



# **City of Baker School System Health and Wellness Policy 2011-2017**

## **Purpose**

The United States Department of Agriculture's (USDA) Child Nutrition and Women, Infant, and Children (WIC) Reauthorization Act of 2004 requires that each local educational agency (LEA) participating in the National School Lunch Program establish a local school Wellness Policy by July 1, 2006.

This Wellness Policy establishes a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not. Whereas hunger in America still exists, obesity among children and adolescents has risen over the past 20 years and continues to be a concern. Few children eat a healthy diet consistent with recommendations established by health professionals. Students consume extra calories from foods and beverages that are high in sugar and fat and low in nutrients. Physical inactivity and excessive caloric intake are the main causes of obesity. Chronic diseases such as heart disease, cancer, and diabetes are responsible for a majority of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits and physical inactivity, often are established in childhood. Students need access to healthful foods and opportunities to be physically active in order to grow and learn.

Although school districts around the country are facing significant fiscal and scheduling constraints, schools and the community must collaborate to develop and implement successful school wellness policies that are dynamic and meet the needs of the students in the district. In addition to health and physical education, the school environment should provide a model of life skills related to healthful eating and physically active habits.

Thus, the City of Baker School System 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 habits.

The areas addressed in the Wellness Policy include: Nutrition Services, Nutrition Education, Physical Activity and Physical Education, Communication and Promotion of the Wellness Policy, and Monitoring Adherence and Evaluation and the Tobacco Policy.

Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate CoBSS Wellness Policy issues with classroom education, foods served on campus throughout the day, and with related community services.

## **Tobacco-Free School Policy**

It is important for school leaders to send a clear, consistent non-use message to their students, staff, and community by implementing a 100% Tobacco-Free policy. By implementing such a policy, school leaders will be countering the tobacco industry's influence with efforts to promote safe learning environments and healthy lifestyles.

### **Model Policy Statement:**

Because tobacco is the leading cause of preventable death, disease, and disability, the City of Baker School System shall provide a 100% Tobacco-Free school environment. All tobacco products (e.g. smoke, smokeless, spit, spitless, etc.) and smoking devices are prohibited on any school campus, school vehicle, or district school board property. School campus includes the elementary or secondary school building and buildings on that campus. School Board property shall include any portable buildings, field houses, stadiums, equipment storage areas, vacant land, or any property owned, operated, or leased by the board. All tobacco products are also prohibited at school-sponsored functions away from school property. Tobacco advertising is also prohibited in school buildings, at school functions, and in school publications.

### **Compliance and Enforcement**

"Tobacco-Free" signs shall be displayed on school property. Notice of this policy shall be posted at the entrances to the grounds of each school and school building, and within school vehicles. Notice of this policy shall be given to students, all school staff, parents or families through dissemination of the student handbook every year and posted signage at each campus.

In addition to disciplinary action, those who are found in violation of this policy shall be referred to the school's health provider (Nurse, Health Center, or Social Worker) for a tobacco intervention. The school's health provider shall have the option of referring the student to the Fax to Quit Louisiana Program, a free counseling service done over the phone for tobacco cessation. School employees who violate the 100% Tobacco-Free School Policy shall, in addition to disciplinary action, also be referred to the Louisiana Quit-Line (1-800-QuitNow).

## **Nutrition Services**

Foods and beverages sold or served at school will meet the nutrition requirements as outlined in *Bulletin 1196, Louisiana Food and Nutrition Programs, Policies of Operations*. Qualified Child Nutrition Program 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 and adequate time for students to eat.

## **School Meals**

The City of Baker School System will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education, Office of School and Community Support.
2. Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by USDA and the Louisiana Department of Education, Office of School and Community Support.
3. Encourage students, school staff, and families to participate in school meal programs. Nutrition and meal pamphlets will be available in the cafeteria for parent access.
4. Strive to operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards.
5. Provide professional development opportunities for food service staff.
6. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food.
7. Ensure that the food service permit is current for the Food Service school site.
8. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards.
9. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice. Offer nonfat, reduced-fat, low-fat, plain and/or flavored dairy products.
10. Offer whole-grain breads and cereals.
11. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
12. Ensure that all foods brought into the cafeteria meet the USD A Child Nutrition Guidelines.
13. Ensure that school meals are accessible to all students with a variety of delivery strategies. Alternate eating sites will be encouraged to increase meal participation.
14. Ensure that students receive adequate time to eat breakfast and lunch, encouraging the recommended 20 minute seat time for lunch.
15. Provide a cafeteria atmosphere that is conducive to a positive dining experience, encouraging socializing among students and between students and adults; encouraging supervision of eating areas by adults who model proper conduct and voice level and who model healthy habits by eating with the students. Cafeterias will provide adequate supplies of hand washing soap, water and disposable towels for use at each facility.

## **Foods and Beverages Offered Outside of the Child Nutrition Programs**

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Programs. Nutrition education is more effective if the foods and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages sold outside the USDA Child Nutrition Programs include vending machines, concession stores, school parties, fundraising events, and rewarding/bribing students with food.

