

INSTRUCTION

Wellness

The school board recognizes the important role of the school district in educating all students regarding healthy life styles. It is the intent of the board to provide guidelines for a comprehensive set of wellness activities that should occur in all schools and impact all students.

Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. The following statements provide policy guidance for the nutrition education efforts of the district:

- Students in grades pre-K-12 will receive nutrition education that teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the cafeterias as well as in the classrooms, with coordination between the Child Nutrition staff and teachers.
- Students will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.
- District health education curriculum standards and guidelines will include both nutrition and physical education.
- Nutrition will be integrated into the health education and core curricula.
- Schools will link nutrition education activities with the coordinated school health program.
- Schools will conduct nutrition education activities and promotions that involve parents, students, and community.

Setting Physical Activities Goals

The primary goals for schools' physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short-and long-term benefits of a physically active and healthful lifestyle. Accordingly, the following guidelines are established:

- Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the school day.
- Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
- Schools will 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.
- Schools will provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Setting Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. Guidelines addressing these activities include:

- The school district will set guidelines for foods and beverages in a la carte sales in the food service program on school campuses.

Policy 6175 – Page 2

- The school district will set guidelines for foods and beverages sold in vending machines, snack bars, and school stores on school campuses.
- The school district will set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- The school district will set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The goal is to create a total school environment that is conducive to healthy eating and being physically active. Guidelines for the district include:

- Dining Environment

- The school district will provide a clean, safe, enjoyable meal environment for students.
- The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.
- The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

- Time to Eat

- The school district will ensure an adequate time for students to enjoy eating healthy foods.
- The school district will schedule lunch time as near the middle of the school day as possible.

- Consistent School Activities and Environment

- The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- The school district will encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school district will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.
- The school district will encourage all students to participate in a school meals program, i.e. the National School Lunch, including snacks for After School programs and School Breakfast programs.

Implementation of the Wellness Policy

The school board designates building principals at each school with the operational responsibility for ensuring that each school fulfills this policy.

A plan to measure the implementation of the various components of the policy is to be constructed by a committee working with the CNP Director and the Assistant Superintendents. Periodic reports on the plan's progress are to be developed.

Attachments: Nutrition Guidelines, Physical Activity Guidelines, Compliance Review

Legal References: Federal Regulation 7 CFR 210.11; NDCC 15.1-35; Chapter 67-21-02 NDAAdmC


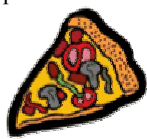

Adopted: 1-27-03

Amended: 5-8-06


Nutrition Guidelines

Eat Smart Nutrition Standards: Grades PreK-5






	Needs Improvement	Basic	Proficient	Superior
Vending	No Policy on vending machines	Not accessible for students. Vending in teachers lounge only.	A few healthy options available for teachers in lounge	Only healthy vending options available for teachers in lounge
School Meals  nrtech.com	Not in compliance with USDA School Meals Initiative 7CFR 210 and 220 No breakfast Program	In compliance with USDA School Meals Initiative 7CFR210 and 220 Breakfast Programs in all schools In one week's of reimbursable lunch and breakfast no more than 30% of calories from fat and less than 10% of calories from saturated fat. Three fruits and/or vegetables offered for lunch Foods containing whole grains offered 3 times a week. Only skim or 1% milk choices	Meets Basic requirements plus.. Average participation for breakfast is 20% and lunch is 70%. In two lunch and breakfast meals have no more than 30% of calories from fat and less than 10% of calories from saturated fat. Four fruits and or vegetables offered for lunch USDA standards for after school snack program followed. Food Fairs, focus groups and surveys are conducted with students and parents	Meets Basic and Proficient requirements plus.. Average participation for breakfast is more than 30% and lunch 80%. Every reimbursable lunch and breakfast offered daily has no more than 30% of calories from fat and less than 10% of calories from saturated fat. Whole grains are offered each day. Nutritional information is posted on website for all foods served.
Classroom celebration and parties. 	Not following food/nutritional standards for food served in school.	Celebrations are held after lunch and follow food/nutrition standards.	Celebrations seldom include food or beverage. Exercise or play time is considered a celebration.	Coordinate meal celebrations with the school kitchens. Sack lunches and pizza parties are served through the CNP and meet food/nutritional standards. All students are eating the same meal.
Classroom snacks 	Not following food/nutritional policy for food served in school. Snack time is too close to lunch.	Teacher encourages students to bring healthy food for snack time.	Teacher follows Public Health standards for healthy snacks. Snack time does not interfere with school meals.	School coordinates training with Dietitians through Public Health to educate parents about the importance of healthy eating and snack time.
Staff meetings	Not following food/nutritional standard for food served in school.	Healthy choices are an option at staff meetings. Wellness policy is discussed at staff meetings. Cook manager is encouraged to attend some staff meetings.	50% of the food choices at meetings meet the food/nutritional standards for Americans. Participation in school meals is discussed and encouraged. Ideas are discussed for student wellness.	100% of the food choices at meetings meet the food/nutritional standards for Americans. Ideas of student wellness are implemented.



