

## **Trimble County Public Schools** **Local Wellness Policy**

The Trimble County School District is committed to providing school environments that enhance learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- Food and/or physical activity will be discouraged from being used as a reward or punishment.

To achieve these policy goals the Trimble County School District will ensure:

### **I. Nutrition Education**

- Students in grades K-12 shall receive nutrition education in cooperation with regular physical activity.
- Nutrition education shall be offered through the state health education curriculum standards (i.e. Practical Living core content and Health Education Program of Studies)
- Community Partnerships through the Trimble County Health Department and the Trimble County Cooperative Extension Service shall provide additional resources, programs, activities and events.
- Nutrition shall be integrated into the other content areas (English, Mathematics, Science and Social Studies).
- Teacher in-service will be provided through the state and local community organizations.

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

Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, and resistance to disease, emotional stability and the ability to learn.

- Foods and beverages offered over the course of a school week shall be nutrient-dense, including whole grain products and fiber-rich fruits and vegetables to provide students a variety of choices to maintain a balanced diet.

- Foods and beverages available during the school day shall include a variety of healthy choices that are of excellent quality, appealing to students and served at the proper temperature.
- Food and Beverages sold and served on campus during the school day shall meet the requirements of 702KAR6:090. The regulation provisions affect breakfast and lunch periods as well as the period of time between 30 minutes after lunch until the end of the last instructional period.

**School Meals**

- School breakfast and lunch menus are planned in compliance with the USDA Meal Pattern Requirement.
- Menus are planned to meet age appropriate nutritional standards and requirements over the course of a school week.

**Ala Carte:**

- Ala Carte offerings to students shall be nutritious and meet federal and state recommended guidelines for food and beverages sold on campus.
- Schools may offer for ala carte sale any item that is acceptable under the School Breakfast and National School Lunch Program meal pattern.

**Beverages For Competitive Sales**

**Approved/Unapproved Beverages:**

Beverage	Elementary School	Middle School	High School
<b>Plain Water, Non-Carbonated</b>	<b>No size limit</b>	<b>No size limit</b>	<b>No size Limit</b>
<b>Low Fat Milk, Unflavored</b>	<b>≤ 8 oz.</b>	<b>≤ 12 oz.</b>	<b>≤ 12 oz.</b>
<b>Non Fat Milk, Unflavored or Flavored</b>	<b>≤ 8 oz.</b>	<b>≤ 12 oz.</b>	<b>≤ 12 oz.</b>
<b>100% Fruit and/or Vegetable Juice</b>	<b>≤ 8 oz.</b>	<b>≤ 12 oz.</b>	<b>≤ 12 oz.</b>
<b>Other Calorie-Free Beverages</b>	<b>NOT ALLOWED</b>	<b>NOT ALLOWED</b>	<b>≤ 20 OZ.</b>
<b>OTHER Lower Calorie Beverages</b>	<b>NOT ALLOWED</b>	<b>NOT ALLOWED</b>	<b>≤ 12 OZ.</b>

## Food

### Summary Table of Nutrition Standards for ALL Competitive Foods Sold in Schools ("Smart Snacks")

Nutrient Standards	MUST MEET ALL per portion as served					
	Calories	Fat	Sat Fat	Trans Fat	Sodium	Sugar
Snacks and side dishes: ≤200	≤35% calories <sup>2</sup>	≤10% calories	0g as served (≤0.5g per portion)	Snacks and side dishes: Until July 1, 2016 ≤230mgs After July 1, 2016 ≤200mg		≤35% total sugars by weight <sup>4</sup>
Entrée Items <sup>1</sup> ≤350				Entrée Items: ≤480mg <sup>2</sup>		
General Standards	Must <u>also</u> be ONE of the following:					
	A. must be a combination food containing ≥ 1/4 cup fruit or vegetable	B. must be a grain product that contains:  Whole grain (≥50% whole grain by weight OR whole grain is the first ingredient OR 1st ingredient after water)		C. Must be at least one of the following Non-grain main food groups:  Fruit, Vegetable, Dairy or Protein Foods (As first ingredient or second after water)		D. Must contain ≥10% DV of <u>one</u> of the following  Calcium, Vitamin D, Potassium, and Dietary Fiber (Note: This criteria will be obsolete on July 1, 2016 and may not be used to qualify foods.)

#### Fundraisers:

- Foods and Beverages sold at fundraisers during the school day must meet the Nutritional standards above.
- Foods sold for fundraising purposes that do not meet the Nutritional Standards shall not be sold during the hours of Midnight until 30 minutes after the end of the school day.
- Foods sold for fundraising during the school day that meet the Nutritional Standards for Foods and Beverages Available on School Campus can be sold 30 minutes after the last lunch period and closes 30 minutes after the end of the school day.
- Fundraisers off school property or 30 minutes after the school day shall not be limited in the sale of any foods or beverages

#### Parties & Celebrations:

- Students, parents, teachers and community members bringing food to school will be encouraged to provide healthful options and will be provided with a list of recommended foods.