## Vending Machine and Concession Store Laws

Foods and beverages must meet specific nutritional criteria if on the grounds at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. These criteria were developed as a result of the approval of Senate Bill No. 146, Act 331 passed during the Louisiana Legislature's Regular Session in 2005.

- a. < 150 calories
- b. < 35% of total calories from fat
- c. < 10% to total calories from saturated fat
- d. < 30 grams of sugar
- e. < 360 milligrams of sodium

A list of foods meeting these criteria is provided in the "Vending List for Schools", provided and maintained by Pennington Biomedical Center, [www.pbrc.edu](http://www.pbrc.edu) .

In addition, the criteria for beverages offered for sale in public high schools was amended as a result of the passage of HB 767 / Act 306 passed by the Louisiana Legislature during its 2009 Regular Session. Except for items sold as part of the school food program, the food and beverages must meet the following criteria per serving:

In high schools, beverages shall include:

- a. Bottled water
- b. No-calorie or low-calorie beverages that contain up to 10 calories per eight ounces
- c. Up to 12 ounce servings of beverages that contain 100 percent fruit juice with no added sweeteners and up to 120 calories per eight ounces.
- d. Up to 12 ounce servings of any other beverages that contains no more than 66 calories per eight ounces,
- e. At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain up to 10 calories per eight ounces
- f. Low-fat milk, skim milk, and non-dairy milk.

## Foods and Beverages Sold / Offered Outside of the School Cafeteria

The City of Baker School System will:

1. Follow the nutrition guidelines set by state law for vending machines and concession stands and stores.
2. Encourage the elimination use of foods and beverages as **rewards** for student accomplishment.
3. Encourage parents and school officials to provide healthful food and beverage choices at school **parties**. A list of healthy foods and beverages and non-food rewards and activities will be provided annually to administrators, students, teachers, and parents.
4. Promote school **fundraisers** that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients).
5. Encourage parents and school officials to provide nutritious and appealing food and beverage options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-

fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered **before or after school** at sporting and academic events, celebrations, social events, before and after care programs, camps and other school functions.

## Nutrition Education

School-based nutrition education includes traditional classroom lessons and behavioral change programs based on social learning theory and marketing. Using all venues is recommended for optimal impact. Nutrition is not a stand-alone course. It is taught in health education and science classes and can be integrated into core content area of instruction across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior. Behavior change can be enhanced through social learning theory and marketing, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The City of Baker School System will:

1. Provide a unit on nutrition to ensure that it is taught in the classroom during the year.
2. Implement nutrition education programs that promote lifelong healthful eating practices that are research-based.
3. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
4. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations.
5. Provide hands-on activities that are fun and engaging.
6. Encourage opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber.
7. Promote positive aspects of healthful eating behaviors.
8. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal-setting.
9. Strive toward hiring qualified, certified health education teachers.
10. Provide nutrition education related staff development opportunities for teachers on an annual basis.
11. Encourage parent involvement in lessons taught and school activities.
12. Coordinate marketing activities with nutrition education classroom activities.

13. Encourage parents who come to eat lunch with their children by bringing their own meals to model good nutrition habits. Consumption of soft drinks and other non-nutritious food items brought from home or from a restaurant is discouraged.

## **Physical Education and Activity**

Daily physical activity is essential to student welfare and academic performance. Federal Guidelines recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity. Districts and schools, including parents and communities, must offer additional opportunities and resources for physical activity outside physical education classes.

The City of Baker School System will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. Provide students in grades K-8 with planned, organized, and moderate to vigorous physical activity for a minimum of 150 minutes per week.
3. Ensure that qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
4. Provide staff development on standards implementation for physical education instructors.
5. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
6. Align the physical education lessons with standards, benchmarks, and grade-level expectations.
7. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
8. Ensure that all high school students take one and a half units of physical education.
9. Offer classroom health education that compliments 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.
10. Encourage physical activity for elementary students during intramurals programs, clubs, and recess as well as in physical education programs.
11. Encourage opportunities for parents and guardians to support students' participation in physical activities, such as a Safe Routes to School Program, to be physically active role-models, and to include physical activities in family plans.
12. Encourage school staff to participate in physical activities to serve as role models.

13. Support community based physical activity programs.
14. Offer classroom health education that compliments 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.

## **Communication and Wellness Policy Promotion**

The City of Baker School System will:

1. Share a summary of the Wellness Policy with school staff and faculty, students, and parents. Updates to the Policy may be highlighted and discussed. Any special events or goals that the Wellness Policy Committee plans to sponsor or achieve will be shared with everyone affected and the School Health Advisory Council.
2. Encourage each school to establish a School Wellness Council and Student Wellness Council whose goals are to develop and promote a plan to promote staff and student wellness. The plan should include ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff and students.

## **Monitoring and Evaluation**

The City of Baker School System will:

1. Develop a plan of action for implementation.
2. Use the Louisiana Department of Education's Wellness Policy Evaluation tool annually and be prepared to report results to the District School Health Advisory Council and the Department of Education by October 31 of each year.
3. Report the status of the Wellness Policy in the district by developing a plan for monitoring adherence to the Wellness Policy Guidelines and establishing a means for corrective action.
4. Evaluate the effectiveness of the Policy and amend it based on the results of the evaluation and the needs of the community.