

# **Louisiana Department of Education**

## **St. Martin Parish School Wellness Policy**

Revised 2011

### **1. Purpose**

The United States Department of Agriculture's (USDA) Child Nutrition and Women, Infant, and Children (WIC) Reauthorization Act of 2004 requires that each local educational agency (LEA) participating in the National School Lunch Program establish a local school Wellness Policy by July 1, 2006.

This Wellness Policy establishes a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not. Whereas hunger in America still exists, obesity among children and adolescents has risen over the past 20 years and continues to be a concern. Few children eat a healthy diet consistent with recommendations established by health professionals. Students consume extra calories from foods and beverages that are high in sugar and fat and low in nutrients. Physical inactivity and excessive caloric intake are the main causes of obesity. Chronic diseases such as heart disease, cancer, and diabetes are responsible for a majority of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits and physical inactivity, often are established in childhood. Students need access to healthful foods and opportunities to be physically active in order to grow and learn.

Although school districts around the country are facing significant fiscal and scheduling constraints, schools and the community must collaborate to develop and implement successful school wellness policies that are dynamic and meet the needs of the students in the district. In addition to health and physical education, the school environment should provide a model of life skills related to healthful eating and physically active habits.

Thus, the St. Martin 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 habits.

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The St. Martin Parish School District has appointed

Jody West and Clair Blanchard

to serve as the coordinator of the Wellness Policy. The Wellness Policy Committee will be a standing subcommittee of the School Health Advisory Council. The subcommittee will include members that represent 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. Each school in

the local educational agency shall have a contact who will participate on the Wellness Policy Subcommittee.

The areas to address in the Wellness Policy include:

1. Nutrition services guidance
2. Nutrition education
3. Physical activity and physical education
4. Communication and promotion of the Wellness Policy
5. Monitoring adherence and evaluation

Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate Wellness Policy issues with classroom education, foods served on campus throughout the day, and with related community services.

**2. Revision History** This policy template supersedes a template that was disseminated by the Louisiana Department of Education in March 2006. The original template was adapted from several other state models by representatives from the LSU AgCenter, the Southeast United Dairy Industry Association, Inc., and the Department of Education. This current policy was drafted by the Department of Education based on several templates from other states and customized to include policy and legislation specific to Louisiana. The policy was reviewed by a committee of Wellness Policy Coordinators from local educational agencies.

**3. Persons Affected** All districts and schools in Louisiana administering the USDA Child Nutrition Programs should have a Wellness Policy in place similar to this template. The Wellness Policies should reflect the needs to the individual district and school. Administrators, faculty, school employees and volunteers, students, parents, school clubs and organizations, and the community should be aware of and follow the policy.

## **4. Policy**

### **4.A. Nutrition Services**

Foods and beverages sold or served at school will meet the nutrition requirements as outlined in *Bulletin 1196, Louisiana Food and Nutrition Programs, Policies of Operations*. Qualified Child Nutrition Program 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.

#### **4.A.1. Policy: School Meals**

The St. Martin Parish School District will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education, Office of School and Community Support.
2. Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by USDA and the Louisiana Department of Education, Office of School and Community Support.
3. Encourage students, school staff, and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards.
5. Provide professional development opportunities for food service staff.
6. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food, following HACCP guidelines.
7. Ensure that the food service permit is current for the Food Service school site, as required by the Department of Health and Hospitals.
8. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards.
9. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.
10. Offer nonfat, reduced-fat, low-fat, plain and/or flavored dairy products.
11. Offer whole-grain breads and cereals.
12. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
13. Ensure that all foods brought into the cafeteria meet the USDA Child Nutrition Guidelines.
14. Ensure that school meals are accessible to all students with a variety of delivery strategies, such as express line, pre-plated salads, and/or alternate eating sites.
15. Ensure that students receive adequate time to eat breakfast and the recommended 30 minutes for lunch.
16. Provide a cafeteria environment that is 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.

#### **4.A.2. Foods and Beverages Offered Outside of the Child Nutrition Programs**

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Programs. Nutrition education is more effective if the foods and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages sold outside the USDA Child Nutrition Programs includes vending machines, concession stores, school parties, fundraising events, and rewarding/bribing students with food.

## Vending Machine and Concession Store Laws

Foods and beverages must meet specific nutritional criteria if on the grounds at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. Except for items sold as part of the school food program, the food and beverages must meet the following criteria per serving:

- a.  $\leq$  150 calories
- b.  $\leq$  35% of total calories from fat
- c.  $\leq$  10% to total calories from saturated fat
- d.  $\leq$  30 grams of sugar
- e.  $\leq$  360 milligrams of sodium

In high schools, beverages shall include: a.

