



“Building Scientists for the 21<sup>st</sup> Century”



## **Local School Wellness Policies on Physical Activity & Nutrition 2011-2012**

**RISE Academy School of Science & Technology**  
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## 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 significant fiscal and scheduling constraints; and

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

Thus, RISE Academy School of Science and Technology is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the RISE Academy School of Science and Technology that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades K-3 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 recommendations of the U.S. Dietary Guidelines for Americans.
- 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, our school will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program.
- Our school 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 THE FOLLOWING GUIDELINES HAVE BEEN ESTABLISHED:**

### **I. School Health Taskforce**

RISE Academy School of Science and Technology creates, strengthens, and works within existing school health taskforce to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The taskforce also serves as resources to the school for implementing those policies. (A school health taskforce consists of a group of individuals representing the school and community, and includes parents, students, representative of the school food service department, members of the governing board, school administrators, teachers, health professionals, and members of the public.)

#### **Committee involvement includes:**

Sharon Smith, Principal  
Anmarie Brown, Food Service Manager  
Tai Hinkins, Assistant Principal  
Jill Carolan, Elementary Teacher  
Michael Noltion, Student  
Meera Patel, Governing Board Chair  
Dorothea Jackson, Governing Board Member  
Kendra Hall, Parent

### **II. Nutritional Quality of Foods and Beverages Sold and Served on Campus**

#### **School Meals**

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

- appealing and attractive to children;

- served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offers a variety of fruits and vegetables;<sup>1</sup>
- serve only low-fat (1%) and fat-free milk<sup>2</sup> and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.<sup>3</sup>

Our school engages students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, our school shares information about the nutritional content of meals with parents and students. Such information is made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**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:

Our school, to the extent possible,

- operates the School Breakfast Program.
- utilizes methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast.
- notifies parents and students of the availability of the School Breakfast Program.
- encourages parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

**Free and Reduced-priced Meals.** Our school makes every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals<sup>4</sup>. Toward this end, our school utilizes electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast. The guidelines for reimbursable school meals shall not be less restrictive than regulations issued by the USDA.

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<sup>1</sup> To the extent possible, schools will offer at least two non-fried vegetable 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.

<sup>2</sup>As recommended by the *Dietary Guidelines for Americans 2005*

<sup>3</sup>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.

<sup>4</sup>It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

**Meal Times and Scheduling.** Our school:

- provides students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- schedules meal periods at appropriate times, e.g., lunch is scheduled between 10:30 a.m. and 1 p.m.;
- schedules tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- schedules lunch periods to follow recess periods;
- provides students access to hand washing or hand sanitizing before they eat meals or snacks; and
- takes reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff.** Qualified nutrition professionals administer the school meal programs. As part of the school’s responsibility to operate a food service program, we provide continuing professional development for all nutrition professionals in our school. Staff development programs include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.<sup>5</sup>

**Sharing of Foods and Beverages.** Our school discourages 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, cafeteria a la carte [snack] lines, fundraisers, school stores, etc.)**

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<sup>5</sup>School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

The school food service program approves and provides all food and beverage sales to students in our school. Given young children's limited nutrition skills, foods in elementary school are sold as balanced meals. If available, foods and beverages sold individually are limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

## **Beverages**

- Allowed: water or seltzer water<sup>6</sup> without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

## **Foods**

- A food item sold individually:
  - o have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
  - o have no more than 35% of its weight from added sugars;<sup>7</sup>
  - o contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- Choices of at least two fruits and/or non-fried vegetables are offered for sale at any location on the school site where foods are sold. Such items include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).<sup>8</sup>

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<sup>6</sup>Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

<sup>7</sup>If a food manufacturer fails to provide the added sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

<sup>8</sup>Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

### **Portion Sizes:**

- Limit portion sizes of foods and beverages sold individually to those listed below:
  - o One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
  - o One ounce for cookies;
  - o Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
  - o Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
  - o Eight ounces for non-frozen yogurt;
  - o Twelve fluid ounces for beverages, excluding water; and
  - o The portion size of a la carte entrees and side dishes, including potatoes, is not greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities do not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. The school encourages fundraising activities that promote physical activity. The school makes available a list of ideas for acceptable fundraising activities.

