

**THE LAWRENCE COUNTY DEVELOPMENTAL DISABILITIES
WELLNESS POLICIES ON
PHYSICAL ACTIVITY AND NUTRITION**

As required by
The Child Nutrition and WIC Reauthorization Act of 2004

Effective October 28, 2013

LAWRENCE COUNTY DEVELOPMENTAL DISABILITIES

WELLNESS POLICIES

ON PHYSICAL ACTIVITY AND NUTRITION

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; 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

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 significantly fiscal and scheduling constraints; and

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

Thus, the Lawrence County Developmental Disabilities is committed to providing 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 Lawrence County Developmental Disabilities that:

- LCDD 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.

- The cafeteria staff 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, LCDD will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food 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.

To achieve these policy goals:

I. SCHOOL HEALTH COUNCILS

The LCDD create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. NUTRITIONAL QUALITY OF ALL FOODS AVAILABLE ON CAMPUS

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant setting;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;²
- Will serve only low fat and non-fat milk and nutritionally equivalent non-dairy alternatives (to be defined by USDA);
- Ensure that half of the served grains are whole grain.³

Breakfast To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- LCDD will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts and encourage participation.

- Breakfast will be made available to children eligible for free or reduced-price meals.
- LCDD will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Meal Times Schools

- Will provide students with 15 minutes to eat after sitting down for breakfast and 30 minutes for lunch period
- Should schedule meal periods at approximate times, e.g. lunch should be scheduled between 10:45a.m. and 12:30p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

² To the extent possible schools will offer at least two non-fried vegetables and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

³ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

Qualifications of School Food Service Staff: Continuing professional development for all food service staff in LCDD shall be established as a part of the school district’s responsibility for operating a food service program.

Sharing of Foods and Beverages: LCDD should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, fundraisers, school stores, etc.)

- LCDD does not participate in Ala Carte Sales. LCDD does not have a vending machine on site.

Fundraising Activities: School fund-raisers shall not undermine students’ nutrition and health and will encourage alternatives that do not involve food or that use only foods that meet the above nutritious standards for foods sold individually. Fund-raisers that promote physical activity are encouraged.

Snacks: Snacks served during the school day will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. LCDD will

disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, LCDD that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program. (LCDD does not participate in after-school programs)

Rewards: Foods or beverages, especially those that do not meet the nutrition standards for foods and beverages (above), are not recommended to be used as a reward for academic performance or good behavior ⁷ and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations: LCDD should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards.

⁷ Unless this practice is allowed by a student's individual education plan (IEP).

III. NUTRITION EDUCATION, PROMOTION, AND MARKETING

Nutrition Education and Promotion: LCDD will provide nutrition and health education to foster lifelong habits of healthy eating and linkages with school meal programs and nutrition-related community services. Toward that end, nutrition and health education should:

- Be provided 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;
- Be part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, and farm visits;
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- Links with school meal programs, other school foods, and nutrition-related community services;
- Includes training for teachers and other staff

Guidance to Parents: Parents are encouraged to support LCDD nutrition promotion efforts by packing healthy lunches and snacks when send food from home. Parents are urged to include fruits and vegetables and to refrain from including beverages and foods that do not meet the nutrition standards.

Marketing in Schools: New marketed items for low-nutrition foods or brands on school campuses will be prohibited. ⁸ Marketed items must meet the nutritional guidelines as set forth in this policy.

⁸ Advertising of low-nutrition foods and beverages is permitted in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are used in a class lesson or activity, or as a research tool.

Staff Wellness: LCDD highly values the health and well-being of *every* staff member. Organized activities are encouraged and support personal efforts on the part of staff to maintain a healthy lifestyle.

IV. PHYSICAL EDUCATION AND OTHER PHYSICAL ACTIVITY

- Students are given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- Students are given opportunities for physical activity through sport programs such as basketball, cheerleading, bowling, swimming, archery, transition to work, etc.
- LCDD encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

V. EVALUATION/COMPLIANCE

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 building and will report on the school's compliance to the school district superintendent or designee. The school food services shall ensure compliance within the school food service facilities.

LCDD will conduct a yearly ongoing evaluation, revision, and implementation of the wellness policies.

APPENDIX

Healthy Snacks

The following are suggestions only, nor is it an all exclusive list.

Dairy

- String Cheese and fruit (canned or fresh)
- Non-fat cottage cheese or yogurt with fruit
- Smoothies with milk or yogurt and sliced bananas or strawberries
- Whole-wheat crackers with cheese or peanut butter
- Yogurt with fresh fruit or granola
- Low-fat chocolate milk
- Scoop of ice cream or frozen yogurt with fresh berries

Fresh fruits and vegetables

- Raw vegetable sticks with low-fat yogurt dip, cottage cheese or hummus
- Apples and cheese- pears and other fresh fruits work too!
- Baby carrots
- Fruit Salad
- Applesauce cups (unsweetened)
- Frozen fruit bars
- Dried fruit such as raisins or plums or nuts
- Un-sweetened fruit juices

Low-fat grains

- Cereal- dry or with milk
- Baked potato chips or tortilla chips with salsa
- Pretzels (lightly salted or unsalted) and a glass of milk
- Bagels with tomato sauce and melted cheese
- Flavored-rice cakes (like caramel or apple cinnamon) with peanut butter
- Popcorn- air popped or low-fat microwave
- Whole-grain crackers or English muffin with peanut butter
- Vanilla wafers, gingersnaps, graham crackers, animal crackers or fig bars and a glass of Milk
- Bread sticks or pita chips with dip
- Mini-muffins (low-fat)