

GOVERNOR MIFFLIN
SCHOOL DISTRICT

TITLE: **Administrative Regulations
For Policy 246**

ADOPTED: 5/15/06

REVISED: 11/08,12/09, 08/11, 08/14, 03/15

DISTRICT WELLNESS POLICY

ARTICLE 1: NUTRITION EDUCATION

- 1.01 The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.
- 1.02 Nutrition education will be provided within the sequential, comprehensive health education program in accordance with the Pennsylvania Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Science. Additional emphasis will be placed on diet/healthy activities.
- 1.03 Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.
- 1.04 Nutrition education lessons and activities shall be age-appropriate and interactive.
- 1.05 Nutrition curriculum shall focus on healthy eating.
- 1.06 School food service and nutrition education classes shall cooperate to create a learning laboratory.
- 1.07 Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.
- 1.08 The staff responsible for providing nutrition education shall be properly trained on the components of the wellness policy and in appropriate professional development and preparing age appropriate lesson plans.
- 1.09 District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

- 1.10 Consistent nutrition messages shall be disseminated throughout the District, buildings, classrooms, cafeterias, homes, community and media. *(i.e. Helpful nutrition hints in the district & building newsletters related to childhood obesity, diet and health activities; educational & interactive handouts; postings on District website).*
- 1.11 The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will offer healthy eating seminars for parents, send home nutritional information, post nutritional tips on school websites, and provide nutritional analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and refrain from including foods that do not meet the recommended nutrition standards for individual foods and beverages .The District will provide parents with a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
- 1.12 To the extent possible, the District shall use available funding and outside programs to enhance student wellness.

ARTICLE 2: PHYSICAL EDUCATION AND ACTIVITY GUIDELINES

2.01 Physical Education

- a. Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.
- b. Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.
- c. A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.
- d. A varied comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.
- e. A sequential physical education program consistent with State Board of Education curriculum regulations of Health, Safety and Physical Education academic standards shall be developed and implemented.

- f. Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.
- g. An assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.
- h. Students shall be moderately to vigorously physically active as much as possible during physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- i. Safe and adequate equipment, facilities and resources shall be provided for physical education courses.
- j. Certified health and physical education teachers shall teach physical education.
- k. Appropriate professional development shall be provided for physical education staff.
- l. Physical activity or the denial thereof; shall not be used as a form of punishment.

2.02 Physical Education and Activity: 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 building'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.

- a. Whenever possible, elementary schools should provide daily recess that encourages physical activity.
- b. 7th-8th grades shall be able to elect physical activity during the 9th period club/ activity period. They shall also be given the opportunity to participate on intramural and sports teams.
- c. 9th – 12th grades shall be given the opportunity to participate on intramural and sports teams.

2.03 Physical Activity

- a. The District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.
- b. The District schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.
- c. Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
- d. Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.
- e. A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.
- f. Extended periods of student inactivity, two (2) hours or more, shall be discouraged.
- g. Physical activity breaks shall be provided for elementary students during classroom hours.
- h. After-school programs shall provide developmentally appropriate physical activity for participating children.
- i. District schools shall partner with parents/guardians and community members to institute programs that support physical activity.
- j. Students and the community shall have access to physical activity facilities outside school hours.

2.04 Year One

- a. Encourage parents to have their children participate in at least 30 minutes of out of school play and activity every day.
- b. Distribute information to be given to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

- c. Initiate programs that will increase awareness of age-appropriate wellness activities that appeal to a variety of interests.

ARTICLE 3: NUTRITIONAL GUIDELINES

- 3.01 All foods available in the District schools during the school day shall be offered to students with consideration for promoting student health and reducing child obesity.
- 3.02 Foods provided through the National School Lunch and School Breakfast Programs shall comply with the federal nutrition standards under the School Meals Initiative.
- 3.03 No on site deep fried foods will be sold ala carte', even if they are reimbursable meal components. This does not include stir-fried or sautéed foods. Pre-fried and flash- fried foods will not be offered more than three times a week with the exception of the Senior High School.
- 3.04 Competitive foods are defined as foods offered at school other than through the National School Lunch and School Breakfast Programs and include ala carte foods (except entrees), snacks and beverages; vending food, snacks and beverages; school food stores, snacks and beverages; fundraising; classroom parties; and holiday celebrations.; and food from home.
 - a. All competitive foods available to students in the District shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools.
 - b. A minimum of three fruits and three vegetables are to be offered daily (at least one being fresh or raw). A variety will be offered day to day.
 - c. All grains offered must be 50% whole grain by weight or be the first ingredient*; or
 - d. Have the first ingredient* one of the non-grain food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
 - e. be a combination food that contains at least ¼ cup of fruit and / or vegetable; or
 - f. contains 10% of the Daily Value of a nutrient of public health concern (i.e., calcium, potassium, Vitamin D, or dietary fiber). As of July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.
 - g. Any entrée offered as part of the school lunch program or the breakfast program is exempt from all competitive food standards if it is sold the following day of service in the school lunch and breakfast programs.
*if water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.