#### Student Incentives:

- Food being used as a reward or a punishment for student behaviors will be discouraged, unless it is detailed in the student's Individualized Education Plan (IEP).

#### Nutrition Information:

- Nutrition information for products offered in snack bars, ala carte, vending and school stores will be readily available.

#### Field Trips:

- Students who will be off of school grounds for field trips shall be encouraged to purchase a nutritious sack lunch from the school, or bring a nutritious bagged lunch from home.
- The practice of purchasing lunches from fast food locations is discouraged.

### **Food Service Operations**

- The school district shall develop a coordinated and comprehensive outreach, promotions and pricing plan to ensure maximum participation in the school meal program, and should ensure that all eligible children qualify and receive free and reduced-price meals.
- Schools will ensure that students eligible to receive free or reduced-price meals and milk are not treated differently from other students or easily identified by their peers.
- The school district will employ a food service director who is properly qualified, certified and/or credentialed according to professional standards to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training, participate in ongoing professional development and hold a state-issued or equivalent training certificate.
- School food service providers shall adopt methods of cooking that decrease fat, calorie and sodium levels in food.
- All school menus, over the course of a week, will meet the nutrition standards recommended in the Dietary Guidelines for Americans.
- All schools will involve families and community organizations in the development of policies and programs to ensure that school meal options are culturally sensitive and meet special dietary needs.
- All schools will ensure that required and effective food safety practices are applied to all foods prepared, sold or served at school or school-sponsored events.

### **III. Physical Education Program**

The Physical Education Program requirements are based on Federal and State physical activity regulations and guidelines. Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical Activity Program. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program shall consist of physical activities of at least moderate intensity and

for a duration that is sufficient to provide a significant health benefit to students, subject to the differing abilities of students.

- Participation in PE shall be required for all students in kindergarten through grade five for a minimum of twenty-five minutes, five days a week, or the equivalent. No less than 2 days per week shall be with the physical education teacher.
- PE shall be required and used in conjunction with the formal physical activity education courses (Core Content for Practical Living, Health Sub-domain) for grades sixth through eighth. All students shall be required to have one 9-week rotation per year with the physical education teacher.
- High schools shall require all students 1 credit of Physical/Health Education for graduation, to include .5 credit of PE and .5 credit of Health. High school students shall be required no less than 9 weeks with a Physical Education Teacher to graduate.
- Students in each school shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of health enhancing level of physical fitness.
- Each school, grades six through twelve, shall encourage the formation of a Physical Activity Club that shall meet no less than 4 times during the school year. (Clubs can meet before or after school).
- Students shall be provided the varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.
- Faculty and staff are encouraged to model behaviors that promote and facilitate a healthy and active lifestyle.

#### **IV. Other School Based Activities Designed to Promote Student Wellness**

Dining environment:

- All schools provide a clean, safe and enjoyable meal environment for students.
- The school district encourages all students to participate in the school meals program and protects the identity of students who eat free and reduced meals.
- The school district provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Each school will collaborate with the food service department to ensure that cafeterias are decorated with nutrition and physical activity information.

#### Time to Eat:

- The school district will ensure an adequate time for students to enjoy eating healthy foods in schools.
- Freshmen orientation at the high school and 6<sup>th</sup> grade orientation at the middle school will include information about the cafeteria process and layout to ease the transition from middle school and elementary.
- Students who miss breakfast due to late bus arrival will be offered a healthy breakfast that can be taken to their classroom if necessary.
- Lunch periods will be scheduled as near the middle of the school day as possible.

#### Surroundings for Meals:

The school district will ensure that each school has a cafeteria separate from the gymnasium.

#### Marketing:

The school district will ensure that advertising and marketing messages for food and beverages will be consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

#### Access to Facilities for Physical Activity after School Hours:

- The school district will make efforts to keep school or district-owned physical activity facilities open outside school hours for student or community use.
- Each school wellness committee will make efforts to offer walking clubs and intramural teams.

#### After School Programs:

The school district will encourage collaboration with after school programs to ensure promotion of healthy eating and physical activity.

#### School Health Councils:

The school district will ensure that each school has a school health council that involves SBDM council, school nurses, PE Teachers and cafeteria staff.

#### Community and Family Involvement:

- The school district will encourage parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- District and school websites and/or school newsletters will be utilized to provide nutrition and physical activity information.

Staff Wellness:

- The school district will encourage employees to engage in daily physical activity.
- The school district will provide information on flu shots and where one can be obtained at the best rate available.
- The school district will continue to offer dental/vision insurance to employees.

**V. Measurement and Evaluation**

- Each school shall evaluate yearly the effectiveness of nutrition education in the curriculum. The evaluation will come from the Kentucky Performance report results.
- Each school shall implement the Presidential Fitness Challenge for fitness evaluation.
- The District Superintendent or his designee will be responsible for overseeing the policy, monitoring and evaluation implementation and reporting on the status of the policy to schools, parents and the community.
- The school district Food Service Director shall annually assess school nutrition in the district and issue a written report to parents, local school board and school based decision-making councils.