

HAZEN PUBLIC SCHOOL HAZEN , NORTH DAKOTA HEALTHY SCHOOL NUTRITION ENVIRONMENT		
	Rescinded	Revised/Date

HEALTHY SCHOOL NUTRITION ENVIRONMENT

The link between good nutrition and learning is well documented. Good nutrition and improved health optimizes student performance. In addition, healthy eating patterns are essential for students to achieve their full physical and mental growth, and lifelong health and well-being. It has been demonstrated that healthy eating reduces the risk of developing many chronic diseases in both children and adults. It is also linked to reduced risk of mortality.

Schools have a responsibility to help students and staff, establish and maintain lifelong, healthy eating patterns. A Healthy School Nutrition Environment has been shown to positively influence students’ eating habits.

The Hazen School District promotes a Healthy School Nutrition Environment. The District supports and promotes:

1. A comprehensive learning environment for developing and practicing lifelong wellness behaviors.

- During regular school hours the entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student’s understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- Every student in grades kindergarten-grade 12 shall be encouraged to participate in at least one program of school-based physical activity at every grade level, either a physical education class and/or competitive sport and/or an intramural sport each year.
- School personnel are encouraged to practice consistency of nutrition messages throughout the curriculum and school environment (e.g. in learning activities, classroom snacks, etc.).
- School personnel are encouraged to be good role models.

2. Proper dietary habits contributing to students’ health status and academic performance.

- The majority of foods available on school grounds and during the instructional day should meet or exceed the District Nutrition Standards (attached).

2006-2007: All student accessible pop machines will be off until after lunch period

2007-2008: All student accessible pop machines will be off until after school is out

- All vending machines located on school property must have graphics featuring only 100% fruit or vegetable juices, water or healthy educational messages.
- Recognizing that people/students eat/drink what an entire package is, it is recommended that smaller serving sizes be sold. The District will work with vendors to provide 12 oz. soda pop rather than 20 oz. and larger by 2007-08.
- Pop machines in the elementary school will be off limits to students during school hours.

3. A sequential program of nutrition instruction that is integrated within the comprehensive school health education curriculum and coordinated with the food service program.

- The nutrition classes should be taught by well-qualified and well-supported staff and should be aimed at influencing students' eating habits (behaviors) as well as their knowledge and attitudes.

4. A food service program that employs well-qualified staff who efficiently serve appealing choices of nutritious foods that comply with or exceed federal and state standards.

5. Marketing of healthy eating.

- Promote healthy eating to students, parents, teachers, administrators and the community.
- Food Service personnel and instructional staff will give students positive, motivating messages about healthy eating and physical activity throughout the school setting.

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The Hazen School District is committed to providing school environments that promote and protect children's health and well-being by supporting healthy eating and physical activity. The District recognizes that well-nourished and physically active students can reach their fullest potential academic, social and personal levels of achievement. In support of the Hazen School District policy, the following school board rules are put in place:

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus

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 settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Food service will try to offer a variety of fruits and/ or vegetables:
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives and;
- work toward the goal of ensuring that half of the served grain products served are 100% whole grain.

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, and schools that do serve breakfast to students will notify parents and students of the availability of the program;
- encourage parents to provide a healthy breakfast for their children at home or school through newsletter articles, take-home materials, or other means.
 - There will be an increase in participation in the breakfast program by 50% by 2008.

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.

Meal Times and Scheduling. Schools:

- will normally provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- are encouraged to 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; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Snacks Snacks sold before or after school will make positive contribution to children's diet and health. An emphasis will be placed on serving pre-packaged nutritious snacks. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's age and other considerations. The district will disseminate a list of healthy snack items to teachers, after school program personnel, and parents. The following are the guidelines set for pre-packaged snack items:

Standards for Healthy Pre-Packaged Snacks

- Less than 35% total fat (excluding nuts or seeds)
- 2 ounces for chips, crackers, popcorn, cereal, trail mix, dried fruit, or jerky
- 1 ounce for nuts, seeds
- 2 ounces for cereal bars or granola bars
- Sugar not listed as first ingredient
- Nuts and seeds are allowable
- Candy is not allowable
- Choose reduced sodium food items as available

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). Foods and beverages offered or sold at school-sponsored events outside the school day are not restricted under this policy. However, foods and beverages that make a positive contribution to children's diets and health will be encouraged.

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

II. Nutrition and Physical Activity Education, Promotion and Food Marketing

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

- is offered at each grades K-7 and grade 10 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;
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and 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:

- state guidelines will be followed
- opportunities for physical activity are to be encouraged as part of other subject lessons and
- classroom teachers are encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents The 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 nutritional standards for individual foods and beverages. Schools are encouraged to provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

III. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-6. All students in grades K-6, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education (or its equivalent) for a minimum of 60 minutes/week for students in grades 1-3 and 90 minutes/week for students in grades 4-6 for the entire school year. All physical education will be taught by a certified physical education teacher.

Daily Physical Education (P.E.) 7-10 / 11-12. All students in grades 7-10, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education (or its equivalent) for a minimum of 250 minutes/week for middle and high school students for one semester of each school year. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

For grades 11-12 an elective physical education course will be offered to all students for a semester.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

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 education as punishment.

Safe Routes to School. The district will continue to assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

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

IV. Staff Wellness

The Hazen 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 is encouraged to establish and maintain a staff wellness (physical / mental) committee that could include staff members, school health council members, dieticians, or other health professionals, recreation program representatives, union representatives, and business manager.

V. Monitoring and Policy Review

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

physical activity wellness policies. In each school, the principal will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent as requested.

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 as requested. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

The superintendent will develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies. That report will be provided to the School Board.

Policy Review. The results of the District's baseline assessment of the District's existing nutrition and physical activity and policies environments will be used to identify and prioritize needs and to make recommendations to the Board or administration as deemed necessary.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

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.

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