Eat Smart Nutrition Standards: Grades PreK-5

	Needs Improvement	Basic	Proficient	Superior
School Environment 	Health and Wellness are not considered.	Health and Wellness messages are found in the lunchroom and gym area. Sufficient time and seating available for meals.	Health and Wellness messages are in 50% classrooms and encouraged in 50% school events.	Health and Wellness messages are in 100% of the classrooms and encouraged in 100% of school events.
Rewards/Awards	No food/nutritional standards are followed.	Food/Nutritional Standards are followed and 25% of rewards are non food or healthy foods	Food/Nutritional Standards are followed and 50% of rewards are non food or healthy foods	Food/Nutritional Standards are followed and 100% of rewards are non food or healthy.
PTO Events & Fundraising	Not following and not aware of Wellness policy and food/nutritional standards for food served in schools	25% of the events/fundraising follows the wellness policy and food/nutritional standards.	50% of the events/fundraising follows the wellness policy and food/nutritional standards.	100% of the events/fundraising follows the wellness policy and food/nutritional standards.
Lunch/Food other than the CNP meals.	No food/nutritional standards are followed.	Parents follow the food/nutritional standards when sending a lunch from home. No food other than food sent from home is allowed during meal times.	Parents follow the food/nutritional standards when sending a lunch from home. No food other than food sent from home is allowed during meal times.	Parents follow the food/nutritional standards when sending a lunch from home. No food other than food sent from home is allowed during meal times.



Eat Smart Nutrition Standards: Grades 6 – 8

	Needs Improvement	Basic	Proficient	Superior
Vending	No Policy followed for Vending machines	Vending machines follow food/nutritional standards and are not accessible until 3:30PM	School develops a wellness plan that includes all areas of the school to ensure consistent messages and products.	Meet Basic & Proficient standards. Only healthy vending options available for teachers in lounge.
School Meals 	Not in compliance with USDA School Meals Initiative 7CFR 210 and 220 No breakfast Program	In compliance with USDA School Meals Initiative 7CFR210 and 220 Breakfast Programs in all schools In one week's of reimbursable lunch and breakfast no more than 30% of calories from fat and less than 10% of calories from saturated fat. Three fruits and/or vegetables offered for lunch Foods containing whole grains offered 3 times a week. Only skim or 1% milk choices	Meets Basic requirements plus.. Average participation for breakfast is 20% and lunch is 70%. In two lunch and breakfast meals have no more than 30% of calories from fat and less than 10% of calories from saturated fat. Four fruits and or vegetables offered for lunch USDA standards for after school snack program followed. Food Fairs, focus groups and surveys are conducted with students and parents	Meets Basic and Proficient requirements plus.. Average participation for breakfast is more than 30% and lunch 80%. Every reimbursable lunch and breakfast offered daily has no more than 30% of calories from fat and less than 10% of calories from saturated fat. Whole grains are offered each day. Nutritional information is posted on website for all foods served. Breakfast available after the first bell No A la Carte is sold by CNP or teachers during the day.
Classroom celebration and parties. 	Not following food/nutritional standards for food served in school.	Celebrations are held after lunch and follow food/nutritional standards.	Celebrations seldom include food or beverage. Exercise or social time is considered a celebration.	Coordinate meal celebrations/trips with the school kitchens. Sack lunches and pizza parties are served through the CNP and meet food/nutritional standards. All students are eating the same meal.
Classroom snacks 	Not following food/nutritional standards for food served in school. Snack time is too close to lunch.	Teacher encourages students/families to follow the food/nutritional standards for snack time.	Teacher follows Public Health Guidelines for healthy snacks. Snack time does not interfere with school meals.	School coordinates training with Dietitians through Public Health to educate parents about the importance of healthy eating and snack time.



