



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:

Delaware Statistics:

- **According to the Delaware Survey of Children’s Health (DSCH), “the prevalence of overweight and obesity among Delaware’s children is level since the first administration of the survey in 2006” (Nemours Health & Prevention Services, DSCH, 2011).**
- **44.2% of males and 35.7% of females were categorized as obese in 2011 (Nemours Health & Prevention Services, Kid Counts/DSCH, 2014).**
- **38.8% of children ages 2-5 years old, 43.1% of children ages 6-11 years old and 37.7% of children ages 12-17 years old were categorized as obese in 2011 (Nemours Health & Prevention Services, Kid Counts/DSCH, 2014).**
- **Overweight and obesity has decreased in African American males and white females; however has increased in white males from 34% in 2008 to 47% in 2011 (Nemours Health & Prevention Services, DSCH, 2011).**
- **The Hispanic population has the highest prevalence of overweight and obese children in Delaware (50%) (Nemours Health & Prevention Services, DSCH, 2011).**
- **1 in 2 children get the recommended five servings of fruit and vegetables per day (Nemours Health & Prevention Services, DSCH, 2011).**
- **“Consumption of sugar sweetened beverages among kids is on the decline” (Nemours Health & Prevention Services, DSCH, 2011).**
- **More than half (55%) of children do not get the recommended hour of physical activity each day (Nemours Health & Prevention Services, DSCH, 2011).**
- **“In 2011, 54% of the Delaware children ages 2 through 17 exceeded the recommended 2 hours per day TV time” (Nemours Health & Prevention Services, DSCH, 2011).**
- **Approximately, 8 in 10 parents of overweight children believe their kids are of normal weight (Nemours Health & Prevention Services, DSCH, 2011).**

General Facts

- **“Healthy lifestyle habits, such as eating fruits and vegetables, getting sufficient physical activity, and limiting recreational screen time can help to lower a child’s risk of becoming overweight or obese” (Nemours Health & Prevention Services, DSCH, 2011).**
- **Type II diabetes, previously considered an adult disease, has increased in children and adolescents and has paralleled the overweight/obesity prevalence 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 (J AM Diet Assoc., 2012).**

Most U.S. Youth:

- **Do not meet the recommendations for eating 2½ cups to 6½ cups of fruits and vegetables each day. (CDC, Adolescent and School Health, 2013)**
- **Do not eat the minimum recommended amounts of whole grains (2–3 ounces each day). (CDC, Adolescent and School Health, 2013)**
- **Eat more than the recommended maximum daily intake of sodium (1,500–2,300 mg each day). (CDC, Adolescent and School Health, 2013)**

Nutrition Services

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 offered as part of the National School Breakfast Program (SBP) and the National School Lunch Program (NSLP) must meet Federal nutrient standards as required by the US Department of Agriculture (USDA) Child Nutrition Program regulations. Menus must comply with the current USDA food group and nutrient regulations when averaged over the week and food group portions should be consistent with those established for the three school grade levels. . In addition, the Christina School District will:

1. Provide students with healthy and nutritious foods
For more information refer to: www.dietaryguidelines.gov, www.choosemyplate.gov, https://schools.healthiergeneration.org/resources__tools/, <http://www.fns.usda.gov/hussc/>
 2. The School Breakfast Program and School Lunch Program will meet the minimum number of servings to be offered both daily and weekly for all food components as outlined by the Final Ruling of Nutrition Standards set forth by the USDA (APPENDIX A, Figure 1)
 3. The School Breakfast Program and School Lunch Program will work toward lowering sodium content in all foods and recipes offered as part of the meal program. Specific sodium targets are outlined in the Sodium Reduction Timeline by the USDA (APPENDIX A, Figure 2)
 4. Students must take three out of the five meal components at lunch as part of Offer vs. Serve¹; a fruit or vegetable must be one of the components for the meal to be counted as a reimbursable meal. However, Christina School District encourages students to select and consume all components of the school meal.
- ¹ Offer versus Service in the National School Lunch Program (NSLP). <http://www.fns.usda.gov/cnd/governance/Policy-Memos/2013/SP45-2013a.pdf>
5. Support healthy eating through nutrition education.
 6. Nutritional content of meals is available online to parents and students for regular menu items. Nutrition information for products offered a la carte, cafeteria and Child Nutrition Service's vending machines shall be available upon request at Child Nutrition Services
 7. Sell or serve only snacks and beverages that meet the Smart Snack Nutrition Standards:

A. Smart Snack Nutrition Standards

Any Snack 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)*

*On July 1, 2016, food may not qualify using the 10% DV criteria

- No more than 35% of weight from total sugars in food
- No more than 35% of total calories from fat
- Less than 10% of total calories from saturated fat
- No more than 230 mg of sodium per serving with a goal of no more than 200 mg of sodium per serving in 2016
- No more than 200 calories per package
- 0 g trans fat per item as packaged or served

Beverages for All Grade Levels:

- Plain water (carbonated or non-carbonated)
- Low fat milk (unflavored)
- Nonfat milk (including flavored)
- Nutritionally equivalent milk alternatives (as permitted by school meal requirements)
- Full strength fruit or vegetable juice
- All school beverages must be caffeine free with the exception of naturally occurring trace amounts
- Elementary school beverages must be no more than 8oz with the exception of water, which is unlimited
- Middle school & high school beverages must be no more than 12oz with the exception of water, which is unlimited

Other High School Beverages:

- Calorie-free, flavored and/or carbonated water and other calorie-free beverages with less than 5 calories per 8 fluid ounces, or up to 10 calories per 20 fluid ounces are permitted
- Lower-calorie beverages with up to 60 calories per 12 fluid ounces; or up to 40 calories per 8 fluid ounces are permitted

Fundraisers:

- All foods that meet the Smart Snack Nutrition Standards can be sold at fundraisers on the school campus during school hours; however fundraiser food items cannot compete with the federal reimbursable meal programs
- The standards do not apply to items sold during non-school hours, weekends, or off-campus fundraising events
- The district encourages non-food fundraisers to ensure compliance with nutrition standards (see attachment for examples)

B. 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.

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. The district operates a variety of feeding programs that include, After School Snacks, Backpack foods for evening and weekends and a Summer Food Service Program.
5. Lunch periods are scheduled as near the middle of the school day as possible. No events shall be held during lunch period unless students may eat during the event.
6. It is recommended that physical education and recess be scheduled before lunch whenever possible.
7. Food Service Staff and School Administration shall collaborate to provide sufficient space and time for meals. Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
8. Dining areas shall be attractive and have enough space for seating all students.
9. 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. Water bottles are permitted throughout the day and students have access to water fountains.
10. Students will wash their hands before meals to prevent spread of germs and reduce the risk of illness.
11. 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) or school activities that promote a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.) (See APPENDIX B for more information).

12. Promote healthy choices during holidays, celebrations, and fundraisers (see APPENDIX B, C, & D for more information)
13. A list of healthier snack choices when considering food items for special events and classroom celebrations is available for reference. Most items listed are free of peanuts, the most prominent allergen. Questions for other allergens can be directed to CNS at 302-454-2400 (see APPENDIX C for more information).
14. Parent and back to school events will be encouraged to provide healthy food options as referenced above.
15. 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).

16. 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.
17. Purchasing programs and preparation methods will be used to decrease fat, calorie, and sodium levels in food.
18. The School District will employ a properly qualified, certified and /or credentialed Nutrition Director to administer the School Nutrition Programs.
19. Child Nutrition Services will provide strategies for increasing student participation in the School Meal Program such as “Food of the Month”, Nutrition Trivia, Taste Testing opportunities, Monthly Nutrition Contest, Morning Announcements and Vegetable Garden servings.
20. Students are encouraged to start each day with a healthy breakfast.
21. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
22. Safety and security of the food and facility access to the School Nutrition Operations are limited to School Nutrition Personnel and other authorized personnel.

VENDING / FUNDRAISING / SCHOOL STORES

1. Snack and beverage vending machines intended for staff use will be located in designated staff lounge areas.
2. Cafeteria vended products shall be consistent with established nutrition standards.
3. Vended products offered outside the cafeteria shall be consistent with the Smart Snack Nutrition Standards.
4. Vending products in machines shall be timer controlled for sales after normal school hours (beginning 30 minutes after the scheduled school-end time (USDA)).
5. 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 (see APPENDIX D for more information).
6. Food sold during school hours shall meet the Smart Snack Nutrition Standards. Schools will promote availability of nutritional snacks at school events after school hours.

