

Purpose and Goal:

The link between nutrition and learning is well documented. Good nutrition and improved health optimizes student performance and ensures that no child is left behind. Healthy eating patterns are essential for students to achieve their full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reducing the risk of developing many chronic diseases in both children and adults.

Schools have a responsibility to help students and staff establish and main lifelong, healthy eating patterns. A healthy school environment has been shown to positively influence students eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

The Burke Central School District promotes a healthy school environment. The District supports and promotes:

Local Wellness Policy Component 1: Nutrition Education*North Dakota State Requirements:*

The Burke Central School District will:

Grades 1-6: Students in grades 1 through grade 6 (kindergarten is optional) will receive nutrition education that is sequential, interactive and integrated with the core curriculum. The curriculum shall teach skills they need to adopt healthy eating behaviors. Recommended curriculum: The Know Your Body health education program.

Grades 7-12: Students in middle/junior high school and students in high school will receive nutrition/health education that is interactive and teaches the skills they need to adopt healthy behaviors. Students will receive instruction consistent with or above the North Dakota state requirements. Meeks Heit Health and Wellness is our current curriculum.

Nutrition education: Nutrition education will be offered in the school cafeteria and in the classrooms with coordination between school foodservice staff and teachers. Suggested resources: USDA Team Nutrition.

Positive Message: Students will receive positive, motivating messages, about healthy eating and physical activity throughout the school, classroom, cafeteria, home, community and the media. Class trips, health fairs, Ag in the Classroom, open houses, PTO/PTA meetings, parent/teacher

conferences and teacher in-services will promote consistent positive nutrition/health messages. All school personnel will reinforce these positive messages.

Student Input in Planning: Schools will consider student need in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys and attention be given to their comments. Ex. School sponsored student groups.

Teacher Quilifications: Nutrition/health classes will be taught by highly qualified teachers. Continuing education in nutrition/health education should be promoted/supported by the school's Administration.

Local Wellness Policy Component 2: Physical Activity Goals

Students in grades K-12 will receive physical education (or its equivalent of 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students). Students with disabilities, special healthcare needs, and those in alternative educational settings will be included.

Curriculum: The physical education curriculum should demonstrate progression and sequence and be consistent with North Dakota and/or national Physical Education standards for Pre-K through grade 12.

Teacher Qualifications: Highly qualified physical education teachers will teach all physical education.

Lunch sequence: When feasible, recess and/or PE will occur prior to lunch to ensure appropriate healthful food intake.

Daily Physical Activity: Students will be given opportunities for physical activity during the school day through daily recess periods, elective physical education classes, walking programs, and the integration of physical activity into the academic curriculum.

School-Wide Testing: Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

After-school programs: Students will be given opportunities for physical activity through a range of after-school programs including intramural, interscholastic athletics, and physical activity clubs.

Safety: Provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.

Physical Activity and Punishment: School personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Denial of Physical Activity: Students will not be denied physical activity for purposes of makeup work, testing, etc.

Environment: Schools should work with the community to create an environment that is safe and supportive of students' physically active commute to and from school.

Parental Support: Schools encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Staff Training: Schools provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Local Wellness Policy Component 3: Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals

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

- ξ be appealing and attractive to children
- ξ be served in clean and pleasant settings
- ξ meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- ξ offer a variety of fruits and vegetables;¹
- ξ serve only low-fat (1%) and fat-free milk² and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- ξ ensure that half of the served grains are whole grain.^{3,3}

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:

- ξ Schools will, to the extent possible, operate the School Breakfast Program.
- ξ Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- ξ Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- ξ If no program is available, 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 meals¹. Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students.

Meal Times and Scheduling: Schools:

- ⌘ To the best of the school's ability, will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- ⌘ should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- ⌘ should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- ⌘ To the best of their ability, school will schedule lunch periods to follow recess periods (in elementary schools);
- ⌘ will provide students access to hand washing or hand sanitizing before they eat meals or snacks;

Qualifications of School Food Service Staff: Qualified Foodservice Personnel will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all Foodservice Personnel in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.²

Sharing of Foods and Beverages: Schools should 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.

² School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

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 administration 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 be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Junior High and High Schools. In 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

- ⌘ **Allowed:** water or seltzer water⁶ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- ⌘ **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine.) Pop machines will be turned off until after school, or under the time parameters each school designs.

Foods

- ⌘ A majority (80%) of food items sold individually:
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - will not have sugar listed as the first ingredient. Candy is not allowable.
- ⌘ Fruits and/or 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

⁶ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210.)

50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁷

Additionally, it is recognized that there may be RARE special occasions when the school principal may allow a school group to deviate from these standards.

Portion Sizes:

- ξ Reasonable portion sizes are encouraged, use the following as examples:
- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - If available from manufacturer, twelve fluid ounces for beverages, excluding water; and
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities, each group will be encouraged to have only one food related fundraising activity per year. Groups are encouraged to use foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

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,

⁷ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

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

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

Rewards: Schools are encouraged to 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,⁸ and will not withhold food or beverages (including food served through school meals) as a punishment. Rewards that are encouraged are movie passes, movie rental certificates, homework pass, book store certificate, 1 day pass at Mercy Wellness Center, restaurant certificate

Celebrations: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances): Fresh Fruits and/or vegetables will be sold at any place where food and beverages are sold. 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).

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

¹ As recommended by the *Dietary Guidelines for Americans 2005*.

¹ A whole grain is one labeled as a "whole" grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include "whole" wheat flour, cracked wheat, brown rice, and oatmeal.

¹ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or "paid" meals.

¹ School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

¹ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a "Food of Minimal Nutritional Value" (Appendix B of 7 CFR Part 210).

¹ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁸ Unless this practice is allowed by a student's individual education plan (IEP).

¹Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

Local Wellness Policy Component 4: School-Based Activities

The policies described here are to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

Adequate time for eating: There will be a pleasant eating area for students and staff. The minimum eating time for each child after being served will be 10 minutes for breakfast and 20 minutes for lunch.

Sanitary Habits: School personnel will assist students in developing healthy practice of washing hands before eating.

Cafeteria atmosphere: Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level. Parents are highly encouraged to dine with students in the cafeteria.

Use of Food as Punishment or Reward: The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk at mealtime due to misbehavior in the classroom. Food and beverages used as rewards or incentives should be limited to foods and beverages that meet nutritional standards and be used on a limited basis.

Use of School Facilities Outside of School Hours: School spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Physical Activity and Punishment: Teachers and other school and community personnel will not withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

Celebrations: Schools should try to limit celebrations that involve food during the school day. Each party should include no more than one food and one beverage that does not meet nutrition standards for foods and beverages. The district will disseminate a list of healthy party ideas to parents and teachers.

Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities will limit food as a fundraiser to one a year for each group. The foods sold should meet the nutrition standards for foods and beverages.

Role modeling: Teachers, school administrators, staff, and other community members will role model healthy eating and being physically active.