1) Foods

- I. A la carte food items must comply with USDA regulations prohibiting the sales of foods of Minimal Nutritional Value
- II. Portion sizes will not exceed the serving size of foods served in the NSLP or NSBP and be packaged in single servings.
- III. A la carte foods will include a variety of choices of nutritional foods, such as fresh fruits, vegetables, whole grains and low-fat or non-fat dairy items.
- IV. The food items offered shall meet the following criteria per serving with the exception of the Senior High School:
 - Less than 35% of total calories from fat
 - Contains < 10% of calories from saturated fats
 - No more than 35% of weight from total added sugar
 - 0 trans fats served (<0.5 gram per portion)
 - No more than 200 calories per selling unit
 - < 200 mg sodium per item served.
- V. K-3rd grade students may only purchase one a la carte snack and 4th – 6th grade students may only purchase two a la carte snacks with the exception of milk, 100% juice or water.

2) Beverages

- I. A la carte beverages must comply with USDA regulations prohibiting the sales of foods of Minimal Nutritional Value .
- II. All beverages offered will be for Elementary :
 - a. Plain Water, (any size)
 - b. Low fat milk, unflavored ((<8 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
 - c. 100% Fruit/ vegetable juice (<8 fl oz); and
 - d. 100% Fruit/ vegetable juice diluted with water (with or without carbonation) and no added sugar.
- III. All beverages offered will be for Middle School :
 - a. Plain Water, (any size)
 - b. Low fat milk, unflavored ((<12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
 - c..100% Fruit/ vegetable juice (<12 fl oz); and
 - d..100% Fruit/ vegetable juice diluted with water (with or without carbonation) and no added sugar.

without

IV. All beverages offered will be for Senior High :

- a. Plain Water, (any size)
- b. Low fat milk, unflavored ((<12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- c. 100% Fruit/ vegetable juice (<12 fl oz); and
- d. 100% Fruit/ vegetable juice diluted with water (with or carbonation) and no added sugar.
- e. Other flavored and carbonated beverages (<20 fl oz) that are labeled to contain <5 calories per 8 fl oz, or 10 calories per 20 fl oz; and
- f. Other flavored and / or carbonated beverages(<12 fl oz) that are labeled to contain <40 calories per 8 fl. Oz. or <60 calories per 12 fl oz.

3). Senior High Vending

- I. Vending beverages must comply with USDA regulations prohibiting the sales of foods of Minimal Nutritional Value (7CFR210 and 220).
- II. All beverages offered will be:
 - a. Plain Water, (any size)
 - b. Low fat milk, unflavored ((<12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
 - c. 100% Fruit/ vegetable juice (<12 fl oz); and
 - o 100% Fruit/ vegetable juice diluted with water (with or without carbonation) and no added sugar.
 - o Other flavored and carbonated beverages (<20 fl oz) that are labeled to contain <5 calories per 8 fl oz, or 10 calories per 20 fl oz; and
 - o Other flavored and / or carbonated beverages(<12 fl oz) that are labeled to contain <40 calories per 8 fl. Oz. or <60 calories per 12 fl oz.
 - d. Single serving packaging
 - e. Items will be less than 200 calories per serving.
 - f. At least 50% whole grains.
 - g. Contains < 35% of calories from total fat (excluding nuts, seeds and reduced fat cheese)
 - h. Contains < 10% calories from saturated fats.
 - i. Contains < 35% sugar by weight (excluding yogurt and natural sugars)
 - j. Not contain sugar as the first ingredient.
 - k. Provide minimal to no trans fatty acids.
 - l. Not be fried.

III. Fruits or vegetables will be available in at least one refrigerated vending area, and in all vending areas where refrigerated vending is available.

IV. Marketing, pricing and nutritional education strategies will be used to encourage the selection of foods meeting these standards.

- 3.05 Approved Times for the Availability of Foods of Minimal Nutritional Value
All schools within the Governor Mifflin School District will encourage the availability of healthy foods before, during and after school. This includes foods sold as fundraisers, at after-school snack bars, and during athletic competitions. The District approves the availability of limited foods of minimal nutritional value to be available to students following these guidelines:
- a. Elementary Schools - no access any time;
 - b. Middle and High Schools - after the end of the regular school day;
 - c. During after-school athletic competition.
- 3.06 No students in any schools will be permitted to sell foods of minimal nutritional value as fundraisers (candy, popcorn, cookies, cheesecakes, etc.) between the hours of 7 AM to 4 PM.