PROFESSIONAL DEVELOPMENT

All school nutrition personnel shall have adequate in-service training in food service operations. Professional development will be provided in the area of food and nutrition.

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 MyPlate | Healthy heart choices |
| Sources and variety of foods | Dietary Guidelines for Americans |
| Diet and disease | Understanding calories and managing your weight |
| Healthy snacks | Healthy breakfast |
| Planning a healthy diet | Food labels |
| Six nutrients essential to the human body | Factors that influence food choices |
| Serving sizes and portion control | Proper food safety/sanitation |
| Limiting foods of low nutrient density | Understanding different types of fat |
| Importance of Fiber | Awareness of eating Disorders |
| Making healthy choices when eating at a restaurant | |

Nutrition Education

The overall goal for nutrition education for Christina School District is to promote the integration of nutrition education into curriculum areas. Schools should provide nutrition education and engage in nutrition promotion. 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. Topics to include but not limited to nutrition facts labels, energy expenditure, media awareness, food groups, portion control, etc. Instruction should be standard based and ongoing.
2. Educate and train teachers to integrate nutrition education in an interdisciplinary approach. When practical, teachers will enhance nutrition education learning through practical experiences. The school district will train staff in nutrition education and implement the principles of the health curriculum in all grades. Nutrition education could be integrated through the use of School Garden Lessons, Science Kits and Food of the Month lessons.
3. District staff will be encouraged to model principles of good nutrition including healthy eating, modeling of healthy lifestyles, drinking water regularly and engaging in physical activity.
4. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning environment.
5. 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.
6. 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.
7. 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, promoting health fairs, hosting nutrition nights, incorporating nutritional facts into the morning announcements and providing nutrient analyses of school menus.
8. 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.
9. Prohibit school-based marketing of brands promoting predominantly low nutrient foods and beverages during the school day.
10. Promote optimal oral hygiene by eliminating foods with high levels of added sugar such as candy and soda.
11. Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products. Develop student based focus groups for feedback and planning of menus.
12. 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.
13. Encourage staff participation in Coordinated School Health Programs (CSHP) within each school in order to facilitate coordination between food service and classroom instruction.

14. Provide training for school counselors and school nurses to identify unhealthy eating behaviors in students and make referrals to appropriate services.
15. 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.

Physical Education and 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 physical education that provides 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 and inclusive: meets the needs of all students, including those who are not athletically gifted, and teach cooperation, fair play and responsible participation.
 - is taught by a certified physical education teacher
 - addresses the NASPE standards (National Association for Sport and Physical Education)
 - monitors fitness levels of all students
 - uses fitness assessments to plan and guide instruction
 - has 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 1credit 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
 - Engage students in moderate to vigorous physical activity at least 50% of the time.
 - Assess competency through application of knowledge, skill development and practice. Students' fitness level will be measured twice a year at designated grade levels (4th, 7th, 9th/10th) using Fitnessgram. A student/parent report is sent home.
3. Schools will provide adequate space (ie. Gymnasium) 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. In addition, students shall not waive physical education credit for other activities.
 6. After-school programs should include supervision by trained staff and provide developmentally and age-appropriate physical activity for all participants.
 7. The benefits associated with lifelong 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.
 8. Schools should schedule recess before lunch since research indicates physical activity prior to lunch can improve nutrient intake and reduce food waste.
 9. Physical Education staff will receive adequate training in physical education.

Physical Activity

1. Physical activity will be integrated across the curricula for elementary and middle schools and throughout the school day.
2. Physical activity opportunities such as Energizers, Take 10!, Jammin' Minutes, Walking clubs, etc. will be offered daily during the school day in elementary and middle schools.
3. Intramurals are available at the middle and high school level.
4. The school district provides the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.
5. The school district may consider programs such as promoting safe and walkable routes to school.
6. Staff members shall not deny participation in recess or other physical activity opportunities as a form of discipline or punishment unless the safety of students is in question.
7. All elementary school students will have access to daily recess. Schools shall provide space, equipment and an environment conducive to safe and enjoyable activity.
8. Staff wellness opportunities shall be available to all employees.

