

# Black River Local School District Wellness Policy



# **Black River Local School District Wellness Policy**

## **Preamble**

Black River Local School District (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active during as well as after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

## **I. School Wellness Committee**

### **Committee Role**

The District will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

### **Membership**

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public.

Michelle Schlauch – Middle School Health Education  
Kala Chrislip – Community Representative  
Bonnie Cooper – Food Service Director  
Tyler Dennis - Middle School Physical Education  
Mary Lou Ford – High School Guidance Counselor  
Mark Leiendecker – School Counselor  
Donna Young – Health Administrator  
Jennifer Demczyk – Family and Consumer Sciences Education  
Pam Oberholtzer – Community Representative  
Cynthia Berry – High School Health & Physical Education  
Mike Nye – Elementary Physical Education  
Nicole Elkevitzh-Community Representative

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### **Annual Progress Reports**

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year.

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy.

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy: [www.BLRV.org](http://www.BLRV.org)

## **Recordkeeping**

The District will retain a current Wellness Policy, reviewed annually.

## **Revisions and Updating the Policy**

The DWC will update or modify the wellness policy as District priorities change or when Federal or State guidance or standards are issues. The District will update the website as changes occur.

## **Nutrition**

### ***School Meals***

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet current nutrition requirements established by local, state, and Federal statutes and regulations.

Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques

- Whole, sliced, or cut fruit options available
- Daily fruit options are displayed in a location in the line of sight and reach of students
- All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
- White milk is placed in front of other beverages in all coolers
- Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are available
- Student artwork is displayed in the service and/or dining areas
- Daily announcements are used to promote and market menu options
- Bulletin board designated for food service use located in dining area

## **Staff Qualifications and Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

## **Water**

The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry water bottles filled with only water.

- Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.

## **Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* will meet standards to support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.

### **Nutrition Standards for Foods**

- Any food sold in schools must:
  - Be a “whole grain-rich” grain product; or
  - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).\*

### **Foods must also meet several nutrient requirements:**

Calorie limits:

° Snack items: ≤ 200 calories

° Entrée items: ≤ 350 calories

Sodium limits:

° Snack items: ≤ 230 mg\*\*

° Entrée items: ≤ 480 mg

Fat limits:

° Total fat: ≤35% of calories

° Saturated fat: < 10% of calories

° Trans fat: zero grams

Sugar limit:

° ≤ 35% of weight from total sugars in foods

\*On July 1, 2016, foods may not qualify using the 10% DV criteria. \*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

## **Nutrition Standards for Beverages**

- All schools may sell:
  - Plain water (with or without carbonation)
  - Unflavored low fat milk
  - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
  - 100% fruit or vegetable juice and
  - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
- Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.
  - No more than 20-ounce portions of
  - Calorie-free, flavored water (with or without carbonation); and
  - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
  - No more than 12-ounce portions of
  - Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

The Alliance for a Healthier Generation has an online product calculator that checks for any food item. The calculator is United States Department of Agriculture approved.

The calculator is located at:

[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/).

A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

## **Celebrations and Rewards**

All foods offered on the campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties. The committee will provide a list of suggested healthy party ideas and approved classroom snacks to parents and teachers, including non-food celebration ideas.

## **Nutrition Promotion**

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through school to home communication.
- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

### **Nutrition Education**

The District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;

### **III. Physical Activity**

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

#### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District elementary students in each grade will receive physical education for no less than 60 minutes per week throughout the school year.

All secondary students (middle and high school - each) are required to take the equivalent of one academic year of physical education.

- All physical education will be taught by a certified physical education teacher.

- Strongly recommended that students will not miss physical education to meet other requirements (e.g., testing makeups, discipline issues, evaluations, and other coursework).
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Physical Education classes will not exceed 30 students.

### **Essential Physical Activity Topics in Health Education**

The District will include in the health education curriculum the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

**Outdoor recess** will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is below 20 degree wind chill, during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class.

## **IV. Other Activities that Promote Student Wellness**



## **Community Partnerships**

The District will develop relationships with community partners (i.e. hospitals, universities, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

## ***Community Health Promotion and Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

The District will use electronic mechanisms (such as email or displaying notices on the district's website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

The community has access to approved school facilities.

## ***Glossary:***

**Extended School Day** - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.