

Wellness Policy Reporting Form

School/Facility _____ County _____ LEA Agree. # _____ Principal/Administrator _____

Phone: _____ Address: _____

Contact Person Preparing Wellness Policy Form: _____ Phone: _____

Nutrition and Physical Activity Wellness Committee Members – List Members and Category of Representation:

Contact Person: Name: _____

Parent Name: _____

Student Name: _____

Local Education Agency Name: _____

FSD Name: _____

School Administration Name: _____

Public Community Member Name: _____

Other(s) Name: _____

Name: _____



United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park
Center Drive
Alexandria, VA
22302-1500

DATE: July 8, 2011

MEMO CODE: SP 42 - 2011

SUBJECT: Child Nutrition Reauthorization 2010: Local School Wellness Policies

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*. The provisions set forth in Section 204 expand upon the previous local wellness policy requirement from the Child Nutrition and Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Reauthorization Act of 2004 (Public Law 108-265).

This memorandum provides information on the new requirements for local wellness policies so that local educational agencies (LEAs) can begin reviewing their policies for the coming School Year 2011-2012, and begin moving forward on implementing the new requirements. The Food and Nutrition Service (FNS) anticipates issuing a proposed rule addressing the new requirements in Fall 2012 and providing technical assistance materials throughout the implementation of this provision. The public will have an opportunity to comment on the rule. FNS is hopeful that the operational experiences LEAs gain from implementing Section 204 will provide an informed body of comment on the proposed rule to be issued.

Summary of Section 204

Local wellness policies are an important tool for parents, LEAs and school districts to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meal nutrition guidelines meet the minimum Federal school meal standards. While many LEAs included plans for implementation in their written wellness policies as required by the Child Nutrition and WIC Reauthorization Act of 2004, they were not required to report on policy compliance and implementation; as a result, implementation and evaluation efforts were not monitored or conducted regularly. Section 204 of the Act

strengthens wellness policies by emphasizing ongoing implementation and assessment. This provision also supports a robust process at the community level, including the expansion of the team of collaborators participating in the wellness policy development to include more members from the community. This approach is intended to foster broad-based community support for the development and implementation of effective wellness policies.

The Act retains the requirement that each LEA participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) establish, for all schools under its jurisdiction, a local school wellness policy. The Act incorporates new requirements for the content of the policies as well as general requirements for the development, implementation, dissemination, and assessment of the policies. These additional requirements are described below.

The Act also requires the Department of Agriculture (USDA) to promulgate regulations that provide the framework and guidelines for these local wellness policies, and to provide information and technical assistance to LEAs, school food authorities, and State agencies (SAs) for use in establishing healthy school environments that are intended to promote student health and wellness.

Elements of the Local Wellness Policy

As was previously required, local wellness policies must include, at a minimum, goals for nutrition education, physical activity, and other school-based activities that promote student wellness, as well as nutrition guidelines to promote student health and reduce childhood obesity for all foods available on each school campus. The Act added the requirement that local wellness policies include goals for nutrition promotion.

Local Discretion

As previously required, LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies address all of the required elements specified in the Act.

Public Involvement

LEAs are now required to permit teachers of physical education and school health professionals as well as parents, students, and representatives of the school food authority, the school board, school administrators, and the public to participate in the development of wellness policies. The Act also expanded the purpose of the team of collaborators beyond the development of a local wellness policy to also include the implementation of the local wellness policy with periodic review and updates.

Implementation, Periodic Assessment, and Public Updates

The Act requires LEAs to inform and update the public (including parents, students, and others in the community) about the content and implementation of the local wellness policies. LEAs are also required to measure periodically and make available to the public an assessment of the local wellness policy, including:

- The extent to which schools are in compliance with the local wellness policy;
- The extent to which the LEA's local wellness policy compares to model local school wellness policies; and
- The progress made in attaining the goals of the local wellness policy.

Finally, the Act requires LEAs to designate one or more LEA officials or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.

Recommended Actions for School Year 2011-2012

Section 204 of the Act was effective as of October 1, 2010. Therefore, State agencies should ensure that LEAs are aware of the changes and begin reviewing their local wellness policies during School Year 2011-2012 and, to the extent practicable, begin moving forward on implementing the new requirements.