Communication and Promotion

1. Christina School District will involve major stakeholders in the development of the District Wellness Plan including parents, students, school food authority, school board, school administration, and teachers.
2. Health and wellness opportunities are available through Delawell activities offered by the state. Regular communications are provided to keep staff abreast of these opportunities.
3. The school environment, including cafeteria and classroom, shall provide clear and consistent messages that reinforce healthy eating. CNS Walkthroughs – develop messaging for school levels, work with NHPS for recommendations, individual school messaging
4. Staff will be encouraged to model healthy eating and physical activity as a valuable part of their daily life. For example, add PBS ticket for consumption of fruits/veggies.
5. Food services provides families with opportunities for input and monitoring of their children’s food purchases at the K-8 level through the use of the online parent tool for viewing student purchases.
6. Schools will link nutrition education activities with the coordinated school health program. Example: Go, Slow, Whoa
7. The District provides food promotions at least once a year to encourage taste testing of healthy new foods being introduced on the menu.
8. Nutrition education will be provided to parents. Nutrition education may be provided in the form of handouts, the school website, article and information provided in district or school newsletters, presentations that focus on nutrition and healthy lifestyles, and through any other appropriate means available to reach parents.
9. The District provides parents with healthy snack ideas (see Appendix C for more information)
10. It is recommended that organizations operating concessions at school functions market healthy food choices at a lower profit margin to encourage student selection.
11. Education materials shall be free of brands and illustrations of unhealthful foods.
12. The School Wellness Committee shall include staff, parents, students, and community members and shall meet bimonthly to monitor and evaluate the implementation of the policy.

Implementation of Wellness Policy

Christina School District will create a District Wellness Policy Committee that will meet quarterly to assist in the implementation, coordination and evaluation of the Wellness Policy and its nutrition and physical activity components 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. The committee will annually review nutrition and physical activity policies, evidence on student health impact and effective programs and program elements. This will result in an annual report of implementation status. Funding for school wellness evaluation will be allocated from the general operations budget.
3. Establishing school based wellness site councils 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. The District Wellness Champion or administrative designee will ensure compliance with the policies across the district.
8. The District Wellness Policy will be revised a minimum of every three years or as needed.

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.

MyPlate - 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.

Regular School Day – Weekdays that school is in session beginning at 12:00 a.m. until 30 minutes after the scheduled school-end time (USDA)

Reimbursable Meals – Free, reduced or paid meals that meet federal requirements established by the National School Lunch Program. These meals provide financial compensation to School Food Authority from Federal and State agencies.

Saturated Fats - fats that are derived from animal fats, such as those in meat, poultry, dairy products, processed and fast foods. Comprise less than 10% of total fat calories.

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. Products must contain 0g trans fat.

APPENDICES

APPENDIX A

Figure 1: USDA Meal Patterns and Dietary Specifications

| | Breakfast Meal Pattern | | | Lunch Meal Pattern | | |
|---|---|-------------------------|--------------------------|--------------------|------------|-------------|
| | Grades K-5 ^a | Grades 6-8 ^a | Grades 9-12 ^a | Grades K-5 | Grades 6-8 | Grades 9-12 |
| Meal Pattern | Amount of Food^b Per Week (Minimum Per Day) | | | | | |
| Fruits (cups) ^{c,d} | 5 (1) ^e | 5 (1) ^e | 5 (1) ^e | 2½ (½) | 2½ (½) | 5 (1) |
| Vegetables (cups) ^{c,d} | 0 | 0 | 0 | ¾ (¾) | ¾ (¾) | 5 (1) |
| Dark green ^f | 0 | 0 | 0 | ½ | ½ | ½ |
| Red/Orange ^f | 0 | 0 | 0 | ¾ | ¾ | 1¼ |
| Beans/Peas (Legumes) ^f | 0 | 0 | 0 | ½ | ½ | ½ |
| Starchy ^f | 0 | 0 | 0 | ½ | ½ | ½ |
| Other ^{f,g} | 0 | 0 | 0 | ½ | ½ | ¾ |
| Additional Veg to Reach Total ^h | 0 | 0 | 0 | 1 | 1 | 1½ |
| Grains (oz eq) ⁱ | 7-10 (1) ^j | 8-10 (1) ^j | 9-10 (1) ^j | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| Meats/Meat Alternates (oz eq) | 0 ^k | 0 ^k | 0 ^k | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) ^l | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | | | |
| Min-max calories (kcal) ^{m,n,o} | 350-500 | 400-550 | 450-600 | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) ^{n,o} | < 10 | < 10 | < 10 | < 10 | < 10 | < 10 |
| Sodium (mg) ^{n,p} | ≤ 430 | ≤ 470 | ≤ 500 | ≤ 640 | ≤ 710 | ≤ 740 |
| Trans fat ^{n,o} | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving. | | | | | |

