saturated Fats - fats that are derived from animal fats, such as those in meat, poultry, dairy products, processed and fast foods.

School-based marketing – public relations and marketing strategies that focuses on students, teachers and administrators within the school environment.

Trans fats - hydrogenated fats that are created when oils are "partially hydrogenated". The process of hydrogenation changes the chemical structure of unsaturated fats by adding hydrogen atoms to make the fats more saturated.

APPENDIX

How to calculate Fat and Sugar Percentages:

If a Snack contains:
 120 calories
 4 grams fat
 5 grams sugar

How to calculate fat percentage:
 4 grams fat x 9 calories per gram = 36 fat calories (36 fat calories / 120 calories = 30%)

How to calculate sugar percentage:
 5 grams sugar x 4 calories per gram = 20 sugar calories (20 sugar calories / 120 calories = 17%)

Suggested Foods for School Events

High Nutrient Dense Foods (select at least one of the items below)	Low Nutrient Dense Foods (select no more than one items below)	Foods to Avoid
Fresh fruits	Cakes	Candy
Fresh vegetables	Brownies	Gum
100% fruit juice	Cookies	Soda
Milk (low fat preferred)		Chips
Water		Peanut butter and other nut products
Pretzels		

Quick and Easy Healthy Snacks

Provided By Christina Child Nutrition Services

- ✓ Low fat yogurt or cottage cheese with fresh fruit
- ✓ Bagel with lite cream cheese
- ✓ Whole grain crackers with reduced fat cheese
- ✓ High Fiber, sugar free cereal with 1% or skim milk
- ✓ Raw Vegetables with low fat dip
- ✓ Pita bread with bean dip
- ✓ $\frac{1}{2}$ lean turkey sandwich on whole wheat bread with low-fat mayo
- ✓ Celery sticks, sliced apples or bananas (with peanut butter if no allergies to tree nuts exist)
- ✓ Pretzels
- ✓ Baked tortilla chips with salsa
- ✓ Low fat microwave popcorn
- ✓ Rice cakes - plain or with peanut butter if no allergies to tree nuts exist)
- ✓ Instant oatmeal and fresh fruit
- ✓ Fresh fruit or Dried fruit
- ✓ Low fat pudding

✓ Graham crackers, animal cookies, vanilla wafers

✓ Baked chips