

Skamania School District 2

Local School Wellness Policy

Physical Activity and Nutrition

Skamania School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn thru supporting healthy eating and physical activity. Therefore, it is the policy of the District that it will:

- engage students, parents, teachers, food service professionals, health professionals, and any interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- encourage all students in grades K-8 to be physically active on a regular basis.
- follow U.S. Dietary Guidelines for Americans nutrition recommendations for all foods and beverages sold or served at school.
- provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and provide a clean, safe, and pleasant setting for meals and adequate time for students to eat.
- participate, to the extent possible, in available federal school meal programs, and ensure that that guidelines for reimbursable school meals are not less restrictive than the regulations and guidance issued by the U.S. Department of Agriculture (USDA) on the National School lunch Program and School Breakfast Program.
- provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and promote linkages between health education, school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The District will create a school health council, or team, to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The team will serve as a resource to the school for implementing those policies. (The school health council consists of a group of individuals representing the school and community, such as, but not limited to, parents, students, and representatives of the school food authority, school board members, school administrators and/or staff members.)

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals.

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

- be appealing and attractive to children;
- be served in a clean and pleasant setting;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations

The District will share information about the nutritional content of meals with parents and students, as requested.

Breakfast

To ensure that students have breakfast, either at home or at school, and in order to meet their nutritional needs and enhance their ability to learn, the District will:

- operate the School Breakfast Program.

- encourage maximum participation in the School Breakfast Program.
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children.

Free and Reduced-Priced Meals

The 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 school meals.

Sharing of Foods and Beverages

The District will discourage students from sharing their foods or beverages with one another during meal times.

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

All foods sold outside of reimbursable meals will conform with current USDA regulations.

Current guidelines, recommendations, policies, and regulations are available at:

<http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

Fundraising Activities

The District will encourage fundraising activities that promote physical activity, e.g. the American Heart Association's Jump-Rope-For-Heart program, Hoops for Heart, walk-a-thons, etc.

Snacks

Snacks served during the school day, or in after-school care / enrichment programs, will make a positive contribution to children's diets and health. The District will encourage the serving of fruits and vegetables as the primary snacks and water as the primary beverage. Annually, the District will disseminate a list of healthful snack items to staff and parents.

Rewards

The District will discourage the use of food or beverages as rewards for academic performance or good behavior¹⁰, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations

The District will encourage staff and parents to limit the use of foods or beverages that do not meet nutrition standards for foods and beverages sold individually. The district will disseminate a list of healthy snacks to staff and parents.

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 conform to current USDA policies.

Meal Times and Scheduling

The District will:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- schedule meal periods at appropriate times, e.g., lunch between 11 a.m. and 1 p.m., avoiding meal periods that interfere with tutoring, club, or organizational meetings and activities;
- schedule lunch periods in conjunction with recess periods to ensure sufficient time for students to finish eating their meals;

- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- take 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 will administer the school meal programs. As part of the District's responsibility to operate a food service program, it will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.⁶

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

The Skamania School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is geared to provide students with the knowledge and skills necessary to promote and protect their health;
- is fully integrated - part of not only health education classes, but also classroom instruction in other subjects when and where appropriate;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, etc;
- 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 energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services; and
- includes training for staff members.

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 will complement 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 will be incorporated into other subject lessons; and
- Teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will send home nutrition information annually. The District will provide nutrient analyses of school menus as requested. The District will encourage parents to pack healthy lunches and snacks. In addition, the District will provide opportunities for parents to share their healthy food practices with others in the school community. The District will provide information about physical education and other school-based physical activity opportunities frequently; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion and conform to current USDA policies.

Staff Wellness

Skamania School District highly 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.

IV. Physical Activity Opportunities and Physical Education

All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will receive at least the minimum number of minutes/week of appropriate physical education required by current Washington State RCW. All physical education classes will be taught by a staff member. Curriculum used will align with the state learning guidelines (EALRS) for Health & Fitness, 1.1-4.2.2, available at <http://www.k12.wa.us/HealthFitness/Standards.aspx>. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Daily Recess

All students will have one or more supervised recess periods, preferably outdoors, during which the District will encourage moderate to vigorous physical activity.

Physical Activity Opportunities Before and After School

The District will provide any and all information available about local physical activity opportunities, before and after school hours, as appropriate.