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

Figure 2: Sodium Reduction Timeline and Amounts

| Sodium Reduction: Timeline & Amount | | | | |
|--|--|---|---|---|
| Age/Grade Group | Baseline: Average Current Sodium Levels As Offered¹ (mg) | Target 1: July 1, 2014 SY 2014-2015 (mg) | Target 2: July 1, 2017 SY 2017-2018 (mg) | Final Target: July 1, 2022 SY 2022-2023 (mg) |
| School Breakfast Program | | | | |
| K-5 | 573 (elementary) | ≤ 540 | ≤ 485 | ≤ 430 |
| 6-8 | 629 (middle) | ≤ 600 | ≤ 535 | ≤ 470 |
| 9-12 | 686 (high) | ≤ 640 | ≤ 570 | ≤ 500 |
| National School Lunch Program | | | | |
| K-5 | 1,377 (elementary) | ≤ 1,230 | ≤ 935 | ≤ 640 |
| 6-8 | 1,520 (middle) | ≤ 1,360 | ≤ 1,035 | ≤ 710 |
| 9-12 | 1,588 (high) | ≤ 1,420 | ≤ 1,080 | ≤ 740 |

¹SNDA-III

APPENDIX B

Healthy Birthdays, Celebrations & Family Events

Birthdays, celebrations, and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices at school. Plan events that emphasize healthy foods and align with classroom lessons or shift the focus and plan non-food events centered on physical activity, music, art and games. Host events that make it easy for children to practice making healthy choices.

Children like adventure – don't be afraid to try something new!

Birthdays – *the birthday child can:*

- Be the teacher's helper.
- Wear a special crown, sash, button or badge all day.
- Donate and/or read a favorite book to the class.
- Choose the class music for writing or independent study time.
- Receive a personalized birthday card from the teacher via email or snail mail.
- Choose a game or activity the class does for the last few minutes of the school day.
- Have special time (for a walk, game or other activity) with the teacher, principal or another adult.
- Receive a "Celebrate Me" book from classmates with written stories, poems or drawings about the birthday child.

Family Events

- Health fairs
- School garden work days
- Cooking lessons or "Iron Chef" competitions
- Physical activity events with healthy snacks or prizes (dance contests, fun runs, obstacle courses, bike-a-thons, sock hops)
- Screenings of movies that promote healthy living
- Nutrition classes for the family from community partners like your cooperative university extension service
- Fall festival with active fall-themed games and a farmers' market
- Walk-to-school month with parent participation
- Creation of school teams for local runs or walks
- Parents and teachers vs. kids sports competition
- 30-day challenges – pick a healthy habit and organize a competition around it, starting with a kick-off event and ending with a celebration

Celebrations

- Give children extra recess time instead of a party.
- Have a dance party. Let students select the music. Invite the principal and other school staff!
- Get students involved in planning and preparing for celebrations – let them make decorations and favors and let them choose the games.
- Create a book honoring what is being celebrated that day. Have students draw pictures showing what the day means to them.
- Organize a special community service project instead of a party. Invite senior citizens in for lunch, collect goods and make cards for sheltered families, organize a project outside for Earth Day.

- Have students vote on a special class art project or craft. Invite a local artist to come in and do a demonstration.
- Arrange a treasure hunt around the classroom. Provide a special non-food treat at the end. Use a theme that ties into what the kids are learning in class.
- Ask students to come up with healthy party ideas, and ask parents to send in healthy recipes and ideas for activities, games and crafts. Create a “healthy classroom party guide” to distribute to parents.
- Plan around holiday themes. Students can make cards for winter holidays, decorate the classroom with hearts for Valentine’s Day, and learn an Irish step-dance for St. Patrick’s Day. Search education websites for ideas.

When food is offered

- Make good nutrition the expectation and the easy choice — offer fruits, vegetables, whole grains, low fat/fat-free dairy products and water.
- Check your school’s wellness policy or school improvement plan to see if they contain any guidelines or goals about foods for birthdays, celebrations, and family events. If they don’t, find out what it would take to address this issue.