Bottled water

- b. No-calorie or low-calorie beverages that contain up to 10 calories per eight ounces
- c. Up to 12 ounce servings of beverages that contain 100 percent fruit juice with no added sweeteners and up to 120 calories per eight ounces.
- d. Up to 12 ounce servings of any other beverages that contains no more than 66 calories per eight ounces,
- e. At least 50% of non-milk beverages shall be water and no-calorie or lowcalorie options that contain up to 10 calories per eight ounces
- f. Low-fat milk, skim milk, and non-dairy milk.

## Policy: Foods and Beverages Sold Outside of the School Cafeteria

The St. Martin Parish School District will:

1. Follow the nutrition guidelines set by state law for vending machines and concession stands and stores.
2. Encourage the elimination of foods and beverages as **rewards** for student accomplishment.
3. Provide healthful food and beverage choices at school **parties**. A list of healthy foods and beverages and non-food rewards and activities will be provided annually to administrators, students, teachers, and parents. (See appendix B for healthy snack and school party ideas.) Suggestion list will be sent to parents for ideas and suggestions.
4. Encourage schools to promote **fundraisers** that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients). (See appendix C for healthy fundraising alternatives.)

## **4.B. Nutrition Education**

School-based nutrition education includes traditional classroom lessons and behavioral change programs based on social learning theory and marketing. Using all venues is recommended for optimal impact.

Nutrition is not a stand-alone course. It is taught in health education and science classes and can be integrated into core content area of instruction across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior.

Behavior change can be enhanced through social learning theory and marketing, 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 district and its schools will market and promote only foods and beverages that meet the nutrition standards for meals and/or for foods and beverages sold individually.

### **Policy: Nutrition Education**

The St. Martin Parish School District will:

1. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant, such as in physical education class, health, science, or when applicable.
2. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations, such as in physical education class, health, science, or when applicable.
3. Provide hands-on activities that are fun and engaging such as in physical education class, health, science, or when applicable.
4. Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber.
5. Promote positive aspects of healthful eating behaviors, as required by Team Nutrition, through promotion posters.
6. 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 through individual or group consultation when indicated in school based health centers, school nurses, and in consultation for students with special diets, such as diabetes, celiac's disease, heart conditions, obesity, organ transplants, and other health conditions.
7. Strive toward hiring qualified, certified health education teachers.

8. Encourage parent involvement in lessons taught and school activities.

## **4.C. Physical Education and Activity**

Daily physical activity is essential to student welfare and academic performance. Federal Guidelines 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. Districts and schools, including parents and communities, must offer additional opportunities and resources for physical activity outside physical education classes.

### **Policy: Physical Education and Activity**

The St. Martin Parish School District will:

1. 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.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Provide students in grades K-8 with a minimum of 150 minutes per week of physical education.
4. Ensure that students in grades K-8 participate in planned, organized, moderate to vigorous physical activity for a minimum of 30 minutes each school day.
5. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity.
6. Ensure that qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
7. Provide staff development on standards implementation for physical education instructors.
8. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
9. Ensure that all high school students take one and a half units of physical education.
10. Encourage the use of a recognized instrument or program such as *Fitnessgram*®, to evaluate students' physical fitness.
11. Provide daily recess for all children in K-8<sup>th</sup> grade.
12. Encourage physical activity during recess for elementary students, intramurals programs, and clubs, as well as in physical education programs.
13. Integrate physical activity in the academic curriculum,
14. Disseminate information from the community to create opportunities 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.

15. Encourage school staff to participate in physical activities to serve as role models.
16. Keeps students active for at least half of the class time.
17. Develops students' self-confidence and eliminates practices that humiliate students.

## **5. Communication**

At the beginning of each school year, no later than one month after the first day of class, the Wellness Committee will share a summary of the Wellness Policy with school staff and faculty, students, and parents through inclusion in the district handbook. Updates to the Policy may be highlighted and discussed. Any special events that the Wellness Policy Committee plans to achieve should be shared with everyone affected and the School Health Advisory Council.

## **6. Monitoring and Evaluation**

The Wellness Policy Committee shall use the Louisiana Department of Education's Wellness Policy Evaluation tool annually and be prepared to report results to the district/school Health Advisory Council and the Department of Education as requested. The Wellness Policy Committee shall evaluate the effectiveness of the Policy and amend it based on the results of the evaluation and the needs of the community.