ARTICLE 4: FOOD ENVIRONMENT

4.01 DISTRICT GOAL

The Governor Mifflin School District is committed to providing a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to wellness, good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

4.02 Overall School Food Environment

Governor Mifflin School District believes that part of the District's responsibility is to promote, encourage and provide a positive food environment and wellness campaign to all students. For this reason, the District will:

- a. make every effort to incorporate good designs which promote a positive wellness environment in renovation and new construction projects;
- b. ensure that drinking fountains are available for students to get water at meals and throughout the day.

4.03 Lunchroom Climate

Governor Mifflin School District aims to provide students with a relaxed, enjoyable lunchroom environment where students have:

- a. adequate space and pleasant, safe and clean surroundings in which to eat;
- b. adequate time for meals (the American Food Service Association) recommends at least 20 minutes for lunch from the time they are seated and ten(10) minutes for breakfast from the time they are seated;
- c. convenient access to hand-washing and sanitizing facilities before meals and snacks;
- d. scheduled meal periods at appropriate times, (e.g. lunch scheduled between 11 a.m. and 1 p.m.); and
- e. a schedule that does not include tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.

ARTICLE 5: PHYSICAL ACTIVITY IN AND OUTSIDE OF THE CLASSROOM

5.01 Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. To further promote integration of physical activity, the District will support:

- a. elimination of periods of two or more hours of inactivity. When activities, such as mandatory school-wide testing make it necessary for students to remain indoors for long periods of time, opportunities shall be provided to students for periodic breaks during which they shall be encouraged to stand and be moderately active.

5.02 Physical Activity Opportunities Before and After School

All elementary, middle, and high schools shall offer extracurricular physical activity programs, such as physical activity clubs or intramural programs that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

The middle school and high school shall also offer varsity, junior varsity and interscholastic sports programs.

5.03 Communications with Parents

The District will provide information about physical education and other school-based physical activity opportunities which are available to students before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events or physical education homework.

ARTICLE 6: FUNDRAISING GUIDELINES FOR THE GOVERNOR MIFFLIN SCHOOL DISTRICT

6.01 The District and each of its buildings shall encourage all organizations, student and parent groups, to sell non-food items or nutritious food items for fundraisers.

6.02 Student fundraising food sales are limited to before and after 30 minutes after school hours. When an organization does not adhere to this guideline, the following procedures shall be followed:

- a. The administration of the building in which the violation occurred will be notified;
- b. The organization and advisor will be given a warning in writing from the administration;
- c. Following the first offense, the fundraising privilege will be lost for a time period set at the discretion of the administration of the building in which the violation occurred; and
- d. Following a second offense, the organization will lose all fundraising privileges for one year.

6.03 All foods items sold as fundraisers on school property and available for sale during the school day for must meet the guidelines below and be reviewed by the principal of the school. Any fundraising group will receive a list of fundraising foods that meet these guidelines prior to the commencement of the fundraiser.

The school food service director shall assist the principal in determining the suitability of the fundraising items in accordance with the guidelines.

- a. Items will provide < 200 calories per serving
- b. Packages will be single serving.
- c. Foods of Minimal Nutritional Value (USDA regulations 7CFR 210 and 220) will not be available anytime during the school day.
- d. Total fat will be < 35% of the total calories (excluding nuts, seeds and reduced fat cheese)
- e. Saturated fat will be < 10% of the total calories
- f. Sugar content will be < 35% by weight (excluding natural sugars and low fat yogurt) and added sugar will not be the first ingredient.
- g. Items will contain minimal to no trans fatty acid.
- h. Beverage guidelines as follows:

- I. All beverages offered will be for Elementary
 - a. Plain Water, (any size)
 - b. Low fat milk, unflavored (<8 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
 - c. 100% Fruit/ vegetable juice (<8 fl oz); and
 - d. 100% Fruit/ vegetable juice diluted with water (with or without carbonation) and no added sugar.

- II. All beverages offered will be for Middle School
 - a. Plain Water, (any size)
 - b. Low fat milk, unflavored (<12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
 - c. 100% Fruit/ vegetable juice (<12 fl oz); and
 - d. 100% Fruit/ vegetable juice diluted with water (with or without carbonation) and no added sugar.