LEAs may find it helpful to consult the local wellness policy reference materials and sample policies on the FNS website at:
<http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>. FNS will be updating these materials to reflect the new requirements; however these materials can still be a useful starting point for LEAs working to strengthen their local wellness policies to meet the requirements of the new law. FNS intends to describe the concept of *nutrition promotion* more clearly in future technical assistance materials, so that LEAs can add these goals to their local wellness policy.

There are a number of ways in which LEAs can implement the requirement for informing and updating the public about the content and implementation of the local wellness policies. Acceptable methods may include developing or disseminating printed or electronic materials to families of school children and other members of the school community at the beginning of the school year, and posting the local wellness policies and an assessment of its implementation on the district or school website. Whatever method is chosen, the information must be made available to the public by LEAs in an accessible, easily understood manner. For School Year 2011-2012, LEAs should be working toward developing a reasonable method to implement this requirement, with the goal of making the information public by the end of the school year.

Technical Assistance

Some LEAs will be able to implement several of the requirements of Section 204 relatively easily. However, we recognize that LEAs will need further guidance from FNS, particularly in the areas of model local wellness standards and assessing and evaluating local wellness policies. FNS is working with our partners at the Department of Health and Human Services/CDC and the Department of Education to provide technical assistance on local wellness policies for LEAs. The three agencies are working on a draft plan that will provide an overview of local wellness policies, identify gaps according to an environmental scan, and outline the technical assistance outcomes, services, and activities that the three agencies intend to address. In Summer 2011, this plan will be posted to the FNS website for the Healthy, Hunger-Free Kids Act (HHFKA): http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm. We will provide more information on a periodic basis as we move forward and develop resources.

The Centers for Disease Control and Prevention (CDC) has a number of resources to assist LEAs in designing, implementing, and promoting elements of local wellness policies, which are available on the CDC website: <http://www.cdc.gov/HealthyYouth>. In addition, CDC will soon be releasing the *School Health Guidelines to Promote Healthy Eating and Physical Activity Among Youth*, which presents evidence-based guidance for schools on how to promote healthy eating and physical activity in schools. The guidelines serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for K-12th grade students. Each of the nine guidelines is accompanied by a series of strategies to facilitate implementation. The Guidelines recognize that not all schools will be able to implement all guidelines and strategies; they represent a gold standard for schools to work toward. SAs and LEAs may look for links to these resources on the FNS HHFKA website this summer. To the extent practicable, LEAs should refer to these resources to assist them in adding additional elements to their existing local wellness policies.

Implementation Oversight and Proposed Rule

SAs must continue to ensure local wellness policies are in place when conducting administrative reviews. As needed, SAs should offer technical assistance to LEAs to assist them in identifying practical means of implementing the new requirements. Many requirements can be implemented easily, though others will require additional guidance.

Regional Directors
State Directors
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FNS expects to publish a proposed rule on local wellness policies in Fall 2012. The public will have an opportunity to comment on the rule. We are hopeful that the operational experiences LEAs gain from implementing Section 204 will provide an informed body of comment on the proposed rule.

SAs should direct any questions concerning this guidance to their FNS Regional Office.

Original Signed

for Cynthia Long
Director
Child Nutrition Division

Comparison Chart of the 2004 and 2010 Requirements for Local School Wellness Policies (LWP)

	2004 Requirements Child Nutrition WIC Reauthorization Act	2010 Requirements Healthy, Hunger-Free Kids Act
Overview	Directs local educational agencies (LEAs) to have a LWP in place for each school under its jurisdiction.	Strengthens LWPs and adds requirements for public participation, transparency, and implementation.
Elements of the Local School Wellness Policy	LWP to include, at a minimum, goals for nutrition education, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.	In addition to the 2004 requirements, the LWP is also to include goals for nutrition promotion.
Stakeholder Involvement	LEAs are required to involve parents, students, and representatives of the school food authority, the school board, school administrators, and the public in the development of LWP.	In addition to the 2004 requirements, LEAs are now required to permit teachers of physical education and school health professionals to participate in the development of LWP.
Stakeholder Participation	The stakeholders named above are required to participate in the development of the LWP.	In addition to the 2004 requirements, LEAs are now required to permit all stakeholders named above and in 2004 to participate in the implementation and periodic review and update of LWP.
Local Discretion	LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act.	Same as 2004 requirement.
Public Notification	None.	LEAs are required to inform and update the public (including parents, students, and others in the community) about the content and implementation of the LWP.
Measuring Implementation	LEAs are required to establish a plan for measuring implementation of the LWP.	LEAs are required to periodically measure and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to model LWP, and a description of the progress made in attaining goals of LWP.
Local Designation	LEAs are required to establish a plan for measuring LWP implementation to include delegating one or more persons with the responsibility for ensuring LWP compliance.	LEAs are required to designate one or more LEA officials or school officials to ensure that each school complies with the LWP.

