

Edmonson County School District Wellness Policy

Federal Public Law (PL 108.265 Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

The Edmonson County Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals:

- Child Nutrition Programs comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, student stores, and fundraising) during the school day are consistent with the current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.

Local Wellness Policy Guidelines

History/Background/Rationale

Will the students of today be the first generation to have a shorter life expectancy than their parents? Does the face of a child suffering from malnutrition resemble the face of a child adversely affected by over-nutrition? Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn?

If you know the answers to these questions, you are one of millions who are aware that discouraging statistics emerge every day regarding the general health of America's school aged population. The School Nutrition Association (formerly American School Food Service Association) was established in 1946, shortly after lawmakers passed the National School Lunch Act, allowing healthy, affordable meals for America's school children. Leaders in 1946 were not content with the level of malnutrition in America. Today, school foodservice professionals continue to build on the record of healthy, safe, and nutritious meals – as well as nutrition education.

A healthy school environment goes beyond school meals in the cafeteria. A healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices and appropriate amount of physical activity. All foods made available on school campuses should offer children nutritious choices, and physical activity should be incorporated into the school day as often as possible. The healthy, physically active child is more likely to be academically successful.

With the recent passage of the Act (Public Law 108: Section 204) requiring each Local Education Authority (LEA) to have a local wellness policy in place, the federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well being of students. The LEA has a strategic role to play and now is the time to take action.

Nutrition Education

- Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts and social studies.
- The staff responsible for nutrition education will be adequately prepared and participate in planned professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.
- The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
- School district(s) will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- Students will be encouraged to start each day with a healthy breakfast.

Physical Activity

- Physical activity will be integrated across curricula. Movement can be made a part of science, math, social studies and language arts.
- Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.
- Policies ensure that state-certified physical education instructors teach all physical education classes.
- Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.
- Physical activity participation will take into consideration the “balancing equation” of food intake and physical activity.
- Physical education includes the instruction of individual activities as well as competitive and non-competitive team sports to encourage life-long physical activity.
- Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Information will be provided to families to help them incorporate physical activity into their student’s lives.
- Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of the normal school day.
- Schools encourage families and community members to institute programs that support physical activity.

Other School Based Activities

- After-school programs will encourage physical activity and healthy habit formation.
- Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.
- Schools belong to and are active members of the Edmonson County Healthy Communities Coalition.

National Guidelines for All Foods on Campus

- All foods made available during school hours will comply with the current USDA Dietary Guidelines for Americans:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Fundraisers
 - Concession stands
 - Student stores

- Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for elementary schools, middle schools and high schools.

- Nutrition information for products offered in snack bars, vending and school stores is readily available on food labels.

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch.
- Lunch periods are scheduled as near the middle of the school day as possible.
- Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line.
- Dining areas are attractive and have enough space for seating all students.
- Drinking water is available for students at meals.

Child Nutrition Operations

- The child nutrition program will aim to be financially self-supporting. However, the program is an essential educational support activity. Budget neutrality or profit generation will not take precedence over the nutritional needs of the students. If subsidy of the child nutrition fund is needed, it will not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.
- The child nutrition program will ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well
- The school will strive to increase participation in the available federal Child Nutrition programs (e.g. school lunch, school breakfast, after-school snack and summer foodservice programs).
- Employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements.
- All food service personnel shall have adequate pre-service training in food service operations.
- A child's need for nutrients does not end when school does. Therefore, recommend offering meals during breaks in the school calendar and to coordinate with other agencies and community groups to operate, or assist with operating, a summer food service program for children and adolescents who are eligible for federal program support.
- Students are encouraged to start each day with a healthy breakfast.

Food Safety/Food Security

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.