# Model Wellness Policy

Endorsed by the South Dakota Board of Education

September 24, 2012

south dakota
DEPARTMENT OF EDUCATION

Learing. Leadership. Service.

# Participants in Model Wellness Policy Development

Facilitator: Dayle Hayes, Consultant

Dee Dee Dugstad, Co. Director, Coordinated School Health, SD Department of Health
Sandra Kangas, Director, Child and Adult Nutrition Services, SD department of Education

Nutrition Standards

Joni Davis, CSP, Food Service Director, Sioux Falls School District
Teresa Beach, RD, LN, Sanford Health, Sioux Falls
Kristin Biskeborn, MPH, RD, LN, Director, Nutrition and Physical Activity. SD Depart. of Health
Marty Allison, MD, FAAP, Pediatrician, Avera Medical Group. Pierre
Dawn Conrad, MS, RD, LN, Program Manager, Midwest Dairy Council
Geriann Hedricks, Food Service Manager, Acting, Flandreau Indian School
Jocelyn Johnson, MS, RD, Clinical Dietician, Sanford Health, Sioux Falls

Physical Activity

Larry Buffington, PE Teacher, Gayville-Volin School District
Karen Keyser, Health and Physical Education Specialist, SD Department of Education
Jessica Meendering, Phd. ATC, HFS, Assist. Professor of Health &Nutritional Sciences, SDSU
Tracey Nelson, EdD, Instructor of Health & Nutritional Sciences, SDSU.

Nutrition Education

Karlys Wells, M.Ed, SDSU Extension, Team Nutrition/Family Nutrition Program
Joan Anderson, MS FACS Teacher, School Counselor, FCCLA Advisor, Eureka Public School
Suzanne Stluka, MS. RD, LN, Food & Families Program Director, SDSU Extension
Mary Kirk, Team Nutrition, SD Department of Education, Child and Adult Nutrition Services.
Samantha Beilke, RD, FFVP, Child and Adult Nutrition Services, SD Department of Education

Other School Based Activities

Ellen Robertson, ESDS, School Wellness Coordinator, Enemy Swim Day School
Kathy Cruse, Executive Assistant, South Dakota Education Association
Dr. Don Hotalling, Superintendent of Schools, Stanley County School District, Ft. Pierre
Christi Schaefbauer, Business Manager, Mobridge-Pollock Schools
Kari Senger, Alliance for a Healthier Generation, Healthy Schools Program Manager, SD
Betty Ketterling, RN, South Dakota School Nurses Association representative.

For information, Contact:

Child and Adult Nutrition Services
South Dakota Department of Education
800 Governors Dr.
Pierre, SD 57501-2294
605.773.3413
www.doe.sd.gov/cans

## INTRODUCTION

Living a healthy lifestyle and maintaining a healthy weight requires a combination of reliable access to healthy food and physical activity options, knowledge of nutrition, and appropriate amounts of physical activity. A coordinated effort by the entire community is needed and should include child nutrition professionals, school board members, families, students, school administrators, teachers, worksites, local businesses and agencies, healthcare, and others in the community. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of South Dakota students

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a new requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies were required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-07 school year. The Healthy Hunger Free Kids Act of 2010 strengthens the nutrition and physical activity requirements for school wellness policies and includes goals for nutrition promotion, while still permitting local flexibility so districts can tailor policies to their particular needs.

In response to the 2004 requirement, the South Dakota Department of Education (SDDOE) convened a work group that developed a model wellness policy for local agencies, adopted by the South Dakota Board of Education on September 20, 2005. A new work group was convened in 2012 to address the Healthy Hunger Free Kids Act of 2010. The updated model wellness policy developed by SDDOE meets the new federal requirement. The priority of the 2012 workgroup is continuing to promote children's health and well-being, and to utilize the wellness policy to enhance academic performance.

## RATIONALE

Supporting the 2011 United States Department of Agriculture (USDA) Nutrition Standards is important for student health and academic success( USDA Website: 2010 Dietary Guidelines for Americans.) Studies show that students who eat breakfast have better nutrition, fewer sick days, fewer disruptive behaviors, and better school performance. Also students with increased consumption of fruits and vegetables and lower caloric intake levels of fats were significantly less likely to fail the literacy assessment test (SOURCE: A Recipe for Academic Success brochure).