School Nutrition Association Local Wellness Policy Recommendations

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Sample Local Wellness Policy

The _____ is committed to providing a school
(Local Education Authority)
environment that enhances 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 and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- 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 is not used as a reward or punishment.

Following the creation of the policy, one or more persons must be designated to oversee the implementation and evaluation of the policy recommendations.

04/20/05



SNA Local Wellness Policy Guidelines

History/Background/Rationale

Will the students of today be the first generation to have a shorter life expectancy than their parents? Does the face of a child suffering from malnutrition resemble the face of a child adversely affected by over-nutrition? Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn?

If you know the answers to these questions, you are one of millions who are aware that discouraging statistics emerge every day regarding the general health of America's school aged population. The School Nutrition Association (formerly American School Food Service Association) was established in 1946, shortly after lawmakers passed the National School Lunch Act, allowing healthy, affordable meals for America's school children. Leaders in 1946 were not content with the level of malnutrition in America. Today, school foodservice professionals continue to build on the record of healthy, safe, and nutritious meals – as well as nutrition education.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amount of physical activity. All foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

With the recent passage of the Act (Public Law 108: Section 204) requiring each Local Education Authority (LEA) to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. 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 students. The LEA has a strategic role to play and now is the time to take action.

Materials provided by the School Nutrition Association are intended to assist in the development of a local wellness policy as required by law. Our challenge now is to educate our communities on choices that will ensure a lifetime of good health.



SNA Local Wellness Policy Guidelines

The following sample guideline recommendations are offered for your consideration as you evaluate the strengths and resources of your school district.

The School Nutrition Association (SNA) encourages you to take a positive and pro-active approach to this exciting opportunity to impact your students' health and their school environment.

In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors.

Nutrition Education

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits. (1)
- Nutrition education information will be reviewed by a qualified, credentialed nutrition professional (e.g. School Food and Nutrition Specialist, (SFNS), a Registered Dietitian (R.D), who is specialized in school-based nutrition)
- The school cafeteria serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community. (7)

SNA Local Wellness Policy Guidelines

- School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families. (10)
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

- Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge. (1)
- Policies ensure that state-certified physical education instructors teach all physical education classes. (1)
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes. (1)
- Time allotted for physical activity will be consistent with research, national and state standards. For example, the National Association for Sport and Physical Education includes recommendations for at least 60 minutes and up to several hours of physical activity per day for children 5 to 12 years of age. Children should have several opportunities for physical activity lasting 15 minutes or more approximately every two hours, especially during the daytime hours. (2)
- Provide a daily recess period, which is not used as a punishment or a reward. Consider planning recess before lunch since research indicates that physical activity prior to lunch can increase the nutrient intake and reduce food waste.
- Physical activity participation will take into consideration the "balancing equation" of food intake and physical activity.

SNA Local Wellness Policy Guidelines

- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity. (10)
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted. (1)
- Information will be provided to families to help them incorporate physical activity into their student's lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day. (10)
- Schools encourage families and community members to institute programs that support physical activity, such as a walk to school program.(1)

Other School Based Activities

- After-school programs will encourage physical activity and healthy habit formation. (10)
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.

SNA Local Wellness Policy Guidelines

Nutrition Guidelines for All Foods on Campus

- All foods made available on campus will comply with the current USDA Dietary Guidelines for Americans:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
 - Concession stands
 - Student stores
 - School parties/celebrations
- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.
- Nutrition information for products offered in snack bars, a la carte, vending and school stores is readily available near the point of purchase.
- Families, teachers, students and school officials are engaged in choosing the competitive food selections for their local schools.
- Promotional activities will be limited to programs that are requested by school officials to support teaching and learning. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines.
- Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds.
- Classroom snacks feature healthy choices. ⁽⁵⁾

SNA Local Wellness Policy Guidelines

- Nutrition education is incorporated during classroom snack times, not just during meals. Foods and beverages sold at fundraisers include healthy choices and provide age appropriate selections for elementary schools, middle schools and high schools. (6)
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.
- Advertising of foods or beverages in the areas accessible to students during meal times must be consistent with established nutrition environment standards. (1)

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. (3)
- Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before lunch. (8)
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students. (10)
- Drinking water is available for students at meals.
- Food is not used as a reward or a punishment for student behaviors, unless it is detailed in a student's Individualized Education Plan (IEP).