Eat Smart Nutrition Standards: Grades 6 – 8

	Needs Improvement	Basic	Proficient	Superior
Staff meetings 	Not following food/nutritional standards for food served in school.	Healthy choices are an option at staff meetings. Wellness policy is discussed at staff meetings. Cook manager is encouraged to attend some staff meetings.	50% of the food choices at meetings follow the Dietary Guidelines for Americans. Participation in school meals is discussed and encouraged. Ideas are discussed for student wellness	100% of the food choices at meetings meet the food/nutritional standards for Americans. Ideas of student wellness are implemented.
Fundraisers	Not following food/nutritional standards for food served in school.	20% of fundraisers are food items 80% are non food items.	10% of fundraisers are food items 90% are non food items.	100 % of items are non food or are food items that follow the food/nutritional standards for food served in schools.
School Environment 	Health and Wellness are not considered.	Health and Wellness messages are found in the lunchroom and gym area. Sufficient time and seating available for meals.	Health and Wellness messages are in 50% classrooms and encouraged in 50% school events.	Health and Wellness messages are in 100% of the classrooms and encouraged in 100% of school events.
Rewards/Awards	No food/nutritional Standards followed.	Food/Nutritional standards are followed and 25% of rewards are non food or healthy foods	Food/Nutritional standards are followed and 50% of rewards are non food or healthy foods	Food/Nutritional Standards are followed and 100% of rewards are non food or healthy.
PTO Events	Not following and not aware of Wellness policy and food/nutritional standards for food served in schools	25% of the events follow the wellness policy and food/nutritional standards.	50% of the events follow the wellness policy and food/nutritional standards.	100% of the events follow the wellness policy and food/nutritional standards.
Concessions	Not following the food/nutritional standards for food served in school.	50% of the food/beverages served follow the food/ nutritional standards for food served in schools.	75% of the food/beverages served follow the food/nutritional standards for food served in schools.	100% of the food served follows the food/nutritional standards for food served in schools. Posters/Nutritional signs to encourage healthy eating.
Lunch/Food other than the CNP meals.	No food/nutritional standards are followed.	Parents follow the food/nutritional standards when sending a lunch from home. No food other than food sent from home is allowed during meal times.	Parents follow the food/nutritional standards when sending a lunch from home. No food other than food sent from home is allowed during meal times.	Parents follow the food/nutritional standards when sending a lunch from home. No food other than food sent from home is allowed during meal times.