A healthy school environment goes beyond school meals in the cafeteria. Nutrition education and physical activity should be incorporated into the school day as often as possible. Studies have shown that physical activity can enhance cognitive functioning and academic achievement. *(American Journal of Public Health, 100(4), 646-653)* The increasing rate of overweight and obesity among youth continues to jeopardize the future health and productivity of our children. This generation of

children may live shorter lives than their parents. During the last three decades, the prevalence of obesity has tripled among persons aged 6-19 years. Multiple chronic disease risk factors, such as high blood pressure, high cholesterol level, and high glucose levels are related to obesity. Schools have a responsibility to help prevent obesity and promote physical activity and healthy eating through policies, practices and supportive environments.

**Using the Model Policies**
Local agencies may choose to use the following model policies as written or revise them to meet local needs and reflect community priorities. When developing wellness policies school districts will need to take into account their unique circumstances, resources, challenges, and opportunities. Some factors that local school districts should consider are socioeconomic status of the student body, school size, rural or urban location, and cultural diversity of the community.

**School Wellness Council**
The local school food agency must convene a wellness council to develop, implement, assess and review its wellness policy. The most effective wellness policy is one that utilizes input from stakeholders in the community. **The council must include the following representation:**

- Administrator
- Classroom educator
- Community member/parent
- Physical Education teacher
- School board member
- School food authority and/or food service representative
- School health professional
- Student

**For optimal effectiveness, a council may also include:**
- Dietitian and/or dietary manager
- Local business representative
- Medical professional and/or health care professional
- Nutrition and/or Health Education teachers
- School counselor
- School nurse
- School support staff
- Local representations of organizations interested in children, nutrition, education, health and physical activity

**Implementation of Wellness Policy**
The local agency is required to inform (e.g. newsletters, social and mass media, conferences, school functions and school web site) and update the public (including

parents, students, staff, and others in the community) about the content and implementation of the Wellness Policy. **The Wellness Policy should be reviewed, updated, and reported to community annually at minimum.**

**Notification - possible channels include, but are not limited to:**

- Newsletter (printed, electronic, "Friday Folders," etc.)
- School Marque (electronic)
- Social Media (Facebook, Twitter, website, etc.)
- Media (newspaper, radio, TV)
- Parent Events (PTA/PTO, Parent-Teacher conference, etc.)
- Bulletin Board
- Email
- Teacher training/professional development
- School Board meetings
- Year-end reports
- School event (sports/theatre/concert programs, brochures, etc.)

**Content for Notification**

- Overview of wellness policy
- Purpose
- Relevance for our district
- List of school wellness council members
- Role of member on the council
- List effects of school wellness policy on families
- Where to go for questions and resources
- What is being done
- What will be done
- School board members contact information for questions
- Where to find actual policy (email attachment, handout, web-site, see above)
- Inform community of requirements for complying with the 2010 Healthy Hungry Free Kids Act.

**Implement and Designees**

Each school district is required to designate one or more district officials, as appropriate, to insure each school complies with the districts wellness policy. In addition, each school will have one or more school personnel to facilitate implementation and compliance within each school. (See Chart)

**Implementation at each school must address the following four components:**

- Nutrition Education and Promotion
- Physical Activity, Physical Education and Promotion
- Nutrition Standards
- Other School Based Activities

**Each district should develop an action plan for implementation of the wellness policy.**

| Stakeholders | | School District Official |
|---|---|---|
| School # 1 | School #2 | School #3 |
| Nutrition Education & promotion<br>Physical Activity Education & Promotion.<br>Nutrition Standards<br>Other School Based Activities | Nutrition Education & promotion<br>Physical Activity Education & Promotion.<br>Nutrition Standards<br>Other School Based Activities | Nutrition Education & promotion<br>Physical Activity Education & Promotion.<br>Nutrition Standards<br>Other School Based Activities |

**Measurement and Assessment**

School districts will designate one or more district officials to annually assess and document the implementation of the local wellness plan. The assessment will include, but is not limited to:

- Establishment of goals for nutrition education and promotion; physical activity, physical education, and promotion; nutrition standards; and other school-based activities
- Identification of stakeholders involved in the development and implementation of the local wellness plan
- Means of informing the public about the content and implementation of the Local Wellness Policy(LWP)
- Comparison of the Local Wellness Policy with the model Local Wellness Policy
- Attainment of goals associated with the LWP

In order to assist with the annual assessment and documentation of the local wellness plan, the SD DOE will provide schools with a template upon request.

**Nutrition Education and Promotion Component**

The primary goal of nutrition education and nutrition promotion is to influence students' lifelong eating behaviors. Nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotions will be incorporated into the school day as often as possible.

**Nutrition Education and Nutrition Promotion**

- Nutrition education and nutrition promotion are intended for students, parents, staff, and the community.

