

YORK PUBLIC SCHOOLS WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides 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 district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and be in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district will develop a local wellness policy committee comprised of parents, students, and representatives of the school food authority, the school board, school administrators, physical education teachers, school health professionals, and the public. The committee will develop a plan to implement the local wellness policy and periodically review and update the policy. In addition, the policy committee will report to the school board and community on an annual basis regarding the content and effectiveness of this policy and recommend updates if needed.

The wellness committee will designate an individual to monitor and evaluate the implementation of the policy. Schools will be evaluated individually through reports by each school and the district as a whole. The report will include which schools are in compliance with this policy, the extent to which this policy compares to model wellness policies, and a description of the progress made in achieving the goals of this policy.

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity in the school district.

The board will monitor and evaluate this policy through feedback from administration and other stakeholders from the community and surveys from staff and students.

Specific Wellness Goals

Increase number of students eating breakfast either at home or at school by 5%

Encourage student water hydration by allowing water bottles at desks and/or water breaks

Encourage wellness in the classroom by adding opportunities for physical activity in the general classroom

Encourage physical activity at lunch times

- specific goals for nutrition education and promotion, (*see Appendix A*)
- physical activity, (*see Appendix B*)
- other school-based activities that are designed to promote student wellness, (*see Appendix C*)

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NUTRITION EDUCATION AND PROMOTION

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is not only part of health education classes, but also encouraged across the curriculum when applicable
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes 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 physical activity;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for teachers and other staff.

PHYSICAL ACTIVITY

Daily Physical Education

The school district will provide physical education that:

- is offered for all students in grades K-12 for the entire school year;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., 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, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities after School

After-school child care and enrichment programs will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Optional Issues

Communication with Parents

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- in partnership with Lunchtime Solutions, provide nutrition information through menus, monthly newsletters, and educational posters in the lunchroom or serving area;
- provide opportunities for parents to share their healthy food practices with others in the school community;
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- include sharing information about physical activity and physical education through a newsletter, other take-home materials, special events or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The school district will encourage and support:

- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Staff Wellness

The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should:

- establish and maintain a staff wellness committee composed of at least one staff member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist;
- develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee;
- base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. An example would be the school breakfast and lunch programs, which follow USDA requirements and the Dietary Guidelines for Americans. Other examples may include a la carte, snacks, vending machines, fundraising activities, parties, celebrations, and school sponsored events.

The Board has entered into a contract with a FSMC (Lunchtime Solutions, Inc.) to manage and operate the food service for the District's students, employees, visitors, and guests; however, the District retains control of the general nature of its food service, including the student breakfast, lunch and a la carte prices, and the number and types of offerings available to students.

The board recognizes that changes to food offerings, menus, and a la carte pricing will have an effect on revenues and the financial outcome of the food service fund. The FSMC will provide guidance and projections to the financial impact of changes to food offerings.

The board may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from state and federal assistance (cash and food).

The School Food Service shall aim to be self-supportive.

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 settings;
- meet, at a minimum, nutrition requirements established by state and federal law;
- offer a variety of fruits and vegetables, legumes and whole grains; Meals will be planned to encourage the consumption of nutrient dense foods by providing a variety of healthy options each day on the self-serve Fruit & Veggie Bar.
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

The FSMC will work in partnership with the school district to:

- engage students, parents, teachers and administrators in Food Advisory meetings to providing feedback on foods offered through the meal programs;
- complete annual surveys of students in order to assess customer satisfaction with the meal program.

Breakfast

To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible;
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation, “grab-and-go” breakfasts or breakfast during morning break or recess, to the extent possible;
- notify parents and students of the availability of the School Breakfast Program, where available.

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may:

- Utilize electronic identification and payment systems;
- The district will provide free and reduced price meals to students according to the terms of the National School Lunch Program, federal law and the rules of the state.
- The district will inform parents of the eligibility standards for free or reduced priced meals.

Meal Times and Scheduling

The school district:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11am and 1pm; will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will work toward scheduling lunch periods to follow recess periods;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. The FSMC accepts responsibility for operating the food service program in compliance with Federal guidelines, and in doing so, they will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

A la Carte and Vending Machines

- At lunch, full reimbursable meals will be encouraged before a student purchases a la carte offerings with the exception of milk. The reimbursable meal includes an “all you can eat” fruit and veggie bar. Students can return to the fruit and veggie bar as many times as they would like.
- Vending machines will be off one hour after breakfast and lunch serving times.
- Vending machines will not be available to elementary students.
- All foods and beverages sold in school vending machines must be approved by the District’s Wellness Committee. At a minimum, all products will meet the USDA Guidelines for All Foods Sold in Schools.

- The District's Wellness Committee will review the listing of foods and beverages sold in the vending machines on an annual basis. The committee is committed to a long-term goal of phasing out less nutritional items and replacing them with more nutritional items. In addition, the Wellness Committee would like to reduce the number of food and beverages sold in vending machines.

Snacks

Snacks served during the school day or in after-school care or enrichment programs 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 meals, children's nutritional needs, children's ages and other considerations.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Celebrations

Schools should evaluate their celebrations practices that involve food during the school day.

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- 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.
- 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.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- the food service director, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the school district:

- the superintendent will develop a summary report every two years on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and,
- the report will be provided to the school board and also distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

Policy Review

To help with the initial development of the school district's wellness policies, each school in the school district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs.

Assessments will be repeated every 2 years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district and individual schools within the school district will revise the wellness policies and develop work plans to facilitate their implementation.