



## **ST. HOPE PUBLIC SCHOOLS LOCAL WELLNESS POLICY**

St. HOPE Public Schools is committed to providing school environments that protect and promote children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Provisions of the Child Nutrition and WIC Reauthorization Act of 2004 required that all participating schools to implement a Local Wellness Policy (LWP) by the first day of the school year in 2006. In 2010, the Healthy Hunger-Free Kids Act (HHFKA) expanded the requirements.

The SHPS Board of Directors therefore has implemented the following Local Wellness Policy that sets goals for nutrition education and promotion, physical activity, nutrition standards, and other school based activities to promote student health and wellness at all St. HOPE Public Schools schools.

### **I. School Health Councils (Wellness Committee)**

SHPS has created a Wellness Committee to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also serves as a resource to school sites for implementing those policies.

The SHPS Wellness Committee shall include the following stakeholders (as outlined in the HHFKA):

- HealthCorps Coordinator (committee chair; school health professional)
- Students from Sacramento Charter High School (and other SHPS schools as practical)
- Representative from SHPS food service provider
- Parent(s)
- School administrator(s)/staff
- Physical education teacher(s)
- SHPS Board of Directors member
- Other community member(s)
- A SHPS designee to ensure compliance with the LWP

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **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 a minimum, nutrition 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 (to be defined by USDA); and
- ensure that half of the served grains are whole grain

SHPS schools will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, SHPS schools will post menus at all points of sale and make available, upon request, the nutritional content of all meals.

Free and Reduced-priced Meals. SHPS schools 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-price school meals. Toward this end, SHPS schools may utilize electronic identification and payment systems; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as "grab-and-go" or classroom breakfast.

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 SHPS schools will:

- to the extent possible, operate the School Breakfast Program.
- to the extent possible, utilize methods to serve school breakfasts that encourage participation, "grab-and-go" breakfast, or breakfast during morning break or recess.
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Times and Scheduling. SHPS schools:

- should provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1:30 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- should schedule recess periods to follow lunch (in elementary schools);
- should provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of SHPS's responsibility to operate a food service program, we will provide opportunities for all nutrition professionals to take advantage of continuing professional development whenever possible. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. SHPS schools 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.

**Foods and Beverages Sold Individually (*i.e.*, foods sold outside of reimbursable school meals, such as through, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.) or Served Outside of Regular Breakfast and Lunch Offerings**

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in

elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Middle/Junior High and High Schools. In middle/junior high and high schools, all food sold on school campuses outside the reimbursable school meal programs, should meet the nutrition standards as set forth in the California Education Code and the HHFKA. This includes those individual items sold through a la carte [snack] lines, student stores, or fundraising activities.

Food or beverages that do not meet nutrition standards set forth in the Ed Code may be sold by pupils on school grounds only if sales occur 30 minutes after the end of the school day or, on some occasions involving celebrations (non-sale items; see below).

#### Beverages.

- Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices that contain 100% fruit juice; unflavored or flavored low-fat (1%) or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks; sports drinks; iced teas; fruit-based drinks that contain less than 100% 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).

Food. A food item sold individually will, at minimum, meet all nutrition standards and specifically limit:

- calories from fat
- overall calories
- sugars
- sodium

A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes. Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- 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; and the portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion size limits.

Snacks. Snacks served during the school day or in after-school care or enrichment 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. SHPS schools will assess if and when to offer

snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. SHPS will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards. SHPS schools will encourage its teachers and staff to avoid using as rewards for academic performance or good behavior food and beverages not meeting the nutrition standards. Furthermore, SHPS teachers and staff will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools 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 (above). Teachers, especially those at the elementary level, will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day should meet the nutrition standards for meals or for foods and beverages sold individually (above).

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

#### **Nutrition Education and Promotion**

SHPS aims to teach, encourage, and support healthy eating by students. SHPS schools will 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, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, 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);
- links with school meal programs, other school foods, and nutrition-related community services;
- 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**

SHPS will support parents' efforts to provide a healthy diet and daily physical activity for their children. SHPS may offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. In addition, the district/school may provide opportunities for parents to share their healthy food practices with others in the school community.

SHPS shall use its best efforts to 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. Such supports may include sharing information about physical activity and physical education through websites, newsletters, or other take-home materials, special events, or physical education homework.

### **Food Marketing in Schools**

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 nutrition standards for meals or for foods and beverages sold individually (above). 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.

Examples of marketing techniques include the following: books or curricula, textbook 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; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: pricing structures that promote healthy options in a la carte lines; sales of fruit for fund raisers; and coupons for discount gym memberships.

### **Staff Wellness**

SHPS highly values the health and well-being of every staff member and will, to the extent practicable, plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. SHPS should use its best efforts to establish and maintain a district-wide staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative, union representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan 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. The staff wellness committee should distribute its plan to the school health council annually.

## **IV. Physical Activity Opportunities and Physical Education**

### **Daily Physical Education (P.E.) K-12**

All students in grades K-9, including students with disabilities, special health-care needs, and in alternative educational settings, will, to the extent practicable, receive daily physical education (or its equivalent of 100 minutes/week for elementary school students grades K-6 and 200 minutes/week for middle and high school students grades 7- 12) for the entire school year.

Students who are not required to participate in Physical Education (those students in grades 10, 11, and 12) shall be provided with the opportunity to participate in a variety of physical education elective courses.

### **Daily Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Before and After School**

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

After-school child care and enrichment programs will 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 and community personnel will be encouraged not to use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

### **Safe Routes to School**

SHPS will continually 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. When appropriate, SHPS will work together with local public works, public safety, and/or police departments in those efforts. SHPS will explore the availability of federal "safe routes to school" funds, administered by the state department of transportation, to finance such improvements. SHPS will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

### **Use of School Facilities Outside of School Hours**

SHPS will work towards creating systems that make available school spaces 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 and nutrition programs. School policies concerning safety will apply at all times.

## **V. Monitoring, Assessment and Policy Review**

### **Monitoring**

The SHPS designee (see School Health Councils above) will ensure compliance with the established Local Wellness Policy. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the SHPS designee.

SHPS shall post its policies and regulations on nutrition and physical activity in public view within all school cafeterias or in other central eating areas, as well as on the SHPS website and all school websites.

### **Assessment**

The Wellness Committee shall conduct periodic (at least annual) assessment of the extent to which schools are in compliance with the LWP and the progress towards meeting all goals outlined in the policy.

### **Policy Review**

The Wellness Committee shall conduct periodic (at least annual) reviews of the feasibility and accuracy of the LWP. Periodic reviews will incorporate additional parents and/or students from schools not currently represented in the composition of the Wellness committee. The Committee shall be responsible for updating the LWP based on current regulations whether SHPS, local, state or federal.