- Nutrition education and nutrition promotion provide consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media.
- Nutrition education and nutrition promotion are part of health education classes and/or stand-alone courses.
- Nutrition education is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, and social sciences, as well as in elective subjects.
- The school cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education follows the SD Health Education Standards to include health knowledge and skills.
- Nutrition education and nutrition promotion provide enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens).
- Nutrition education and nutrition promotion offers information to families that encourage them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.
- Nutrition education and nutrition promotion will be provided by staff who are adequately prepared and who participate in professional development activities in order to deliver effective programming.
- Nutrition promotion creates environments (classroom, cafeteria, vending machines, fund raising, etc.)that inspire healthy nutrition choices.
- Nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.
- Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.
- School staff and parents should be encouraged to "celebrate accomplishments and share successes"

**Physical Activity, Education, and Promotion Component**

The primary goal for the physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, reduce sedentary time, and provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

**Daily Physical Education Classes K-12**

- All students in grades K-12 will receive daily physical education (or its equivalent of 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students for the entire school year. Students with disabilities, special health-care needs, and those in alternative education settings will be included.

- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12.
- All physical education will be taught by highly qualified physical education teachers.
- Class teacher–to-student ratios should be equivalent to those of other subject area classes in the school.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

**Physical Activity across the Curriculum**

- Physical activity are regularly incorporated into other subject areas (e.g. math, language, arts, science, and social studies), but not used as a substitute for Physical Education class.
- Designated physical activity time should not be used for the purpose of individual lessons, classes, and/or therapies or scheduling said events.

**Recess and Transitional Time**

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoor, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food and beverage intake.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.
- When appropriate, physical activity should be encouraged during transition, break, and free time.

**Physical Activity Opportunities Before and After School**

- Schools will offer activities that meet the needs, interests, and abilities of all students.
- All elementary, middle, and high school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- All high schools and middle schools as appropriate, will offer interscholastic sports programs.
- Schools will educate and encourage participation in community or club activities.

- After-school child care and enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.
- Encourage active transportation (walking, biking, etc.) to and from school as a healthy alternative.

**Withholding or Punishing**

- Food will not be withheld from students as a consequence for inappropriate behavior or academic performance.

  Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or academic performance; nor will they cancel recess or other physical activity of instructional make-up time.
- Withholding meal time will not be used as a punishment.

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

- School spaces and facilities will be available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations.
- Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

**Other School-Based Activities Component**

Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits for students, staff and community.

**Employee wellness**

- School wellness policy provides staff opportunities to participate in physical activities and healthy eating programs.
- School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

**Professional Development**

- Schools will provide professional development regarding the impact of nutrition and physical activity on academic performance to foodservice professionals, educators, administrators, and other staff.
- Schools will provide ongoing content specific professional development and education for foodservice professionals, educators, administrators and other staff.

**Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time (seat time 10 minutes for breakfast, 20 minutes for lunch) lunch will be scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Schools will schedule recess for elementary grades before lunch when possible so that children will comes to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

**Convenient and Safe Drinking Water**

- Schools will promote drinking water availability as an essential component of student wellness by improving access to free, safe drinking water in varied locations and encouraging student consumption of water throughout the school day.

**Rewards, Incentives, and Consequences**

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food will not be used as a reward or incentive in the classroom, but other more appropriate rewards may be used (e.g. extra free time, physical activity opportunity, pencils, bookmarks, etc.)

**Fundraising**

- School fundraising activities will support healthy lifestyles. The school district will make available a list of ideas for acceptable fundraising activities. Such activities may include physical activity (e.g. walk-a-thon, fun run), healthy eating (fruit/vegetable sales, soup and salad dinner), school support (e.g. selling school memorabilia) and/or academic achievement (e.g. spelling bee).
- The sale of food or beverages as a fundraiser will not take place from one hour before and one hour after the breakfast and lunch service. If food and/or beverages are sold, schools will use the Nutrition Standards as guidelines for the foods sold and encourage locally-sourced items where appropriate. If USDA regulations change to be more restrictive, the school shall follow the regulations.
  .

**Safe Routes to School**

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.
- The school district will encourage students to use public transportation when available and appropriate for travel to and from school.

**Nutrition Standards Component**
Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, lean meat, whole grain products, and plain water will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, school stores, fund raising activities, parties, celebrations, and other school sponsored events.

**General Guidelines**
- Food and beverages sold, served or brought onto school grounds or at school-sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this policy. If USDA regulations change to be more restrictive, the school will address the issue.

- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food pricing strategies will follow the Healthy Hungry Free Kids Act 2010.
- The local wellness council will measure the implementation of the local wellness policy.

