

CLINTON COUNTY SCHOOLS



DISTRICT HEALTH AND WELLNESS POLICY

Children need a healthy diet and physical activity in order to grow and learn.

Obesity rates have doubled in children over the last two decades, and physical inactivity and excessive calorie intake are the predominant cause of obesity.

Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

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, school board members, parents, 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.

School-wide and community participation is essential to the development of a permanent and successful school wellness policies.

The Clinton County 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. Therefore, it is the policy of the Clinton County School District that:

- The school district will engage students, parents, teachers, food service professionals, health care professionals, and community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policy.
- All students in grades preschool – 12th will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the Federal and State Laws and Regulations.
- Qualified and certified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of all students.

- All schools in our district participate in the federal school nutrition programs, (School Breakfast Program, National School Lunch Program, After School Snack Program, and Summer Food Service Program), meeting students' nutritional requirements with age appropriate portion sizes.
- School will provide nutrition education and physical activity to foster lifelong habits of healthy eating and physical fitness, and will establish links between health education and school nutrition programs, and with related community services.

WELLNESS COMMITTEE GOALS:

I. School Wellness Committee

The school district and individual schools within the district will create and work with school health and wellness committee develop, implement, monitor, review, and as necessary, revising school nutrition and physical activity policies. The committee also will serve as a resources to school councils for implementing those policies. A school health and wellness committee consists of a group of individuals representing the school and community, and may 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. School Nutrition

School Meals

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

- Be appealing and attractive to children.
- Be served in clean and pleasant atmosphere.
- Meet nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables;
- Continue to serve 1% white, 1% chocolate, and skim milks.
- Offer whole grain.

The School Nutrition Program should share nutritional information with parents and students. Such information could be shared through website, cafeteria managers, and food service office.

Breakfast.

To ensure that all children have breakfast in order to meet their nutritional needs and enhance their ability to learn:

- Schools will 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.
- Schools 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.

The Clinton County School System provides a **free** breakfast to all students daily according to each schools scheduled time.

Free and Reduced priced Meals.

Schools will make every effort to eliminate any apparent identification of students who are eligible for free and reduced-price school meals. The Clinton County School System identifies students by lunch numbers and library numbers.

Summer Feeding Program

Clinton County Schools will sponsor a Summer Feeding Program for at least four weeks during summer vacation.

Meal Times and Scheduling

- Schools will give students adequate time to eat breakfast and lunch.
- Schools schedule meal periods at appropriate times, anywhere between 10:30 a.m. and 12:00 p.m.

Qualifications of School Nutrition 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 initial training and continuing professional development for all nutrition professionals in schools. Staff development programs will include credentialing certification, or training programs for school nutrition director, central office staff, school nutrition managers, and staff, according to their levels of responsibility.

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.)

All foods available on campus will comply with current USDA Dietary Guidelines for Americans and by [KRS 158.854\(1\)](#) / [702KAR 6:090](#).

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. Foods and beverages sold a la carte should meet the requirements for a meal component recognized for a reimbursable meal.

Middle and High Schools.

In middle 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 and after the school day, will meet the following nutrition and portion size standards:

Beverages

- The regulation requires that beverages sold through vending machines, school stores, canteens, or as a la carte items on the cafeteria lines are restricted to:
 1. Plain or flavored milk containing no more than 1% milk fat (that is, 1% or skim);
 2. Plain or flavored, non-carbonated water containing zero calories;
 3. 100% fruit or vegetable juice or any combination equaling 100%;
 4. Any other beverage containing no more than 10 grams of sugar per serving; and
 5. The volume size is limited to 17 ounces in elementary schools and 20 ounces in middle and high schools, except for water. These standards apply to beverages available as a la carte items on the cafeteria line during breakfast and lunch. In compliance with the Competitive Food Regulation, beverages meeting the above standards will be available through machines from 30 minutes after the last lunch period until the end of the school day.

Foods

- 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, fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners, cooked, dried or canned fruits (canned in fruit juice or light syrup), cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- During Breakfast and Lunch, sales are limited to those conducted as part of the school breakfast and lunch programs and schools may offer for a la carte sale on the cafeteria line any item that meets the following standards:

1. Calories from fat are limited to no more than 30% of total calories; [exceptions: reduced fat cheese (2%), nuts, seeds, nut butters];
2. Calories from saturated fat are limited to no more than 10% of total calories;
3. Grams of sugar are limited to no more than 32% of total weight with a ceiling of 14 grams (exceptions: fresh, frozen, canned or dried fruits and vegetables);
4. Milligrams of sodium per serving are limited to 300 in chips, cereals, crackers, baked goods, and other snack items;
5. Milligrams of sodium per serving are limited to 450 in pastas, meats, and soups;
6. Milligrams of sodium per serving are limited to 600 in pizza, sandwiches, and main dishes;
7. The portion/pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky is limited to 2 ounces;
8. The portion/pack size for cookies is limited to 1 ounce;
9. The portion/pack size for cereal bars, granola bars, pasties, muffins, doughnuts, bagels, or other bakery-type items is limited to 2 ounces;
10. The portion/pack size for non-frozen yogurt is limited to 8 ounces; and
11. The portion/pack size for frozen dessert items, including low fat (1% milk fat) or fat free ice cream, frozen juice bars, or frozen real fruit items is limited to 4 ounces.