**Snacks.** Snacks served during the school day or in after-school care or enrichment programs 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. The school assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- Our school currently provides snacks through after-school programs and will pursue receiving reimbursements through the National School Lunch Program.

**Rewards.** Our school will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,<sup>9</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Our school will 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 for foods and beverages sold individually (above). The school will disseminate a list of healthy party ideas to parents and teachers.

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** RISE Academy School of Science and Technology aims to teach, encourage, and support healthy eating by students. Our school provides nutrition education and engages 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 part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- 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;

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<sup>9</sup>Unless this practice is allowed by a student's individual education plan (IEP)

- 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;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** For students to receive the nationally-recommended amount of daily physical activity (i.e., 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. Toward that end:

- classroom health education 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, such as watching television;
- opportunities for physical activity are incorporated into other subject lessons; and
- classroom teachers provide short physical activity breaks between lessons or classes, as appropriate.

**Communications with Parents.** RISE Academy School of Science and Technology supports parents' efforts to provide a healthy diet and daily physical activity for their children. The school offers healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Our school encourages parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The school has provided parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school provides opportunities for parents to share their healthy food practices with others in the school community.

The school will provide information about physical education and other school-based physical activity opportunities 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 supports 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.

**Food Marketing in Schools.** School-based marketing is consistent with nutrition education and health promotion. As such, the school limits 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 (above).<sup>10</sup> School-based marketing of brands promoting predominantly low-nutrition foods and beverages<sup>11</sup> is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

**Staff Wellness.** RISE Academy School of Science and Technology highly values the health and well-being of every staff member and plans and implements activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Our school has established and will maintain a staff wellness committee composed of at least one staff member, school health taskforce member, local hospital representative, dietitian or other health professional, recreation program representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health taskforce.) The committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee will distribute its plan to the school health taskforce annually.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, receive daily physical education (or its equivalent of 150 minutes/week) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical activity

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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<sup>10</sup>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.

<sup>11</sup>Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

**Daily Recess.** All students have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Our school 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, our school will give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** Our school offers extracurricular physical activity programs, such as physical activity clubs.

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

**Physical Activity and Punishment.** Teachers and other school and community personnel do not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Use of School Facilities Outside of School Hours.** School spaces and facilities are available to students, staff, and community members before, during, and after the school day. These spaces and facilities are also available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety apply at all times.

## **V. Monitoring and Policy Review**

**Monitoring.** The principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. In our school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school governing board.

School food service staff, at the school, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the to the school principal. In addition, the school will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school has not received a SMI review from the state agency within the past five years, the school will request from the state agency that a SMI review be scheduled as soon as possible.

The principal or designee will develop a summary report every year on school-wide compliance with the school's established nutrition and physical activity wellness policies, based on input from school and school community members. That report will be provided to the school board and also distributed to all school health taskforce, parent/teacher organization, school principal, and school health services personnel.

**Policy Review.** To help with the initial development of the school's wellness policies, our school will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.<sup>12</sup> The assessment will consist of student, parent, and staff surveys to help determine what's working and what's needed. The results of those school surveys will be compiled at the school level to identify and prioritize needs.

### **Public Input**

Parents who serve on the RISE Academy School of Science & Technology Advisory Panel serve as liaison to bring concerns and comments about the Wellness Policy to the other members of the panel so that their comments are considered when revisions are made to the policy. Parents are also given a survey at the end of the school year, which may remain anonymous, to give their comments or concerns on activities and food choices that the school should offer or improve on for the next school year. These surveys are used, along with any comments from the advisory panel, to make any needed revisions.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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<sup>12</sup>Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), Changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and *Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education* from the National Association for Sport and Physical Education.