

Scranton School District's Wellness Policy on Physical Activity and Nutrition

Preamble

The Scranton School District is keenly aware of the new federal law that mandates schools to assist in addressing student health and childhood obesity concerns. Public Law 108.265--the Child Nutrition and WIC Reauthorization Act of 2004 which was signed into law June 30, 2004--requires all local education agencies participating in the National School Health Program to implement a local wellness policy,

Compliance is necessary to keep our children's health from being placed in peril. Almost half the children in our schools are either overweight or obese, putting them at risk for debilitating health problems like diabetes, high blood pressure and heart disease. Recent studies have shown that this generation of children may be the first to have a shorter life expectancy than their parents, because of childhood obesity.

Scranton public schools clearly want to improve the quality of food and beverages we offer our students and to enhance every youngster's physical fitness regimen. The district is committed to upgrading the nutrition and physical fitness programs with support from the School Health Advisory Council and. This advisory council will maintain a constant vigil over all policies pertaining to student nutrition and physical activity, not only constantly reviewing, but also creating, developing and implementing new ones, where necessary, and strengthening those in need of improvement.

All students K-12 will have opportunities, support and encouragement to be physically active on a regular basis. Food and beverages available at school will meet the nutritional recommendations of the U.S. Dietary Guidelines for Americans.

Qualified child nutrition professionals (FSMC) will provide students access to a variety of affordable, nutritious and appealing foods, fulfilling their health and nutritional needs. In addition, meal planning will accommodate the cultural diversity of the student body, and students will be provided clean, safe and pleasant settings conducive to healthful dining. To the maximum extent possible, students will be given adequate time to eat.

All schools in the district will participate in available federal school meal offerings, including the School Breakfast Program, National School Lunch Program, Summer Food Service Program and the After Snack Program.

The Scranton School District will provide nutrition education and physical education to foster lifelong habits of healthy eating and exercise and will establish linkage between health education and school meal programs, and with related community services.

SCHOOL DISTRICT OF THE CITY OF SCRANTON

425 North Washington Avenue

Scranton, PA 18503

To the members of

The Board of Directors of

The School District of the City of Scranton

November 7, 2005

It is the recommendation of the Health and Safety Committee that the following resolution be approved:

RESOLUTION

Whereas,

Good health fosters student attendance and education; children need access to healthful foods and opportunities to be physically active in order to grow, learn and thrive;

Whereas,

Sequential and interdisciplinary nutrition education is provided, and patterns of meaningful physical activity connect to students' lives outside of physical education;

Therefore be it resolved that:

All foods and beverages made available on school property during the school day (including vending, concessions, a la carte, student stores, parties and fundraisers) are consistent with the current *Dietary Guidelines for Americans*.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

The Scranton School District will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. Nutritional Quality of Foods and Beverages Sold and Served in schools in the Scranton School District

School Meals

The Scranton School District will strive to increase participation by a minimum of 5% in Federal Child Nutrition Programs including the National School Lunch and School Breakfast programs 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 local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only lower-fat (2%), and 1%, and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- promote whole grains

Schools should engage 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, schools should share information about the nutritional content of meals with parents and students. Such information could be 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:

- Schools will, to the extent possible, operate the School Breakfast Program.

- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals. Schools 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. Toward this end, schools will utilize electronic identification and payment systems in the 5 secondary buildings at this time, additional buildings will be added where available in the future; 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.

Summer Food Service Program. Schools in which more than 50% of students are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

Meal Times and Scheduling. Schools:

- 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,
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools);
- will provide cafeterias with enough serving areas so that students do not have to spend too much time waiting in line;
- will provide dining areas that are attractive and have enough space for seating all students;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide 12 hours of continuing professional development for all nutrition professionals in schools.

Sharing of Foods and Beverages. Schools will discourage 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.

Food Safety and Security. All foods available in schools will comply with state and local safety and sanitation guidelines. For the safety and security of the food and facility, access to the food service operations is limited to food service staff and authorized personnel only.

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.)

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should comply with the Dietary Guidelines for Americans. Vending will not be available for students in grades K-5.

- **Beverages**

All beverages sold in grades K-5 will be water, 100% juice and/or light juice (50% juice) or milk (2%, 1% and non fat)

- **Food**

- **All food item sold individually:**
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters);
 - will not have sugar as the first ingredient;
 - will provide minimal trans fatty acids;
 - packages will be single serve;
 - will not include any foods of minimal nutritional value according to Federal National School Lunch Guidelines; and
 - include items that contain greater than 2 grams of fiber per serving.
 - Candy will not be served or sold during the school day.

Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

- **Beverages**

- All beverages sold will be water, 100% juice and/or light juice (50% blend) or milk (2%, 1% and non fat).
- Those not allowed include soft drinks containing caloric sweeteners.

- **Foods**

- A food item sold individually:
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters);
 - will not have sugar as the first ingredient;
 - provide minimal trans fatty acids;
 - packages will be single serve;
 - will not include any foods of minimal nutritional value according to Federal National School Lunch Guidelines; and
 - include items that contain greater than 2 grams of fiber per serving

- Candy will not be served or sold during the school day.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat guidelines).