In addition, schools may offer for a la carte sale any item that can be part of a reimbursable breakfast or lunch, according to the federal meal pattern regulations.

- Thirty (30) minutes after the last lunch period (Competitive Food Regulation) schools may offer for sale through vending machines, stores, canteens, etc., food items that meet the following standards:
 1. Calories from fat are limited to no more than 30% of total calories; [exceptions: reduced fat cheese (2%), nuts, seeds, nut butters];
 2. Calories from saturated fat are limited to no more than 10% of total calories;
 3. Grams of sugar are limited to no more than 32% of total weight with a ceiling of 14 grams (exceptions: fresh, frozen, canned or dried fruits and vegetables);
 4. Milligrams of sodium per serving are limited to 300 in chips, cereals, crackers, baked goods, and other snack items;
 5. Milligrams of sodium per serving are limited to 450 in pastas, meats, and soups;
 6. Milligrams of sodium per serving are limited to 600 in pizza, sandwiches, and main dishes;
 7. The portion/pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky is limited to 2 ounces;
 8. The portion/pack size for cookies is limited to 1 ounce;

9. The portion/pack size for cereal bars, granola bars, pasties, muffins, doughnuts, bagels, or other bakery-type items is limited to 2 ounces;
10. The portion/pack size for non-frozen yogurt is limited to 8 ounces; and
11. The portion/pack size for frozen dessert items, including low fat (1% milk fat) or fat free ice cream, frozen juice bars, or frozen real fruit items is limited to 4 ounces.

The item must meet all of the criteria or it cannot be sold. A list of some allowable items is available on the [KDE Nutrition and Health Services Website](#).

Fundraising Activities.

To support children's health and school nutrition-education efforts, school fundraising activities involving food/beverages will take place 30 minutes after the last lunch period (in compliance with the competitive food regulation). In addition, schools will encourage fundraising activities that do NOT involve food or use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually.

Snacks.

Snacks served in after-school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks, milk/fruit juice as the primary beverage, and water as a secondary beverage.

- Schools that provide snacks for after-school programs through the Food Service Division will receive reimbursements through the National School Lunch Program where guidelines are followed.

Rewards.

Schools will make efforts to use non-food items as rewards for academic performance or good behavior. Here are some suggestions for rewards in place of food or soda drinks.

Elementary School

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher
- Play favorite game
- Stickers
- Fun video
- Extra recess
- School supplies
- Trip to treasure box filled with non-food items
- Paperback book

- Show-and-tell
- Teacher reads special book to class
- Bank system: earn play money to be used for privileges
- Teacher performs special skill such as; cart wheel, guitar playing or dance.

Middle School Students

- Sit with friends
- Listen to music while working at desk
- 5 minute chat break at end of class
- Reduced homework
- Extra credit
- Fun video
- Computer time
- Assemblies
- Field trips
- Eat lunch outside, or have class outside

High School Students

- Extra credit
- Fun video
- Reduced homework
- Coupons to video stores, music stores, movies (donated)
- Drawings for donated prizes among students who meet certain grades standards
- A few minutes of "free choice" time at end of class period

**** Depriving a child from recess or any physical activity will be discouraged..**

Celebrations

Schools need to practice food safety and sanitation. Schools may require that food items brought in for celebrations be prepackaged retail items only (homemade items are discouraged).

III. Nutrition Education

- Nutrition Education should be integrated into the classroom.
- The staff responsible for nutrition education should participate in professional development activities. The professional development activities should provide basic knowledge of nutrition and be designed to promote healthy eating habits.
- The school cafeteria could promote nutrition by promoting taste tests for new and healthy foods.
- Families should be provided with information to 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.

IV. Physical Activity

- Physical education should be in an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
- State certified physical education instructors should teach physical education classes.
- Playgrounds and other physical equipment will meet safety requirements.
- The district will encourage teachers to incorporate physical activity into the classroom.
- Recess will include moderate to vigorous physical activity, preferably outdoors, staff should encourage students to be physically active.
- Depriving a child of physical activity as a punishment for behavior or academic performance will be discouraged.
- Information should be provided to families to help them incorporate physical activity in to their child/children's life.

V. FUTURE GOALS

At the present time the 21st Century Learning program has several after-school activities such as; dance, karate, and gymnastics. Students at the Albany Elementary are participating in an early bird walk around the gym every morning from 7:00 a.m. to 7:25 a.m. for students that are dropped off early or parents can come and walk with their child. The child that walks the most laps around the gym from August to May receives a gift certificate from 21st Century Learning Program.

Our long-term goal is to work with the *future* YMCA on busing students to after-school activities such as swimming, karate, aerobics and other activities.