SNA Local Wellness Policy Guidelines

Child Nutrition Operations

- The child 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. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals. (1) (8)
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. (1)
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. (1)
- All food service personnel shall have adequate pre-service training in food service operations. (1)
- A child's need for nutrients does not end when school does. (1) Therefore, recommend offering meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate, or assist with operating, a summer food service program for children and adolescents who are eligible for federal program support.
- Students are encouraged to start each day with a healthy breakfast.

SNA Local Wellness Policy Guidelines

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. (1)
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines. (4)

References

- (1) Action for Healthy Kids, Arizona State Team. Arizona healthy school environment model policy. Available at: www.asu.edu/educ/eps/CERU/Guidelines/CERU-0401-210-RCC.pdf. Accessed March 7, 2005.
- (2) National Association for Sport and Physical Education. Physical activity for children: A statement of guidelines for children ages 5-12. Available at: http://www.aahperd.org/naspe/template.cfm?template=pr_123103.html. Accessed March 7, 2005.
- (3) National Association of State Boards of Education. Fit, healthy and ready to learn. Available at: <http://www.nasbe.org/HealthySchools/fithealthy.html>. Accessed March 7, 2005.
- (4) United States Department of Agriculture, Food Safety and Inspection Service. Food safety and emergency preparedness. Available at: http://www.fsis.usda.gov/Food_Security_&_Emergency_Preparedness/index.asp. Accessed March 7, 2005.
- (5) Alabama Action for Healthy Kids. Guide to healthy school parties. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL. Accessed March 7, 2005.
- (6) Alabama Action for Healthy Kids. Guide to healthy school fundraising. Available at: http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL. Accessed March 7, 2005.
- (7) Texas Agriculture Commission. Creating a course for change. Available at: <http://www.squaremeals.org/fn/home/page/0,1248,2348,0,0,0,0.html>. Accessed March 7, 2005.
- (8) Seattle Public Schools. Breakfast and lunch program. Available at: <http://www.seattleschools.org/realnews/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.

SNA Local Wellness Policy Guidelines

- (9) Seattle Public Schools. Distribution and sales of competitive foods. Available at: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>. Accessed March 7, 2005.
- (10) Wisconsin Association of School Boards. Promoting healthy eating and physical activity. Available at: <http://www.wasb.org/policy/focusoct03.html> Accessed March 7, 2005.
- (11) Gettinger, Mary Jane, et al., Food waste is reduced when elementary-school children have recess before lunch. Journal of the American Dietetic Association, September 1996 * Volume 96 * Number 9 * p906 to p908

SNA Local Wellness Policy Guidelines

Glossary

Food Security	<ol style="list-style-type: none">1. Having adequate resources to access enough food to maintain a healthy and active lifestyle.2. The state of having the food supply safe from harm.
Food made available on campus	Foods available on campus includes: <ul style="list-style-type: none">○ Vending machines○ Beverage contracts○ Fundraisers○ Concession stands○ Student stores○ School parties/celebrations○ Child nutrition programs

Resources

Keys to Excellence: <http://www.schoolnutrition.org/KEYS.aspx?ID=1158>

Nutrition Integrity: <http://www.schoolnutrition.org/Index.aspx?id=1107>

Action for Healthy Kids: <http://www.actionforhealthykids.org/>

National Association for Sport and Physical Education: <http://www.aahperd.org>

National Association of State Boards of Education: <http://www.nasbe.org>

United States Department of Agriculture-Team Nutrition: <http://www.fns.usda.gov/tn/>

Centers for Disease Control: <http://www.cdc.gov/HealthyYouth/>

Food and Research Action Center: www.frac.org

Journal of the American Dietetic Association, February 2005: Nutrition and the School Environment.

Alabama Action for Healthy Kids:
http://www.actionforhealthykids.org/AFHK/team_center/team_public_view.php?team=AL.

Texas Department of Agriculture: Square Meals <http://www.squaremeals.org/>

Seattle Public Schools: <http://www.seattleschools.org/area/news/x40903nr.xml?wrapper=0>.