Eat Smart Nutrition Standards: Grades 9 – 12

	Needs Improvement	Basic	Proficient	Superior
Vending	No Policy on Vending machines	Vending machines are not on until after the last lunch period.	Vending machines follow food/nutrition standards and are not on until 1:30PM A few healthy options available for teachers in lounge	School develops a wellness plan that includes all areas of the school to ensure consistent messages and products. Only healthy vending options available in teacher's lounge
School Meals 	Not in compliance with USDA School Meals Initiative 7CFR 210 and 220 No breakfast Program	In compliance with USDA School Meals Initiative 7CFR210 and 220 Breakfast Programs in all schools In one week's of reimbursable lunch and breakfast daily no more than 30% of calories from fat and less than 10% of calories from saturated fat. Three fruits and/or vegetables offered for lunch Foods containing whole grains offered 3 times a week. Only skim or 1% milk choices.	Meets Basic requirements plus.. Average participation for breakfast is 20% and lunch is 70%. In two lunch and breakfast meals have no more than 30% of calories from fat and less than 10% of calories from saturated fat. Four fruits and or vegetables offered for lunch USDA standards for after school snack program followed. Food Fairs, focus groups and surveys are conducted with students and parents	Meets Basic and Proficient requirements plus.. Average participation for breakfast is more than 30% and lunch 80%. Every reimbursable lunch and breakfast offered daily has no more than 30% of calories from fat and less than 10% of calories from saturated fat. Whole grains are offered each day. Nutritional information is posted on website for all foods served. A la Carte items meet the nutritional standards for food served in school.
Classroom celebration and parties.	Not following food/nutritional standards for food served in school.	Celebrations are held after lunch and follow food /nutritional standards.	Celebrations seldom include food or beverage. Exercise or social time is considered a celebration.	Coordinate meal celebrations with the school kitchens. Sack lunches and pizza parties are served through the CNP and meet food/nutritional standards. All students are eating the same meal.
Classroom snacks 	Not following food/nutritional standards for food served in school. Snack time is too close to lunch.	Teacher encourages students to bring healthy food for snack time.	Teacher follows Public Health Guidelines for healthy snacks. Snack time does not interfere with school meals.	School coordinates training with Dietitians through Public Health to educate parents about the importance of healthy eating and snack time.

Eat Smart Nutrition Standards: Grades 9 – 12

	Needs Improvement	Basic	Proficient	Superior
Staff meetings 	Not following food/nutritional standards for food served in school.	Healthy choices are an option at staff meetings. Wellness policy is discussed at staff meetings. Cook manager is encouraged to attend some staff meetings.	50% of the food choices at meetings follow the food/nutritional standards. Participation in school meals is discussed and encouraged. Ideas are discussed for student wellness.	100% of the food choices at meetings meet the food/nutritional standards for Americans. Ideas of student wellness are implemented.
Fundraisers	Not following food/nutritional standards for food served in school.	20% of fundraisers are food items 80% are non food items.	10% of fundraisers are food items 90% are non food items.	100 % of items are non food or are food items that follow the food/nutritional standards for food served in schools.
School Environment 	Health and Wellness are not considered.	Health and Wellness messages are found in the lunchroom and gym area. Sufficient time and seating available for meals.	Health and Wellness messages are in 50% classrooms and encouraged in 50% school events.	Health and Wellness messages are in 100% of the classrooms and encouraged in 100% of school events.
Rewards/Awards	No food/nutritional standards are followed.	Food/Nutritional standards are followed and 25% of rewards are non food or healthy foods	Food/Nutritional standards are followed and 50% of rewards are non food or healthy foods	Food/Nutritional Standards are followed and 100% of rewards are non food or healthy.
PTO Events	Not following and not aware of Wellness policy and food/nutritional standards for food served in schools	25% of the events follow the wellness policy and food/nutritional standards.	50% of the events follow the wellness policy and food/nutritional standards.	100% of the events follow the wellness policy and food/nutritional standards.
School stores	Not following food/nutritional standards for food served during the school day.	School stores follow the food/ nutritional standards for 50% of food served during the school day.	School stores follow the federal code and are not in competition with school meals.	School stores follow the federal code and local nutritional policy for 100% of food served.
Concessions	Not following the food/nutritional standards for food served in school.	25% of the food served follows the food/nutritional standards for food served in schools.	50% of the food served follows the food/nutritional standards for food served in schools.	75-100% of the food served follows the food/nutritional standards for food served in schools.