Promote Healthy Living

- Plan family events that get parents engaged and on board with healthy living, as this will create more buy-in and support for a healthy school food culture. It also makes it more likely that healthy habits will be reinforced at home.

Resources

- Coalition for Activity and Nutrition to Defeat Obesity (CanDo) & Healthy Kids Club
- Guide to Healthy School Celebrations: www.ActionforHealthyKids.org/HealthyPartyGuide-CanDo

Action for Healthy Kids® fights childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives. We partner with a legion of dedicated volunteers – teachers, students, moms, dads, school wellness experts and more – to create healthful school changes. Our programs, tools and resources make it possible for everyone to play their part in ending the nation’s childhood obesity epidemic. Creating a healthy school food culture is a critical step towards reversing the national health crisis facing our children.

www.ActionforHealthyKids.org

‡ Adapted from “Healthy Celebrations,” Connecticut State Department of Education, May 2005 & “Healthy Celebrations at School,” Ohio Action for Healthy Kids, 2012

APPENDIX C

Healthy Classroom Snacks

About this guide

All snacks listed in this guide have been selected because:

- They meet the healthy snack guidelines for all Americans set by the USDA and the standards set forth by the Alliance for a Healthier Generation.
- They do not contain peanuts and tree nuts as ingredients and their packaging lists no warnings that such allergens may have been introduced as part of the manufacturing process;
- They are readily available at your local supermarket or health food store.

These snacks are a healthy way to celebrate special occasions in the classroom while maintaining the goals set by Christina School District's Wellness Plan. We believe these snacks provide a good means of limiting the potential for allergic reactions in the classroom but it is up to the parent of a child allergic to these foods to determine each snack's suitability depending upon the circumstances specific to the child.

Please read and understand the following disclaimer before using this guide:

DISCLAIMER: ALL INFORMATION REGARDING INGREDIENTS AND MANUFACTURING PROCEDURES WERE COMPILED FROM CLAIMS MADE BY THE PRODUCT MANUFACTURERS ON THEIR LABELS OR THROUGH OTHER MEANS AND MAY ALREADY BE OUT OF DATE. ALTHOUGH EVERY EFFORT HAS BEEN MADE TO BE AS ACCURATE AS POSSIBLE, WE DO NOT ACCEPT ANY LIABILITY FOR ERRORS OR OMISSIONS MADE BY US OR THE PRODUCT'S RESPECTIVE MANUFACTURERS. THIS LIST IS FOR INFORMATIONAL PURPOSES ONLY AND IS INTENDED TO SERVE AS A GUIDE, NOT AS AN AUTHORITATIVE SOURCE. PRIOR TO PURCHASING ANY LISTED FOOD ITEM, IT IS YOUR RESPONSIBILITY TO CHECK THE PRODUCT LABEL TO ENSURE THAT UNDESIRED ALLERGENS ARE NOT INCLUDED AS INGREDIENTS AND TO VERIFY WITH THE MANUFACTURER THAT TRACE AMOUNTS OF UNDESIRED ALLERGENS WERE NOT INTRODUCED DURING THE MANUFACTURING PROCESS. CURRENT FDA LABELING GUIDELINES DO NOT MANDATE MANUFACTURERS DISCLOSE POTENTIAL ALLERGENS THAT MAY BE INTRODUCED AS PART OF THE MANUFACTURING PROCESS.

Please note:

- All snacks must **be given in the recommended serving** amount listed on package or in a package that contains a **single serving**. This serving information is listed on the first line of the snack's Nutrition Label.

FRESH FRUIT & VEGETABLES

- All pre-cut fruit and/or vegetables trays from supermarkets
 - May add 1.5 ounce (packet) of low fat dressing per student
- All *whole* fruits and vegetables (no at-home preparation)
- Fruit cups or fruit canned in light syrup

PRETZELS

- *Rold Gold* – Whole Grain Heartzel Pretzels, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Honey Mustard, Honey Wheat Braided
- *Herr's* – Extra Thin, Whole Grain Pretzel Sticks Honey Wheat
- *Newman's Own* – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
- *Pepperidge Farm* – Whole Grain Goldfish Pretzels
- *Utz* - Pretzel Rods

POPCORN

- *Bachman* – Light Popcorn
- *Wise* – Reduced Fat Butter Popcorn
- *Herr's* – Light Popcorn

