

FLSD Wellness Policy

The Fairland Local School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Fairland Local School District that:

The health education program shall be an integral part of a coordinated school health and wellness program, be consistent with the district's/state's standards/guidelines, coordinated by the district physical fitness and health coordinator, and be reviewed by the school district's administrative assistant.

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies in an attempt to promote student overall health.

All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis. Where they can develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program).

I. Nutrition Education Goals

a. Classroom Teaching

- i. Nutrition Education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- ii. Nutrition Education is part of not only health education classes, but also classroom instruction in core curriculum areas such as math, science, language arts, social sciences, and elective subjects as much as possible.
- iii. Promotes fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

- iv. Nutrition Education shall emphasize caloric balance between food intake and physical activity.
- v. The school will be enrolled as a Team Nutrition School and will conduct nutrition education activities and promotions that involve students, parents, and the community.
- vi. Includes in-service or training for teachers and other staff as needed.
- b. Education, marketing and promotions outside classroom links with school
 - i. Healthy eating and physical activity are actively promoted to students, parents, teacher, administrators, and the community through the use of the district's web page.
 - ii. Schools will promote healthy food choices and will not allow advertising that promotes less nutritious food choices.

II. Physical Activity Goals

- a. Physical Education (high school graduation requirements):
 - i. 1 credit.
- b. Physical education (time, frequency, and/or intensity):
 - i. Provide 45 minutes a week on average for elementary and middle school students.
- c. Physical education (standards/requirements based):
 - i. State standards for physical education will be the minimum requirement.
- d. Physical education (staff training/certification):
 - i. All physical education classes will be taught by a certified physical education teacher or a teacher holding the appropriate licensure/certificate in the elementary grades.
- e. Physical activity outside of physical education:
 - i. After-school physical activity clubs will be developed to give students opportunity to participate in some type physical activity.
- f. Recess to promote physical activity:
 - i. Provide daily supervised recess for elementary and middle school students preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
 - ii. Daily recess will not be used as a punishment or reward.
 - iii. Recess will take place before lunch when it can be scheduled to accommodate all of the students.

- g. Use of School Facilities Outside of School Hours
 - i. School facilities will be open to Buddy League Basketball, Little League Baseball and Softball, Youth League Football and with prior Board approval an organization that intends to promote physical fitness and health.

III. Nutrition Standards for All Foods Available on School Campus during the School Day

- a. Nutritional value of foods and beverages:
 - i. Efforts will be made so that nutrition information for products offered and sold in snack bars, a la carte, vending and school stores will be readily available near the point of purchase.
- b. Portion Size:
 - i. Efforts will be made to limit portion sizes of foods and beverages sold and served individually as possible to those listed below:
 - 1. one and one-quarter ounces for chips, cracker, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - 2. one ounce for cookies;
 - 3. two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - 4. four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - 5. eight ounces for non-frozen yogurt;
 - 6. twelve fluid ounces for beverages, excluding water
 - 7. The portion size of a la carte entrees and side dishes, including potatoes will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.
- c. A la carte, vending or student stores:
 - i. Beverages sold during the school day
 - 1. Water, flavored water without added caloric sweeteners; 100 % fruit juices, milk and low fat chocolate milk. Juice drinks, sodas and teas will be sold at the discretion of the building principal.
 - 2. Beverages sold after the school day or that do not interfere with the school meals program are exempt from the policy.

- ii. Foods
 - 1. Food and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
 - 2. Students will be provided an opportunity to purchase or have access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of all students.
 - 3. Meals sold and served will offer a variety of fruits and vegetables. To the extent possible schools will offer at least two non-fried vegetables and two fruit options each day.
 - 4. To the extent possible half of the served and sold grains will be whole grain. Example: “whole” wheat flour, cracked wheat, brown rice and oatmeal (not instant)
- d. After-school programs, field trips, or school events:
 - i. Foods and beverages offered or sold at school-sponsored events outside the school day are exempt from the policy.
 - ii. School approved field trips are exempt from the policy.
 - iii. The policy does not apply to students who leave campus to travel to athletic, band or other competitions. The school day is considered to have ended for these students. School activities, athletic functions, etc. that occur after the normal school day are not covered by the policy.
- e. Parties, celebrations, or meetings:
 - i. Celebrations will be limited and at the discretion of the building principal and in accordance with the student handbook. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. A list of healthy party ideas will be made available to parents and teachers.
- f. Food rewards:
 - i. Schools can use foods or beverages as rewards for academic performance or good behavior at the building principal’s discretion. Food or beverages will not be withheld as a punishment.
- g. Food-related fundraising:
 - i. To support children’s health and school nutrition-education efforts, school fundraising activities will be limited as much as possible to non-food items. The school district will make available a list of ideas for

acceptable fundraising activities. All fundraising items sold during the school day will be subject to approval by the building principal.

h. Food or beverage contracts:

- i. Food and beverage providers will take every measure to ensure that student access to foods and beverages meets federal, state, and local laws and guidelines. Food and beverage providers will offer a variety of age appropriate healthy food and beverage selections for all schools.

i. Qualifications of food-service staff:

- i. The school district's administrative assistant will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in the district as needed.

j. Food Safety

- i. All foods made available on campus will comply with the state and local food safety and sanitation regulations.

IV. Goals for Other School-Based Activities Designed to Promote Student Wellness

a. Access to school nutrition programs:

- i. Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced school meals.

b. Time and scheduling for meals:

- i. Students will be provided with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
- ii. Tutoring, club, organizational meetings or activities will not be scheduled during mealtimes unless students may eat during such activities.

c. Surrounding for eating:

- i. Dining areas are attractive and have adequate seating for all students.

- d. Coordinated school health approach:
 - i. School administrators, teachers, and school foodservice staff will support nutrition and physical activity.
 - ii. The school nurse, foodservice director, physical education teachers, counselors and physical fitness and health coordinator will work with existing educational initiatives.
- e. Staff wellness:
 - i. The Fairland School District highly values the health and well-being of every staff member and will make plans to implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. At the building principal's direction all schools will attempt to establish a staff wellness committee. The committee should develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

V. Goals for Measurement and Evaluation

- a. Funding support for policy:
 - i. The school nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students.
- b. Monitoring and evaluation:
 - i. The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.