Physical Activity and Punishment

District staff members will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

V. Monitoring and Policy Review

Monitoring

The District will ensure compliance with established district-wide nutrition and physical activity wellness policies. In addition, the District will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible. The District will develop a summary report every three years on district-wide compliance with the District's established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school administrators, and school health services personnel.

Policy Review

To help with the initial development of wellness policies, the District will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.¹³ The results of this assessment will identify and prioritize needs. Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District will review nutrition and physical activity policies; adopt an environment that supports healthy eating and physical activity; and improve upon nutrition and physical education policies and program elements. The District will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

¹³Useful 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.

VI. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

- School Health Index, Centers for Disease Control and Prevention, <http://apps.nccd.cdc.gov/shi/>
- Local Wellness Policy website, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
- Fit, Healthy, and Ready to Learn: a School Health Policy Guide, National Association of State Boards of Education, www.nasbe.org/HealthySchools/fithealthy.mgi
- Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, www.iom.edu/report.asp?id=22596
- The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids, www.actionforhealthykids.org/docs/specialreports/LC%20Color%20_120204_final.pdf
- Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs, Centers for Disease Control and Prevention, www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf
- Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org>
- Cardiovascular Health Promotion in Schools, American Heart Association [link to pdf]

School Health Councils:

- Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Councils, American Cancer Society [link to PDF]
- Effective School Health Advisory Councils: Moving from Policy to Action, Public Schools of North Carolina, www.nchealthyschools.org/nchealthyschools/htdocs/SHAC_manual.pdf

Nutrition:

General Resources on Nutrition

- Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education, <http://www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/>
- Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture, www.fns.usda.gov/tn/Healthy/changing.html
- Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture, www.health.gov/dietaryguidelines/dga2005/document/
- Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention, www.cdc.gov/mmwr/pdf/rr/rr4509.pdf
- Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN, www.csba.org/ps/hf.htm
- Diet and Oral Health, American Dental Association, <http://www.ada.org/public/topics/diet.asp>

School Meals:

- Healthy School Meals Resource System, U.S. Department of Agriculture, <http://schoolmeals.nal.usda.gov/>
- School Nutrition Dietary Assessment Study–II, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program, www.cspinet.org/nutritionpolicy/SNDAllfind.pdf
- Local Support for Nutrition Integrity in Schools, American Dietetic Association, www.eatright.org/Member/Files/Local.pdf
- Nutrition Services: an Essential Component of Comprehensive Health Programs, American Dietetic Association, www.eatright.org/Public/NutritionInformation/92_8243.cfm
- Healthier U.S. School Challenge, U.S. Department of Agriculture, www.fns.usda.gov/tn/HealthierUS/index.htm
- Breakfast for Learning, Food Research and Action Center, www.frac.org/pdf/breakfastforlearning.PDF
- School Breakfast Scorecard, Food Research and Action Center, www.frac.org/School_Breakfast_Report/2004/
- Arkansas Child Health Advisory Committee Recommendations [includes recommendation for professional development for child nutrition professionals in schools], www.healthyearkansas.com/advisory_committee/pdf/final_recommendations.pdf

Meal Times and Scheduling:

- Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute (NFSMI) [Attach PDF file] & Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute, www.nfsmi.org/Information/Newsletters/insight24.pdf

Nutrition Standards for Foods and Beverages Sold Individually:

- Recommendations for Competitive Foods Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy,

www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf

- State policies for competitive foods in schools, U.S. Department of Agriculture, www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm
- Nutrition Integrity in Schools, (forthcoming), National Alliance for Nutrition and Activity
- School Foods Tool Kit, Center for Science in the Public Interest, www.cspinet.org/schoolfood/
- Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture, www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf
- FAQ on School Pouring Rights Contracts, American Dental Association, http://www.ada.org/public/topics/softdrink_faq.asp

Fruit and Vegetable Promotion in Schools:

- Fruits and Vegetables Galore: Helping Kids Eat More, U.S. Department of Agriculture, www.fns.usda.gov/tn/Resources/fv_galore.html
- School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$29.95 at www.shop5aday.com/acatalog/School_Food_Service_Guide.html
- School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption, Produce for Better Health Foundation. Order on-line for \$9.95 at www.shop5aday.com/acatalog/School_Food_Service_Guide.html
- National Farm-to-School Program website, hosted by the Center for Food and Justice, www.farmentoschool.org
- Fruit and Vegetable Snack Program Resource Center, hosted by United Fresh Fruit and Vegetable Association, <http://www.uffva.org/fvpilotprogram.htm>
- Produce for Better Health Foundation website has downloadable fruit and vegetable curricula, research, activity sheets, and more at www.5aday.org