District Food/Nutrition Standards for Elementary Schools

AREA	STANDARD
<p><u>School Day</u>-Defined as from the beginning to the end of the instructional day.</p>	<p><u>Food Standard</u></p> <ul style="list-style-type: none"> • Less than or equal to 35% of calories from fat per serving. • Sugar not listed as first ingredient. See Table. • Nuts and seeds are allowable. • Candy is not allowable. • Fruits and/or vegetables will be offered for sale at any location where food is sold. • Packaged snacks -1.0 ounce or less • Dried fruits-1.0 ounce or ¼ cup • Cookies/cereal bars-1.5 oz or less • Bakery items: 2 oz or less • Frozen desserts: 2 oz or less • Yogurts: 4 oz or less • Other items shall be no larger than the portions of those foods served as part of the school meal programs <p><u>Beverage Standard</u></p> <ul style="list-style-type: none"> • Beverages to be no larger than an 8-ounce serving size. • No added sugars as the first ingredient. See Table. • Less than or equal to 30% of calories from fat per serving. • 100% fruit or vegetable juice, skim & 1% flavored and unflavored milks. Plain Water in any size is acceptable.
<p><u>Fundraising</u></p>	<p><u>Food Standard and Beverage Standard</u></p> <ul style="list-style-type: none"> • No food fundraising during the instructional day. • GFPS encourages non-food fundraising projects. If food items are to be sold off campus, fundraising projects are encouraged to follow the district food/nutrition standards.
<p><u>PTO Events</u></p>	<p><u>Food Standard-Same as during the school day</u></p> <ul style="list-style-type: none"> • Fresh fruits and/or raw vegetables will be offered for sale at any location where food is sold. <p><u>Beverage Standard-Same as during the school day</u></p> <ul style="list-style-type: none"> • All beverages in 8-ounce serving sizes or less, except plain water can be 20 ounces or more. • The following are approved for food/beverage sales: 100% fruit or vegetable juice, Skim and 1 % flavored and unflavored milks. Plain water in any size is acceptable.

**Each group that plans to sell food items must become “certified” on a yearly basis. Each group can become “certified” by having a representative read the district food/nutrition standards and sign at the bottom guaranteeing the compliance of the group represented. A list of “certified” groups will be kept at GFEC.

+These standards are meant to be a beginning and may be improved or changed in future years. The standards need to be sustainable, consistent and flexible.

++These guidelines are based on and in compliance with the Dietary Guidelines for Americans 2005 and MyPyramid.

Representative Signature: _____ Group/School: _____

District Food/Nutrition Standards for Middle Schools

AREA	STANDARD
<p><u>School Day</u>-Defined as from the beginning to the end of the instructional day.</p>	<p>No Food/Vending sales until after 3:30pm in compliance with USDA School Meal Initiative 7CFR 210 and 220.</p> <p><u>Food Standard</u></p> <ul style="list-style-type: none"> • Less than or equal to 35% of calories from fat per serving. • Sugar not listed as first ingredient. See Table. • Nuts and seeds are allowable. • Candy is not allowable. • Fruits and/or vegetables will be offered for sale at any location where food is sold. • Packaged snacks -1.5 ounces or less • Dried fruits-1.5 ounces • Cookies/cereal bars-2 oz or less • Bakery items: 3 oz or less • Frozen desserts: 3 oz or less • Yogurts: 8 oz or less • Other items shall be no larger than the portions of those foods served as part of the school meal programs <p><u>Beverage Standard</u></p> <ul style="list-style-type: none"> • Beverages to be no larger than a 12-ounce serving size. • No added sugars as the first ingredient. See Table. • Less than or equal to 30% of calories from fat per serving. • 100% fruit or vegetable juice, skim & 1% flavored and unflavored milks, and sports drinks such as Gatorade/Powerade. Plain water in any size is acceptable.
<p><u>Fundraising</u></p>	<p><u>Food Standard and Beverage Standard</u></p> <ul style="list-style-type: none"> • All food fundraising on campus, for sale or consumption within the instructional day, will be expected to follow the district food/nutrition standards. • GFPS encourages fundraising projects without selling food items. If food items are to be sold off campus, fundraising projects are encouraged to follow the district food/nutrition standards.
<p><u>Concessions</u></p>	<p><u>Food Standard-Same as during the school day</u></p> <ul style="list-style-type: none"> • Fresh fruits and/or raw vegetables will be offered for sale at any location where food is sold. <p><u>Beverage Standard-Same as during the school day</u></p> <ul style="list-style-type: none"> • All beverages in 12-ounce serving sizes or less, except plain water can be 20 ounces or more. • The following are approved for concession sales: Plain water, 100% fruit or vegetable juice, Skim and 1 % flavored and unflavored milks, and sports drinks such as Gatorade/Powerade