Wisconsin Association of School Boards. Promoting healthy eating and physical activity:
<http://www.wasb.org/policy/focusoct03.html>

3/30/2005



Louisiana Department of Education

Model School Wellness Policy

On June 30, 2004, Congress passed Section 204 of Public law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S. 1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.), to establish a local school wellness policy by July 1, 2006.

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, more high school students should participate in sufficient vigorous physical activity and attend daily physical education classes;

Whereas, very few children (2 to 19 years) eat a healthy diet consistent with the recommendations from MyPyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the East Baton Rouge Parish 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.

The East Baton Rouge Parish School District has appointed _____
(insert name of individual) to coordinate and assess the implementation of a wellness policy.

Therefore, it is the policy of the East Baton Rouge Parish School District that:

- 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.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition requirements as outlined in *Bulletin 1196*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- 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, Summer Food Service Program).
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

Federal and State Requirements

The East Baton Rouge Parish school district will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
- Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards (*Policies of Operation, Bulletin 1196*).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
- Follow State Board of Education policies on competitive foods and extra food sales (refer to *Bulletin 1196*).

- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity. (see "Other School Policies.")

School District Policies

The East Baton Rouge Parish school district will provide:

- Adequate time for breakfast and the recommended 30 minutes for lunch.
- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.
- Nonfat, **reduced fat**, low-fat, plain and/or flavored milk and yogurt, nonfat, **reduced fat** and/or low-fat real cheese.
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks.
- Healthy food preparation techniques for lean meat, poultry, and fish.
- School meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go meals, or alternate eating sites.
- A cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

Other School Policies

The East Baton Rouge Parish school district will:

- Eliminate use of foods as **rewards** for student accomplishment. (See appendix A for reward alternatives.)
- Encourage serving healthy food at school **parties**. Notices shall be sent to parents/guardians either separately or as part of a school newsletter, reminding them of the necessity of providing healthy treats for students and/or encouraging the use of non-food treats for classroom birthday or award celebrations. (See appendix B for healthy school parties.)
- Strongly discourage selling food items of limited nutritional value as **fundraisers**, such as candy, cupcakes, or sugar beverages. (See appendix C for healthy fundraising alternatives.)
- Strongly encourage nutritious and appealing options (such as fruits, vegetables, nuts, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered **after school** at sporting and academic events, celebrations, social events, after school care, and other school functions.

Food Marketing

- School-based marketing should be consistent with nutrition education and health promotion. As such, it is recommended that schools limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is strongly discouraged. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy foods is encouraged.
- Marketing activities that promote healthful behaviors include: vending machine covers promoting water or milk; pricing structures that promote healthy options in vending machines, and sales of fruit for fundraisers.
- The goal of improving nutritional intake can also be accomplished by applying basic marketing strategies to sales of healthful options. Schools can consider the four P's when establishing guidelines for foods and beverages served or sold during the school day:
 - **Product:** Vendors and companies have increasing numbers of products available—many with a more healthful profile than traditional snack foods and beverages.
 - **Placement:** The sales of more nutrient-rich foods and beverages can be increased by placing them in “prime” locations—like at students’ eye level in a vending machine.
 - **Price:** Another way to increase the sale of healthful items is to offer them at a lower cost. For example, water can be sold for \$.25 to .50 less than other drinks.
 - **Promotion:** There are many creative ways to promote healthy options—like offering samples of new healthful products or giving discount coupons during the introductory period; or designating healthy choices in vending machines and school cafeteria by using school mascot symbol.

Nutrition Education

The Centers for Disease Control (CDC) advocates the need for school-based nutrition education. Because a high percent of all children and adolescents are enrolled in school, the classroom environment is ideally suited to give students the skills and support needed to adopt healthful eating behaviors for life. Teachers, food service personnel, and other staff can offer their expertise and model appropriate eating behaviors. Additionally, students have opportunities to practice healthful eating behaviors at school. Collaboration among school food service staff, teachers, the community, families and institutional services is necessary.