**A La Carte Offering in the Food Service Program**
- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this policy.
- School food service departments will not offer or serve extra portions unless sold as a la carte.

**Snacks**
- The district will disseminate a list of easy, healthy, affordable snacks to parents and teachers.
- Snacks will need to meet the Standards for Food and Beverages set forth in this document and/or that follow the Department of Health Munch Code.

**Parties and Celebrations**
- The district will disseminate a list of fun, positive, healthy party ideas to parents and teachers.
- Schools should limit celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages as outlined in this policy.

**School Sponsored Events (such as but not limited to athletic events, dances, or performances)**

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

**Other Sales Venues**

- All foods and beverages sold in school must meet the Standards for Food and Beverages.
- These guidelines should be applied to all other sales venues in the school.

**Best Choices:**

- Granola bars, whole-grain fruit bars
- Nuts and seeds-plain or with spices
- Nut mix
- Trail mix-plain
- Fresh fruit of all varieties
- Dried fruit
- Fresh vegetables
- Low sodium varieties of jerky (or buffalo jerky)
- Yogurt, low fat and no sugars added
- String cheese
- Fruit/Vegetable juice (100% juice)
- 1% or skim milk
- Plain water
- Dry roasted peanuts, tree nuts, and soy nuts
- Fruit bars
- Frozen fruit juice bars (no sugar or high fructose corn syrup)

**Good Choices:**

- Nuts with light sugar covering; honey-roasted
- Popcorn without hydrogenated fats
- Individually packed fruit in natural juices only
- Fruit leather
- Animal crackers and graham crackers
- Pretzels
- Low fat ice cream and sherbet bars
- Peanut butter and crackers
- Low-fat pudding
- Baked chips, corn nuts

## Standards for Food and Beverages

- Follow USDA HealthierUS School Challenge Competitive Foods Criteria for Bronze/Silver Award. Complete guidance to be found at: **http://www.fns.usda.gov/tn/healthierus/2012criteria_chart.html**

| | |
|---|---|
| **Total Fat** | Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese) |
| **Trans Fat** | "*Trans* fat-free" less than 0.5g *trans* fat per serving |
| **Saturated Fat** | Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt. |
| **Sugar** | *Total* sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt. |
| **Sodium** | Must be at or below 480 mg per side dish/entrée<br>Must be at or below 600 mg per main dish/entrée |
| **Portion Sizes** | Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories. |
| **Fruits and Non-Fried Vegetables** | Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup. |
| **Milk** | Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily. |
| **Milk Serving Sizes** | Milk serving size is limited to 8-fluid ounces. |
| **Other Approved Beverages** | Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners). |
| **Juice Serving Size** | **Elementary/Middle School:** 6-fluid ounces<br>**High School:** 8-fluid ounces |

Definitions

- School Food Authority (SFA)- The governing body which is responsible for the administration of one or more schools which has the legal authority to operate a nonprofit School food Service there in or otherwise approved by (FNS) Food Nutrition Service of the United States Department of Agriculture to operate a National School Lunch program (NSLP)
- School Health Professionals-- This may include school nurse, school counselor, and other staff supporting healthy living.
- Local Wellness policy (LWP) is a policy that promotes healthy living for students and teachers
- Local Education Agency (LEA) Refers to an agency that oversees a school district or an entity responsible for one or more sites.

**SUGGESTED LINKS**

**Drinking Water**

- http://www.phlpnet.org/sites/phlpnet.org/files/Wellness_Policy_Language_Water_Access_in_Schools_20111108.pdf

**Youth Physical Activities Guidelines Toolkit**

- http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm

**Let's Move In School – Toolkits**

Superintendents and School Boards toolkit

- http://www.aahperd.org/letsmoveinschool/tools/superintendent_school-board_toolkit.cfm

PTA/PTO Toolkit

- http://www.aahperd.org/letsmoveinschool/tools/pta-pto-toolkit.cfm

Physical Education Teacher Online Toolkits

- http://www.aahperd.org/letsmoveinschool/tools/peteachers/index.cfm

**Concessions**

- Munch Code
- www.MunchCode.org

**USDA websites**

- http://www.fns.usda.gov/tn/
- http://Teamnutrition.usda.gov/HealthierUS/index.html

Made possible with funding from the U.S. Department of Health and Human Services.

south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

800 Governors Drive
Pierre, SD 57501-2294

T 605.773.3413
F 605.773.6846
www.doe.sd.gov

Return Service Requested

Presorted Standard
U.S. Postage Paid
Permit 24
Pierre S.D.