RICE SNACKS

- *Quaker Popped* – Carmel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, and Sour Cream & Onion
Quaker Rice Cakes – Salt Free, Apple Cinnamon, Butter Popped Corn, White Cheddar, Chocolate Crunch, Caramel Corn
- *Lundberg Organic Rice Cakes* – Rice with Popcorn, Brown Rice, Mochi Sweet, and Sweet Green Tea
- *Soy Crisps*

POTATO CHIPS

- *Baked Ruffles* – Original, Cheddar & Sour Cream
- *Baked Lays* – Original, Sour Cream & Onion
- *Herr's* – Baked Barbecue, Baked Salt & Vinegar
- *Popchips* – Original Potato, Barbeque Potato, Cheddar Potato, Sour Cream & Onion Potato, Sea Salt & Vinegar Potato, Salt & Pepper Potato
- *Utz Baked* – Original, Ripple, B-B-Q

CORN/TORTILLA CHIPS

- *Baked Doritos* – Nacho Cheese

CHEESE SNACKS

- *Cheetos* – Baked
- *Herr's* - Baked Cheese Curls
- *Pirate's Booty* – Aged White Cheddar, Sour Cream & Onion

CRACKERS

- *Cheese Nips* – Reduced Fat Cheddar
- *Cheez-Its* – Reduced Fat, Reduced Fat White Cheddar
- *Goldfish* - Cheddar, Whole Grain, Pizza, Parmesan, Baby Cheddar, Colors
- *Keebler Club* – Reduced Fat, Zesta Whole Grain Saltines
- *Kellogg's Special K Crackers* – Multi-Grain, Savory Herb
- *Ritz* – Reduced Fat
- *Town House* – Reduced Fat
- *Triscuit* – Reduced Fat, Brown Rice & Wheat: Sweet Potato \$ Sea Salt, Roasted Sweet Onion, Sea Salt & Black Pepper, Tomato & Sweet Basil, Roasted Red Pepper
- *Wheat Thins* – Reduced Fat

GRAHAM CRACKERS

- *Nabisco Grahams* – Original
- *Nabisco Honey Maid* – Low Fat Honey, Low Fat Cinnamon
- *Goldfish Grahams* – Vanilla, Chocolate Chip
- *Keebler Grahams* – Original, Cinnamon, Honey, Gripz Cinnamon, Scooby-Doo! Cracker Sticks
- *Teddy Grahams* – Cinnamon, Honey, Chocolate, Chocolatey Chip, Strawberry Banana, Mixed Berry
- *Pepperidge Farms* – Whole Grain Goldfish Graham Crackers

NUTRITION BARS AND CEREAL BARS

- *Special K Bar* – Blueberry, Strawberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp
- *Kellogg's Rice Krispies Treats* – Whole Grain Original

COOKIES

- *Chips Ahoy* – Reduced Fat
- *Newtons Fruit Crisps* – Apple Cinnamon
- *Barnum's Animal Crackers* – Original
- *Keebler Vanilla Wafers* – Original, Mini
- *Nabisco 100 Calorie Packs* – Chips Ahoy Thin Crisps

Beverages

- *100% Juice, 4 oz (Apple or Orange)*
- *Bottled Water, 8 oz*
- *Bottled Water, 16.9 oz*
- *Low-fat 1% White Milk (8 oz.)*
- *Nonfat Chocolate Milk*
- *Nonfat Strawberry Milk*

APPENDIX D

Fundraising Ideas

- Raffle
- Candles
- Book sale
- Cookbook
- Car wash
- Walkathons
- Student artwork
- Stuffed animals
- Stadium pillows
- School photo ID
- Educational games
- Holiday decorations
- Shopping donation programs
- School mascot temporary tattoos
- Faculty and/or student talent show
- Teacher/student sports competition
- Auction of donated goods and services
- Balloon bouquets for special occasions
- Bottled water with the schools own label
- Refillable water bottle with the school logo
- Glow in the dark novelties (popular at dances)
- Greeting cards, especially designed by students
- School calendars with all the important school dates on them
- Party bags for kids' birthday parties filled with non-food novelties
- Sale of flowers and balloons for the family to purchase for student graduates
- School spirit items — tee-shirts, sweatshirts, sweatpants, lanyards, pennants, bracelets and caps
- Growing and/or selling flowers and plants for holidays such as Valentine's Day and Mother's Day