There are two broad approaches to school-based nutrition education – traditional classroom lessons that address general knowledge, attitude, and behavior – and behavioral change programs based on social learning theory. Using both venues is recommended for optimal impact. Nutrition education can be integrated into content area instruction across the curriculum including science, mathematics, English/language arts, and social studies. The alignment of nutrition lessons with standards and benchmarks provides for easy integration of the information into routine instructional planning. Integration of nutrition information into teaching content areas should use the resources of the classroom, the school, and the community. Nutrition education also is part of health education, which enables students to acquire knowledge and skills needed to practice good health. A planned, sequential curriculum is essential.

Behavior change can be enhanced through social learning theory, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The East Baton Rouge Parish school district will:

- Promote and implement nutrition education that promotes lifelong healthful eating practices;
- Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant;
- Use lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations;
- Provide hands-on activities that are fun;
- Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber;
- Focus on positive aspects of healthful eating behaviors; and
- Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting. social resistance skills, overcoming barriers to behavioral changes and goal setting.
- Strive toward hiring qualified, certified health education teachers.
- Provide staff development for teachers.

Physical Education

Both regular physical activity and nutrition mutually contribute to healthy citizens and reduce the incidence of diabetes, cardiovascular diseases, depression, obesity, and other chronic health problems. Federal Dietary Guidelines for Americans recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity.

When examining Physical Education programs, ask the question, "Does the physical education program help every student attain the knowledge, skills, and attitudes needed for them to lead an active, productive life and maintain a health-enhancing level of physical fitness?" Quality physical education programs include the following components:

1. Emphasizes knowledge and skills that promote a lifetime of physical activity.
2. Is based on standards that define what students should know and be able to do.
3. Keeps students active for most of the class time.
4. Provides many different physical activity choices.
5. Meets needs of **all** students, especially those who are not athletically gifted.
6. Features cooperative, as well as competitive, games.
7. Develops students' self-confidence and eliminates practices that humiliate students.
8. Assesses students on their progress in reaching goals, not on whether they achieve an absolute standard.
9. Promotes physical activity outside of school.
10. Teaches self-management skills, such as goal-setting and self-monitoring.
11. Actively teaches cooperation, fair play, and responsible participation in physical activity and is an enjoyable experience for students.
12. Focuses, at the high school level, on helping adolescents make the transition to a physically active adult lifestyle.

In Louisiana, Act 814 passed in 2003 to require that public schools for grades K-6 provide 30 minutes each day of quality physical activity. Act 734, passed in 2004, revised Act 814 wording to require 30 minutes each school day of *quality, moderate to vigorous physical activity for students*. Implementation of Act 734 requirements began with the 2004-5 school year.

The East Baton Rouge Parish school district will:

- Promote and implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
- Provide students in grades K-8 with a minimum of 150 minutes per week of health and physical education.
- Ensure that students in grades K-6 participate in planned, organized, moderate to vigorous physical activity for a minimum of 30 minutes each school day.
- Strive toward having qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
- Provide staff development on standards implementation for physical education instructors.

- Ensure that adequate safety policies and provisions are in place for physical education programs.
- Strive toward ensuring that adequate equipment is in place to guarantee that all students are able to be active for a minimum of 30 minutes per school day.
- Provide a variety of fitness training, motor skills, and team work modules in the 270 hours of physical education required at the high school level for graduation.
- Use a recognized instrument or program such as *Fitnessgram*®, to evaluate student's physical fitness.
- Provide age-appropriate equipment and facilities for implementing quality physical education programs.

Physical Activity Opportunities

In order to improve health and fitness of our students and to prevent childhood obesity, we must put increased emphasis on the importance of physical activity for students. The following recommendations are made in the best interest of students recognizing that schools, parents and communities will need to be creative in finding additional opportunities and resources for physical activity outside physical education classes.

The East Baton Rouge Parish school district will provide opportunities for physical activity:

- Recognize that daily physical activity is essential to student welfare and academic performance.
- Encourage physical activity during recess for elementary students, intramurals programs, integration in the academic curriculum, and clubs as well as in physical education programs.
- Provide daily recess for all children in K-8th grade.
- Work with the community to create ways for students to walk, bike, skateboard, roller-skate, play basketball, play softball, play baseball, or participate in other physical activities in a safe location at times other than the school day.
- Encourage parents and guardians to support students' participation in physical activities, to be physically active role-models, and to include physical activities in family plans.
- Encourage school staff to participate in physical activities to serve as role models.
- Support community-based physical activity programs.

Be sure to include Louisiana Association for Health, Physical Education, Recreation and Dance (LAHPERD) as a resource