

# **APPENDIX H**

## **WELLNESS PLAN**

## CCA School Wellness Policy

The policies outlined within this document are intended to create a school environment that protects and promotes the health of our students, family and staff. This policy is our commitment to provide nutrition education and regular physical activity, as well as access to nutritious foods for all students. The ways to try to accomplish that is described here.

### **I. Nutrition Education and Promotion**

Student will receive encouraging messages throughout school, classrooms, cafeterias, and school media.

- Nutrition education will be offered in the cafeteria as well as in the classroom, with coordination between the foodservice staff and teachers.
- Nutrition education will promote fruits, vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- Students will have opportunities to taste foods that are low in saturated and trans fats, sodium and added sugar.
- Staff members responsible for nutrition education will participate in professional development training on dietary guidelines and how to further educate the school.
- Teachers will integrate nutrition education into core curricula and encourage students to bring healthy nutritious foods for in the classroom snacks.
- Nutrition education will be provided to the families through handouts, newsletters, postings on the website, menus are posted on the website, and presentations.
- Staff will be strongly encouraged to model healthful eating habits.
- Families will be encouraged to pack lunches and snacks that meet healthy food preparation and will be provided with guidelines on how to accomplish this.
- Staff members will be responsible for teaching adequate nutrient intake and healthy eating practices.
- Skill development such as reading labels to evaluate the nutrient quality of foods, meal planning and analysis of health information.
- Examining problems associated with foods marketing to children.
- Nutrition education by using USDA's MY Plate, Dietary Guidelines for Americans, Golden Valley Hospital Dietician, adequate nutrition intake and food safety.
- Staff member responsible for nutrition education will provide teachers with handouts of growing a garden and will supply the classes with a garden growing project.

### **II. Nutrition Standards for all food and beverages served on school grounds**

USDA School Meals:

School meals will include a variety of healthy options while meeting special dietary needs and ethnic and cultural food preferences. Our school participates in the USDA school lunch Programs.

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- All Cafeteria staff will be provided training on USDA meal plans/reimbursable meals so they can properly advise students as to the meal components they must take, as well as cooking technique, recipe implementation, sanitation and food safety.
- All menus will meet USDA's MY Plate guidelines (low-fat dairy product, Meat/meat alternative, whole grain enriched product, fruit and vegetables at appropriate portion sizes due to grade level) and will be reimbursable meals.
- Students will be provided at least 20 minutes to eat lunch after being seated.
- Meals will be served in a clean and pleasant setting and under appropriate supervision.
- Rules for safe behavior will be consistently enforced.
- There will be recess periods before and after lunch. Lunch will be served between 104:05 and 12:10 each day school is in session.
- Students will have access to hand washing/ hand sanitizing facilities before meals and snacks. Cafeteria staff and teachers will remind students to make use of them.
- Portion sizes will be posted on the MY Plate poster in the cafeteria and in visible sight to educate the students on appropriate portion intake.
- Participation of the parents will be promoted in the school lunch program. Parents will be provided with information and forms to encourage determination of eligibility of reduced and free meals. The parents will also be informed of our community summer foods program with contact info on how to receive those benefits.
- We will encourage healthful snacks to be served at all times at before, during and after school.
- \* Additional foods and beverages:
  - Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavors with no more than 22 grams of total sugars per 8oz);
  - 100% fruit juices in 4 oz portions for elementary and Middle School.
  - Plain water.
  - NO SODA** is allowed at school or on field trips.

#### **Access to Drinking water**

- Students and school staff will have access to free, safe, fresh drinking water at all times throughout the day. Water fountains are located in several areas of the buildings. Students are allowed to bring water bottles in the classrooms.
- Water will be encouraged over other beverages.



- School staff will encourage through modeling to the students water consumption.
- Maintenance will be performed on all water fountains to ensure safe, clean water for all students and staff.

### **III. Marketing**

School-based marketing will be consistent with nutrition education and health promotion.

- Our school will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the School Wellness Policy.
- Brand names, trademarks, logos, or tags except when placed on a physically present food or beverage product or container.
- Advertisements in school publications or school mailings
- Educational incentive programs such as contest, or programs that provide schools with supplies or funds when families purchase specific food products.

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National Policy & Legal Analysis Network to prevent Childhood Obesity (NPLAN). District Policy Restricting the Advertising of foods and beverages Not permitted to be sold on School Grounds. Available: <http://nplan.rhine.rockriverstar.com/childhood-obesity/products/district-policy-restricting-advertising-food-beverages>

#### **Food used as reward or punishment**

Research clearly indicates that the use of food to reward/reinforce correct desirable behavior and academic performance, etc. has negative unintended consequences. The use of food as a reward and withholding food as a punishment are strictly prohibited.

### **IV. Physical Activity**

#### **Physical Education**

All K4- 8<sup>th</sup> grade students will receive physical education classes a minimum of one day a week for 50 minutes per week for the entire school year. Physical education will be standard-based, using national and state-developed standards and well as some self searched activities to build a stronger healthier body. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior, benefits of physical activity, guided instruction, character building devotion, and the benefits of each of these creating a better self both physically and mentally. Physical education program will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.

Student involvements in other activities, including those involving physical activity (through intramural and interscholastic sports), will not be substituted for physical education.

- Physical education classes will count toward GPA.
- Teacher to student ratio will be no greater than 1:25
- The school will provide safety standards for physical activity including adequate space and equipment.
- The school does not use withholding physical education class as a form of punishment of any student.
- The Physical education teacher will spend at least 50% of their time doing vigorous activities and 50% in active teaching strategies.
- The Physical Education teacher will have a professional review given by the Administrator of the school yearly.
- The Physical education teacher will give the students fitness test at both beginning and end of the year to show the students the improvements they have made due to proper exercise and nutrition.

### **Physical Activity**

All students will have opportunities for physical education class two days a week. Classroom curricula/health curricula will reinforce the knowledge and skills needed to maintain a physically active lifestyle as well as teaching how to take care of the bodies God has made. Students will be encouraged to reduce sedentary time and will have opportunity to get up stretch and move around throughout their daily routine. Physical activity breaks will be provided between classes in elementary school. Physical Education teacher will provide teachers with helpful documents to get child moving throughout the day (ex. ABC for Fitness Teacher Manual).

Teacher will be encouraged to incorporate opportunities for physical activity in the classroom whenever possible and will be encouraged to serve as role models by being physically active alongside the students.

### **Recess**

All elementary school students will have at least 20 minutes a day of supervised recess before or after the lunch periods, during which they will be encouraged to use that time for vigorous activity. Outdoor recess will only be withheld in the case of extreme weather, to be determined by the head administrator. In the event of an indoor recess the teachers will be encouraged to use some physical activities to promote the wellness of the student.

### **Physical Activity Programs**

Elementary and Middle school will offer extracurricular physical activity programs, such as Archery After School Program, Interscholastic sports programs (soccer, basketball, cheerleading and track), and all students it is pertaining to will be advised of community sports programs as well. They will have opportunity to receive a form to join in community activity at the schools office.