

## **Lomega School District**

### **Wellness Policy**

The Lomega School District recognizes the relationship between academic achievement and student health and wellness. This policy reflects the Lomega School District's Board of Education's commitment to removing health-related barriers to learning by establishing health policy, health promotion and health education. The board values school-based activities designed to provide students with a school environment that supports and promotes wellness, healthy eating and an active lifestyle. The board recognizes the District role as part of the larger community, to model and actively practice the promotion of family health, physical activity and good nutrition.

#### **Tobacco Free Campus**

**As of November 1, 2011 Lomega School District adopted a 24/7 Tobacco Free Campus Policy.**

**This includes E-Cigarettes and Vaping. (This clause was added in April of 2014)**

#### **Nutrition**

The Lomega School District will make nutritious foods available on campus during the school day to promote students and staff health. At a minimum, the Lomega District Child Nutrition Program will serve reimbursable meals that meet United States Department of Agriculture (USDA's) requirements as well as follow principles of the Dietary Guidelines for Americans.

1. The Child Nutrition Program will serve the following: food high in fiber, free of added trans-fat, low in added fats, sugar and sodium, respectful of cultural diversity and served in appropriate portion sizes consistent with the USDA standards.
2. Child Nutrition Programs are accessible to all children. Students will be encouraged to start each day with a healthy breakfast.
3. Meals served through the Child Nutrition Program will: Be appealing and attractive to children of various ages and diverse backgrounds, be served in a clean, safe and pleasant setting.
4. The Child Nutrition Program will pursue partnership with local/regional farms to facilitate a Farm-To-School program. Meals served within the federally reimbursable meal program will be designed to feature fresh fruits and vegetables from local sources to the greatest extent possible.
5. Child Nutrition staff will be engaged in wellness activities and educational opportunities that support healthy eating behavior and food safety.
6. Annual training is provided to Child Nutrition Staff on basic nutrition, nutrition education and nutrition standards for preparing healthy meals.
7. Training and support are provided to enable Child Nutrition Staff to become full partners in providing excellent food to our students.

8. Safe, unflavored cool drinking water will be offered at no charge throughout the school day. Only low or no-fat varieties of mil will be allowed. Juice will be 100 percent juice with no added caloric sweeteners.
9. Students will be allowed adequate time to consume meals, at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated. Recess before lunch will be encouraged to the greatest extent possible for the purpose of reducing food waste.
10. Students are provided only healthy food and beverage options for food beyond the school food service (vending machines, school stores and food/beverages for snacks and celebrations).
11. Food, beverages and candy will not be used to reward or punish academic performance or student behavior.

### **Nutrition Education**

The goal of nutrition education is to facilitate the adoption of healthy eating and other health-promoting nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.

1. Nutrition education will be provided in all graders and will be integrated into core curriculum. In the classroom, it is included in the scope and sequence in core subjects such as math, science, language, arts, social sciences, and elective subjects.
2. Nutrition education will teach students the knowledge and skills necessary to adopt healthy eating and regular physical activity as part of their lifestyle.
3. Nutrition education is coordinated with child nutrition services to reinforce messages on healthy eating. The school cafeteria environment allows students to apply critical thinking skills taught in the classroom.
4. Nutrition resources that include learning opportunities which enhance health will be made available for staff.
5. Nutrition education is provided to families and the community through communications with parents, educational workshops, homework material, screening services and health-related exhibitions and fairs.

### **Nutrition Guidelines and Standards for Foods and Beverages Outside of School Meal Programs**

#### **(Competitive Foods) from the Institute of Medicine (IOM)**

1. Students will be provided only healthy food and beverage options in vending machines, school stores and food/beverages for snacks and celebration. These foods and beverages will meet the following standards:

**A** Fruits, vegetables, whole grains, and related combination products (contain a total of  $\geq 1$  serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy.

*Snack foods offered to high-school students in after-school settings and activities are not required to meet this standard.*

**B** Foods low in calories:

Snacks are  $\leq 200$  calories per portion as packaged and a la carte entrée items do not exceed calorie limits on comparable National School Lunch Program (NLSP) items.

**C** Foods low in fat:

No more than 35% of total calories from fat

*Exceptions to the standards are: Nuts and seeds: fat content will not count against the total fat content of the product.*

Less than 10% of total calories from fat

Zero trans fat ( $< 0.5$ g preserving)

**D** Foods low in added sugar:

Snacks, foods, and beverages provide  $\leq 35\%$  of calories from total sugars per portion as packaged

*Exceptions to the standard are:*

*\*100% fruits and fruit juices in all forms without added sugars*

*\* 100% vegetables and vegetable juice without added sugars*

*4- oz portion as packaged for elementary/middle school*

*8- oz (2 portions) for high school*

Unflavored nonfat and low-fat yogurt

Flavored nonfat and low-fat milk ( $\leq 22$ g of total sugars per 8-oz serving)

Flavored nonfat and low-fat yogurt ( $\leq 30$ g of total sugars per 8-oz serving)

**E** Foods low in Sodium:

Snacks have  $< 200$ mg sodium per portion as packaged or have  $< 480$  mg per entrée portion as served for a la carte items.