Fundraising Activities:

- Creative Financing and Fun Fundraising, Shasta County Public Health, www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf
- Guide to Healthy School Fundraising, Action for Healthy Kids of Alabama, www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf

Snacks:

- Healthy School Snacks, (forthcoming), Center for Science in the Public Interest
- Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center, www.frac.org/html/building_blocks/afterschsummertoc.html

Rewards:

- Constructive Classroom Rewards, Center for Science in the Public Interest, www.cspinet.org/nutritionpolicy/constructive_rewards.pdf
- Alternatives to Using Food as a Reward, Michigan State University Extension, www.tn.fcs.msue.msu.edu/foodrewards.pdf
- Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service [[Link to PDF](#)] Celebrations
- Guide to Healthy School Parties, Action for Healthy Kids of Alabama, www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf
- Classroom Party Ideas, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign, <http://ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf>

Nutrition and Physical Activity Promotion and Food Marketing: Health Education:

- National Health Education Standards, American Association for Health Education, http://www.aahperd.org/aahe/pdf_files/standards.pdf

Nutrition Education and Promotion:

- U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them), www.fns.usda.gov/tn/Educators/index.htm
- The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service, www.fns.usda.gov/tn/resources/power_of_choice.html
- Nutrition Education Resources and Programs Designed for Adolescents, compiled by the American Dietetic Association, www.eatright.org/Public/index_19218.cfm

Integrating Physical Activity into the Classroom Setting:

- Brain Breaks, Michigan Department of Education, www.emc.cmich.edu/brainbreaks
- Energizers, East Carolina University, www.ncpe4me.com/energizers.html

Food Marketing to Children:

- Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest, www.cspinet.org/pesteringparents
- Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency, www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf
- Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO), <http://whqlibdoc.who.int/publications/2004/9241591579.pdf>
- Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest, <http://cspinet.org/marketingguidelines.pdf>
- Commercial Activities in Schools, U.S. General Accounting Office, www.gao.gov/new.items/d04810.pdf

Eating Disorders:

- Academy for Eating Disorders, www.aedweb.org

- National Eating Disorders Association, www.nationaleatingdisorders.org
- Eating Disorders Coalition, www.eatingdisorderscoalition.org

Staff Wellness:

- School Staff Wellness, National Association of State Boards of Education [link to pdf]
- Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention, www.prevent.org/publications/Healthy_Workforce_2010.pdf
- Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program, Wellness Councils of America, www.welcoa.org/wellworkplace/index.php?category=7
- Protecting Our Assets: Promoting and Preserving School Employee Wellness, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education:

General Resources on Physical Activity

- Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease Control and Prevention, www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm
- Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports, www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803
- Physical Fitness and Activity in Schools, American Academy of Pediatrics, <http://pediatrics.aappublications.org/cgi/reprint/105/5/1156>

Physical Education:

- Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=368§ion=5>
- Opportunity to Learn: Standards for Middle School Physical Education. National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/Template.cfm?template=ProductDisplay.cfm&Productid=72§ion=5>
- Opportunity to Learn: Standards for High School Physical Education, National Association for Sport and Physical Education. Order on-line for \$7.00 at <http://member.aahperd.org/template.cfm?template=Productdisplay.cfm&productID=727§ion=5>
- Substitution for Instructional Physical Education Programs, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf
- Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together, PE4life, www.pe4life.org/articles/blueprint2004.pdf

Recess:

- Recess in Elementary Schools, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf

- Recess Before Lunch Policy: Kids Play and then Eat, Montana Team Nutrition, www.opi.state.mt.us/schoolfood/recessBL.html
- Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute, www.nfsmi.org/Information/Newsletters/insight24.pdf
- The American Association for the Child's Right to Play, <http://www.ipausa.org/recess.html>
- Physical Activity Opportunities Before and After School:
 - Guidelines for After School Physical Activity and Intramural Sport Programs, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf
 - The Case for High School Activities, National Federation of State High School Associations, www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71
 - Rights and Responsibilities of Interscholastic Athletes, National Association for Sport and Physical Education, www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf

Safe Routes to School:

- Safe Routes to Schools Tool Kit, National Highway Traffic Safety Administration, www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/
- Kids Walk to School Program, Centers for Disease Control and Prevention, www.cdc.gov/nccdphp/dnpa/kidswalk/