**Each group that plans to sell food items must become “certified” on a yearly basis. Each group can become “certified” by having a representative read the district food/nutrition standards and sign at the bottom guaranteeing the compliance of the group represented. A list of “certified” groups will be kept at GFEC.

+These standards are meant to be a beginning and may be improved or changed in future years. The standards need to be sustainable, consistent and flexible.

++These guidelines are based on and in compliance with the Dietary Guidelines for Americans 2005 and MyPyramid.

Representative Signature: _____ Group/School: _____

District Food/Nutrition Standards for High Schools

AREA	STANDARD
<p><u>School Day</u>-Defined as from the beginning to the end of the instructional day.</p>	<p>No Food/Vending sales during school meal service 7:15am-10:00am and 11:15am-1:00pm in compliance with USDA School Meals Initiative 7CFR 210 and 220.</p> <p><u>Food Standard</u></p> <ul style="list-style-type: none"> • Less than or equal to 35% of calories from fat per serving. • Sugar not listed as first ingredient. See Table. • Nuts and seeds are allowable. • Candy is not allowable. • Fruits and/or vegetables will be offered for sale at any location where food is sold. • Packaged snacks -1.5 ounces or less • Dried fruits-1.5 ounces • Cookies/cereal bars-2 oz or less • Bakery items: 3 oz or less • Frozen desserts: 3 oz or less • Yogurts: 8 oz or less • Other items shall be no larger than the portions of those foods served as part of the school meal programs <p><u>Beverage Standard</u></p> <ul style="list-style-type: none"> • Beverages to be no larger than a 12-ounce serving size. • No added sugars as the first ingredient. See Table. • Less than or equal to 30% of calories from fat per serving. • Plain Water, 50-100% fruit or vegetable juice, skim & 1% flavored and unflavored milks, and sports drinks such as Gatorade/Powerade.
<p><u>Fundraising</u></p>	<p><u>Food Standard and Beverage Standard</u></p> <ul style="list-style-type: none"> • All food fundraising on campus, for sale or consumption within the instructional day, will be expected to follow the district food/nutrition standards. • GFPS encourages fundraising projects without selling food items. If food items are to be sold off campus, fundraising projects are encouraged to follow the district food/nutrition standards.
<p><u>Concessions</u></p>	<p><u>Food Standard</u></p> <ul style="list-style-type: none"> • Fresh fruits and/or raw vegetables will be offered for sale at any location where food is sold. <p><u>Beverage Standard</u></p> <ul style="list-style-type: none"> • All beverages in 12-ounce serving sizes or less, except plain water can be 20 ounces or more.

**Each group that plans to sell food items must become “certified” on a yearly basis. Each group can become “certified” by having a representative read the district food/nutrition standards and sign at the bottom guaranteeing the compliance of the group represented. A list of “certified” groups will be kept at GFEC.

+These standards are meant to be a beginning and may be improved or changed in future years. The standards need to be sustainable, consistent and flexible.

++These guidelines are based on and in compliance with the Dietary Guidelines for Americans 2005 and MyPyramid.

Representative Signature: _____ Group/School: _____

Identifying Sugar and Fat Contents

Sugar Table: Listed below are the different names for sugar. Following the District Food/Nutrition Standards, products with sugar listed as the first ingredient are not to be served in the schools.