- III. All beverages offered will be for Senior High
 - a. Plain Water, (any size)
 - b. Low fat milk, unflavored (<12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
 - c. 100% Fruit/ vegetable juice (<12 fl oz); and
 - d. 100% Fruit/ vegetable juice diluted with water (with or without carbonation) and no added sugar.
 - e. Other flavored and carbonated beverages (<20 fl oz) that are labeled to contain <5 calories per 8 fl oz, or 10 calories per 20 fl oz; and
 - f. Other flavored and / or carbonated beverages (<12 fl oz) that are labeled to contain <40 calories per 8 fl. Oz. or <60 calories per 12 fl oz.

Food items will not be available no earlier than 30 minutes after the last meal period.

Alternate revenue generating sources will be developed. Following are resourced:
[TUTU www.kidseatwell.org/flyer/twentywaystoraisefunds.pdf](http://www.kidseatwell.org/flyer/twentywaystoraisefunds.pdf)
http://www.sde.ct.gov/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising_Color.PDF

- 6.04 Organizations that use vending machines for fundraising will replace all low-nutrition foods (foods where the first or second ingredient is sugar) with more nutritious foods (fruit bars, trail mix, granola bars, etc). Carbonated, artificially-flavored, and sports drinks will be replaced with drinks such as water, 100% fruit juice, low-fat, plain, and flavored milk, or any other drink that meets the District standards.
- 6.05 The following situations are not subject to the restrictions set forth in Section 6.02 above.
- a. Food sales offered by the PTO/PTA at school-related functions
 - b. Food provided at teacher/staff/faculty luncheons, breakfasts, or tokens of appreciation
- 6.06 All violations of these guidelines are subject to disciplinary consequences as seen fit by the administration or School Board.

ARTICLE 7: OTHER SCHOOL-BASED ACTIVITIES

- 7.01 The District will ensure that eligible students for free and reduced meals are not treated differently from other students or easily identified by peers.
- 7.02 Schools should ensure that required and effective food safety practices are applied to all food prepared, sold or served at school or school sponsored events.
- 7.03 Qualified nutrition professionals shall administer the school lunch program.
- 7.04 Professional development shall be provided for District's nutrition staff.
- 7.05 Access to the food service operation shall be limited to authorized staff.
- 7.06 Students and parents/guardians may be involved in menu selections for students with cultural sensitive and special dietary needs.
- 7.07 Food shall not be used in schools as a reward or punishment.
- 7.08 Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (ie., guest chef, field trip to a farm or farmers market, etc.).

Alternate ideas can be found at:

www.cspinet.org/nutritionpolicy/constructive_reward.pdf

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_As_Reward_HO1.pdf

- 7.09 Goals of the Student Wellness Program shall be considered in planning all school based activities.
- 7.10 Administrators, teachers, food service personnel, students, parent/guardians and community members shall be encouraged to serve as role models through district programs, communications and outreach programs.
- 7.11 The District shall support the efforts of parents/ guardians to provide a healthy diet and physical activity for children by communicating relevant information through various methods.
- 7.12 Vegetarian Options will be available daily. Students will be surveyed yearly for their interests in vegetarian options as part of the reimbursable meal and ala carte offerings. If interest is indicated, efforts should be made to include appealing vegetarian options.

ARTICLE 8: Classroom Parties/ Holiday celebrations

8.01 Classroom Parties will offer minimal amounts of foods (maximum 2 – 3 items) that contain added sugar as the first ingredient and will provide the following:

- Fresh Fruit and vegetables.
- Water, 100% fruit juice or milk

8.02 In addition, the Food Service Department will offer party lists/ Menus that include food and beverage choices that:

- Is moderate sodium content.
- Provide minimal to no trans fatty acids.
- Provide items that contain < 2 grams of fiber/ serving
- Offer fresh fruits and vegetables.
- Offer water, 100% juice or milk as a beverage choice.
- Do not offer any Foods of Minimal Nutritional Value(USDA regulation 7CFR 210 and 220

ARTICLE 9: Other Areas

9.01 The Wellness Policy will be assessed twice a year by the designee per school building.

9.02 Foods brought from home;

a. Parents/ caregivers will be encouraged to promote their child's participation in the school meal program. If a child does not participate in the school meals program, parents/caregivers will be encouraged to provide a healthy alternative. Soda and other carbonated beverages are not permitted from K-8. Fast foods are not permitted to be dropped off at the school during the cafeteria's meal service times for the students.

b. All nutritional standards will be explained to parents/ caregivers. They will continuously be provided the nutrition education and encouraged to comply with the nutrition policy to the best of their ability and knowledge. Examples of good nutrition education outreach include the newsletters, Open houses, back to school nights, family nights, Nutrition Nuggets and the Food Service's web site listing the Carbohydrates.

9.03 The reports will be sent to the School Board for review.