Approved by St. Martin Parish School Board  
(School Board)

Date: April 6, 2011

**Attachment B**

## **Snack and Party Ideas**

Snacks are important to provide nutrients for growing children.

1. Include a wide variety of foods that are rich in nutrients.
2. Have healthful snacks available and easily accessible. Cut up fruits and vegetables for easy eating, especially children with loose teeth or braces.
3. Try low-fat versions of milk, ice cream, crackers, and chips.

4. Avoid using food as a reward or punishment.
5. Be a good role model by eating healthful snacks with your children/students.
6. Choose fruits and vegetables as snacks so children/students can meet the goal of eating at least three or more servings of vegetables and two or more servings of fruits a day.
7. Involve children/students in planning and shopping for foods and beverages for snacks and parties.
8. Involve students in planning a party that provides healthy food choices and activities that do not focus the party on food.
9. Offer food again, even if children/students did not like it the first time, especially fruits and vegetables. Students need repeated exposure to new foods.
10. For more information, call the free American Dietetic Association Hotline at: (800) 3661655 or visit the website at <http://www.eatright.com>.

## Alternatives to Using Food as a Reward

Using food as a reward undermines nutrition education, encourages overconsumption of extra calories, especially foods high in fat and added sugar, and teaches children to eat when they are not hungry. Some alternatives for rewarding children include:

Sit by friends Give a set of flashcards or books Reading time Extra time for art or music Hold class outside Listen to music while working Play a favorite game or puzzle Dance to favorite music	Keep a treasure box filled with non-food items Go for walks Give stickers, pencils, and other school supplies Offer dress down day Offer free time at the end of the week Eat lunch with the principal or teacher
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For more ideas, visit the following web sites:

- Michigan Department of Education Team Nutrition – <http://www.tn.fcs.msue.msu.edu>
- USDA Team Nutrition *Create Healthy, Active Celebrations* ○ <http://www.fns.usda.gov/eatsmartplayhardeducators/materials/>

**Attachment C**

## Creative Fundraising Ideas

Healthy fundraising ideas promote consistent messages of practicing healthy eating and physical activity habits in the classroom, throughout the school, and at home. Listed below are some ideas for raising funds without selling food.

1. Sports tournament – Sell tickets to students and family members to attend a student volleyball, tennis, or golf tournament. Include some local celebrities to increase sales throughout the community.
2. Pledge ideas -- Walk-a-thon and fun runs – Hold a walk and or run on the school grounds. Ask for pledges to sponsor.
3. Spring yard work to local community members – Offer to rake yards and spread compost at a bargain rate.
4. Basketball tournament – Charge a team of three players \$40 for entrance and ask local businesses for prize donations. Provide tee shirts for the event and raise the entrance fee.
5. Plant sale – Sell perennials, herbs, or seeds; poinsettias during the holidays, and flowers for Valentine’s Day.
6. Community job fair – Rent booths for a fee to local companies and solicit free advertisements for local radio stations or newspapers. Charge an entrance fee.
7. Crafts fair – Local and regional crafts persons can rent booths for a fee. The school can charge a small entrance fee to the public.
8. School event planners – Sell planners at school registration. Planners include all event dates, such as sports events, national tests, dances, plays, etc. Fifty percent of the sales can be profits.
9. Sell seat cushions at sporting events – Sell advertisements on the cushions to 20 local businesses for \$50 – 100 to make even more money.
10. Administrative fun - Have money jars available for the students to make donations. The school secretary would count the money in the jars on a daily basis and post the total. At set dollar increments, the principal and/or vice-principal would have to do stunts, such as dress as a cheerleader, do cheers, etc.
11. Raffle of gift baskets assembled by students - Choose a theme such as gardening, sports, or arts and crafts. Most items for the baskets can be donated.
12. Sell candles, greeting cards, gift wrap, magazines, buttons, pins, pens, crafts, batteries, Frisbees, pet treats, and calendars.
13. Rent a special parking place.
14. Involve the community – Conduct workshops or classes, a scavenger hunt, a recycling program, a car wash for donations, a garage sale
15. Sell school spirit supplies – megaphones, shakers, plastic cups, T-shirts, school supplies, bumper stickers, cookbooks or books developed by the school
16. Host art, music, and science events such as a read-a-thon, spelling bee, science fair, talent show, art show, plays, and concerts

Adapted from *Twenty Ways to Raise Funds without Candy*, Illinois Nutrition Education and Training Program, Illinois Department of Education, Creative Financing and Fun Fundraising for Schools, Sports, and Clubs, California Project LEAN, and WIN Wyoming, Family and Consumer Sciences, University of Wyoming Cooperative Extension Service