Brown Sugar	Invert Sugar
Corn Sweetener	Lactose*
Corn Syrup	Maltose*
Dextrose	Malt Syrup
Fructose*	Molasses
Fruit Juice Concentrate	Raw Sugar
Glucose*	Sucrose
High Fructose Corn Syrup	Sugar
Honey	Syrup
*Naturally occurring sugars such as in fruit/milk etc. Naturally occurring sugars will not show up on food ingredient lists unless added, and will be included as “sugars” listed on the food label.	

Formulas: Use the following formulas to calculate the percentage of fat, saturated fat, and sugar in food.

% Total Fat: 1. Multiply grams of total fat per serving times 9
 2. Divide by calories per serving
 3. Multiply times 100

% Saturated Fat: 1. Multiply grams of saturated fat per serving times 9
 2. Divide by calories per serving
 3. Multiply times 100

% Sugar by Weight: 1. Divide grams of sugar per serving by gram weight for the serving size
 2. Multiply times 100

Physical Activity Guidelines

Physical Activity and Physical Education Guidelines

1. School should ensure that every student from kindergarten through twelfth grade receives regular, age-appropriate* quality physical education.
2. Schools should facilitate opportunities for student participation in at least 60 minutes per day of moderate to vigorous physical activity in accordance with nationally recommended guidelines.
3. All physical education classes should be taught by certified physical education teachers.
4. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
5. The physical education curriculum should be coordinated with the health education curriculum.
6. Physical education opportunities should provide safe and satisfying physical activity for students, including those with special needs.
7. Whenever possible, elementary schools should provide daily recess that encourages physical activity.
8. Schools should not use participation or non-participation in physical education classes or recess as a way to punish or discipline students.
9. After-school programs should include supervised, age-appropriate physical activities that appeal to a variety of interests.
10. Schools should ensure that students have adequate space and equipment to participate in structured physical activity.
11. Schools should ensure that physical activity facilities on school grounds are kept safe and well-maintained.
12. Schools should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

*Age-appropriate physical education is activity that utilizes movement concepts, motor skills, cognitive skills and intensity appropriate for a child's state of development.

Compliance Review

Wellness Policy Compliance Review

School Name _____

Date _____

Each building will conduct an annual review of the wellness policies and procedures utilized at the individual school to measure building consistency with the wellness policy of the district. This review will be completed by a team that includes representation from parents, students, and staff. This form will serve as the basic compliance assessment. Additional information may be provided. The completed assessment will be filed with the Assistant Superintendent's Office.

Part 1 - Please rate your building's level of implementation of each of these statements found in the district wellness policy, Policy 6175.

Setting Nutrition Education Goals

Fully Partially None

Students in grades pre-K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Comments: _____

Nutrition education will be offered in the cafeterias as well as in the classrooms, with coordination between the foodservice staff and teachers.

Comments: _____

Students will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.

Comments: _____

District health education curriculum standards and guidelines will include both nutrition and physical education.

Comments: _____

Nutrition will be integrated into the health education and core curricula.

Comments: _____

Schools will link nutrition education activities with the coordinated school health program.

Comments: _____

Schools will conduct nutrition education activities and promotions that involve parents, students, and community.

Comments: _____

Fully Partially None

Setting Physical Activities Goals

Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the school day.

Comments: _____

Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

Comments: _____

Schools will 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.

Comments: _____

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

Comments: _____

Setting Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day

The school district will set guidelines for foods and beverages in a la carte sales in the food service program on school campuses.

Comments: _____

The school district will set guidelines for foods and beverages sold in vending machines, snack bars, and school stores on school campuses.

Comments: _____

The school district will set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.

Comments: _____

Fully Partially None

The school district will set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

Comments: _____

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The school district will provide a clean, safe, enjoyable meal environment for students.

Comments: _____

The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.

Comments: _____

Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.

Comments: _____

The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

Comments: _____

The school district will ensure an adequate time for students to enjoy eating healthy foods.

Comments: _____

The school district will schedule lunch time as near the middle of the school day as possible.

Comments: _____

The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.

Comments: _____