Fundraising Activities (including school stores). To support children's health and school nutrition-education efforts, school fundraising activities will:

- Will limit those during the school day involving food or will use only foods that meet the above nutrition standards for foods and beverages sold individually
- Will not allow foods of minimal nutritional value (as defined by the National School Lunch guidelines) to be sold during the school day, i.e. candy
- Will only allow any food items sold as part of a fund raising activity not meeting the nutritional standards for foods and beverages to be available at the end of the school day
- Will encourage fundraising activities that promote physical activity
- Will encourage that foods sold as fundraisers are available for sale outside of the school day and will support healthy eating habits by limiting high sugar and high fat foods

The school district will make available a list of ideas for acceptable fundraising activities (see handbook).

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 school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

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

Rewards. Schools 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, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Schools should encourage parties that include foods or beverages that meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers (see student handbook).

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). The district will disseminate a list of healthy snacks to parents and teachers (see student handbook).

III. Nutrition and Physical Activity Promotion and Food

Marketing

Nutrition Education and Promotion. The Scranton School District aims to teach, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Will be 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. Nutrition education will complement but not replace the traditional 30 hours of curriculum;
- Will be a part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Will include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Will emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);
- Will link with school meal programs, other school foods, and nutrition-related community services;
- Will teach media literacy with an emphasis on food marketing; and
- Will include training for teachers and other staff.

NUTRITION EDUCATION GOALS WILL INCLUDE:

- 1) Explain the role of the “new” food guide pyramid in helping students
- 2) Analyze nutritional concepts that impact health.
 - a) Caloric contents
 - b) Relationship of food intake vs. physical activity
 - c) Label Reading
- 3) Analyze factors that impact nutritional choices of adolescents
 - a) Body Image
 - b) Advertising
 - c) Eating Disorders
 - d) Peer influence
- 4) Analyze factors that impact nutritional choices of adults
 - a) Cost
 - b) Food Preparation
 - c) Consumer Skills
 - d) Nutritional Knowledge

Integrating Physical Activity into the Classroom Setting. 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
- Classroom teachers will provide short physical activity breaks between lessons or classes,

as appropriate.

Communications with Parents. The Scranton School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools should encourage 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 Scranton School District will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

The Scranton School District 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.

Staff Wellness. The Scranton 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. The district will keep classroom teachers, physical education teachers, coaches, counselors, health-service providers, and other staff informed about the importance of healthy school meals, reminding teachers and staff that they are role models for healthy eating and a healthy lifestyle for their students.

IV. Physical Activity Opportunities and Physical Education

Goals for Physical Education

- 1) The ability to plan curriculum
 - a) Physical education teachers will know the PA standards and how to incorporate them into their day-to-day actions.
 - b) Will have a minimum of 2 meetings per school year for all physical educators to be involved with planning, implementing and evaluating a K-12 curriculum.
- 2) Implementation of standards
 - a) Standards and their applications to instruction and learning will be emphasized administratively
 - b) Standards at the national and state levels must be understood and applied within the context of physical education
- 3) Instructional Strategies
 - a) Will use "active learning" in the gym area
 - b) Will use of various technologies in gym areas, i.e. TV/VCR, heart rate monitors, video cameras, etc
 - c) Will use physical fitness assessments identified as successful by state and federal physical education associations, i.e. President's Challenge, Fitnessgram, AAHPERD Youth Fitness Assessment

d) Students at all grade levels will be scheduled for physical education classes according to the following standards:

- In elementary schools (grade K-5) for 40 minutes once per week
- At the intermediate level (grade 6-8) for 82 minutes per 6 day cycle at West Intermediate School, and health education once per 6 day cycle, Northeast and South Intermediate feature 2 45 minute periods per week, and a 45 minute health education class per week
- At the high school level (grades 9-12) physical education for 46 minutes, twice a week, health education (grade 9 & 10) two 46 minute classes, twice a week.

Daily Recess. All elementary schools will have 15-20 minutes of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity Opportunities Before and After School. All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and intermediate schools, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students.

After-school 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.

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

Goals for School Based Activities

- 1) Have school-based activities, such as day to day education classes, after school intramural programs and information presented in health class, all shared with the home. Home-school communication will be a vital piece of this process.
- 2) Development of a physical education calendar, use of literature/packets about fitness/exercise, promoting participation in community programs, all should be based out of the schools, no matter the grade
- 3) Inclusion in after school, fitness-related intramural programs covering a wide base of activities (i.e.) swimming, dancing, aerobics, fitness training, weight training, martial arts, basketball or football
- 4) Schools will participate in meditation and deep-breathing exercises during classroom time to increase physical activity throughout the day to 20 minutes in addition to recess.

V. Safe Routes to School

- The Scranton School District shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.
- The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to

- school.
- District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

VI. Monitoring and Policy Review

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

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school 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.

Policy Review. To help with the initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies.¹³ The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.