F. Caffeine-free foods and beverages:

\* An exception is naturally occurring trace amounts of caffeine

G. Water without flavoring, additives, or carbonation

H. Plain potable water is available at all times for free

**\*\* High School only after-school hours**

At least 50 % of available beverage choices must meet the criteria above

The remaining available beverage choices must follow the criteria below:

- Sugar-free, made with nonnutritive sweeteners or < calories per portion as packaged.
- Caffeine-free
- Not vitamin – or nutrient-fortified (includes but not limited to vitamin waters, energy drink, sports drinks.
- With or without carbonation or flavoring

Examples of Foods and Beverages that Meet Criteria Include:

- Individual fruits-apples, pears, oranges
- Fruit cups packed in juice or water
- Vegetables-baby carrots, broccoli
- Dried or dehydrated fruits-raisins, apricots, cherries
- Low-fat, low-salt, whole grain crackers or chips
- Whole grain, low sugar cereals
- 8-oz servings of low-fat, fruit-flavored yogurt with  $\leq 30$ g of total sugars
- Low sodium, whole grain bars containing sunflower seeds, almonds, peanuts or walnuts.
- Unflavored nonfat and low-fat milk
- Flavored nonfat and low-fat milk ( $\leq 22$ g of total sugars per 8 –oz portion)
- 100% fruit juice or low-sodium 100% vegetable juice
- 8-oz servings of low-fat or nonfat chocolate or strawberry milk with  $\leq 22$  g of total sugars.

**Physical Education**

The Lomega School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student’s comprehensive, well-rounded education program that will positively impact life-long health and well-being. The District supports quality physical activity throughout the school day.

1. Students will be given opportunities for physical activity during the school day by integrating physical activity into the academic curriculum.
2. Teachers and other school personnel will not use physical activity as a punishment or withhold opportunities for physical activity (withholding recess or PE) as a punishment.
3. Teachers and other school personnel are encouraged to use physical activity opportunities as rewards such as extra recess.
4. Students participating in Physical Education will be moderately to vigorously active for at least 50% of PE class time.
5. Proper equipment and facilities that meet safety standards are required.
6. Elementary students will participate in 150 minutes of Physical Activity per week. Activity will be through daily recess, daily physical activity integrated in the school day and Physical Education time.
7. Only medical waiver/exemptions from participation in physical education will be accepted.
8. The District will provide opportunities for participation in a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities.
9. Districts will encourage walking or biking to school for students who live in town where the school is located.
10. Training for teachers on integrating physical activity into the curriculum will be provided.

Comment [RS1]:

**Fundraising- Incremental Step toward Best Practices**

School fundraising activities that include the sale of healthy foods, beverages and non-food items is a public demonstration of the school’s commitment to promoting healthy behaviors among students, families and the communities at large, while helping clubs, groups or organizations meet their financial needs.

1. Fundraisers sponsored by the school or that occur on campus during the school day will be supportive of healthy eating.
2. For fundraising activities outside the school day, Clubs, Groups and organizations should support children’s health and nutrition lessons. Our district supports the idea that fundraising activities should only include healthy foods and/or physical activity and/or Non-food items. This a public demonstration of the school’s commitment to promoting Healthy behaviors among students, families and the community at large.

**School Gardens**

The Lomega School district promotes school gardens and dedicates resources (i.e. land, water, containers, raised beds, etc.) for school gardens. The District supports the incorporation of school gardens into the standards based curriculum as a hands-on, interdisciplinary teaching tool to increase knowledge and influence student food choices and lifelong eating habits. The district will support the sustainability of school gardens through activities that could include: fundraising, solicitation of community donations, and the use of existing resources.

### **Staff Wellness**

The District highly values the health and well-being of every staff member and support staff members to maintain a healthy lifestyle. District staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

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

Students, parents, and other community members will have access to, and be encouraged to use, the schools outdoor physical activity facilities outside the normal school day.

### **Community/Family Involvement**

The district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being. The district support parents' efforts to provide a healthy diet and daily physical activity for their children. The district encourages parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages. The district also supports health fairs to educate and equip parents with the information they need.

### **Marketing of food and/or beverages**

School-based marketing should be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

### **Monitoring and Evaluation**

An assessment of the Lomega School District Wellness Policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, a wellness committee will review nutrition and physical activity policies; provision of the environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The District will seek input from stakeholders on the development and seek recommendations based on: new techniques, proven strategies, and guidelines which reflect emerging scientific knowledge relevant to the health of students and staff.

