

Jenkins Independent School District

Physical Activity and Nutrition

Policy & Procedures

The Jenkins Independent 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 Jenkins Independent School District:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing districtwide nutrition and physical activity policies.
- All students in grades Preschool-12 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 U.S. Dietary Guidelines for Americans and meet the new meal pattern requirements of the Healthy Hunger Free Kids Act of 2010.
- Qualified 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 students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after school snacks), Summer Foods Service Program.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.

TO ACHIEVE THESE GOALS THE JENKINS INDEPENDENT SCHOOL DISTRICT WILL ADDRESS THE FOLLOWING CRITERIA:

1. Nutrition Education

Nutrition Education and Promotion: The Jenkins Independent School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that integrates the comprehensive health education curriculum that:

- Provides nutrition lessons at each grade level (Preschool-12) 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.
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens; Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).
- Links with school meal programs, other school foods, and nutrition-related community services.
- Teaches media literacy with an emphasis on food marketing and lessons designed to cover topics such as reading nutrition fact labels and healthy menu planning as well as the effect of media advertisement marketing.
- Includes training for teachers and other staff.

When addressing curriculum content for nutrition education, the Jenkins Independent School District will align the nutrition curriculum with state and federal learning objectives and standards. Jenkins Independent utilizes the Kentucky Core Academic Standards aligned to the National Health Education Standards. The district will also access the CDCs HECAT (Health Education Curriculum Analysis Tool) and the PECAT (Physical Education Curriculum Analysis Tool) to support evidence in the Practical Living/Career Studies Program reviews in all schools.

II. Standards for USDA Child Nutrition Programs and School Meals

School Meals

All schools will provide meals through the USDA School Lunch and School Breakfast Programs. All meals will:

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- All reimbursable school meals meet, at a minimum, nutritional requirements established by local, state, and federal (USDA) statutes and regulations.
- Offer a variety of fruits and vegetables. No more than half of the fruits and Vegetables offered will be in the form of juice.

- Serve only low-fat(1%) or fat free white milk or flavored milk, and nutritionally equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that the correct percentage per USDA standards of grains served for lunch and breakfast are whole grain. USDA Standards can be found at the following link: <http://www.usda.gov>

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.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

Community Eligibility Provision Jenkins Independent Schools has chosen to participate in the CEP (Community Eligibility Provision) program in order to provide all meals at no charge to all children.

Summer Food Service Program Schools in which more than 50% of students are eligible for free or reduced-price meals may sponsor the Summer Food Service Program. Jenkins Independent Schools has participated in this program for the several years or operated Seamless summer when appropriate.

Closed Campus Policy Jenkins Independent School District operates a closed lunch period. Students are not permitted to leave the school grounds during the lunch period or have lunch delivered. Personal guests may be allowed with prior principal approval.

Meal Times and Scheduling: Schools:

- Students will have at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch to meet the required "seat time" for meal periods.
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:30 a.m. and 1 p.m., or as close to these times as possible.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
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).

Qualifications of School Food Service 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 continuing professional development for all nutrition professionals in schools that follow the USDA Professional Standards for state and local Nutrition Programs. 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. Jenkins Independent Schools provide annual training for all cooks and managers that meet the state requirements and the Child Nutrition Director attends all required state and USDA trainings, the KSNA Conferences, and Food Shows.

School Environment

- Space/Seating-Lunch periods will be designed to maximize the space and seating of students by staggering lunch periods thus allowing for a less crowded cafeteria.
- Supervision-Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.
- Clean Pleasant Environment-Schools will strive to maintain an environment that is pleasant and clean.

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.

Notification of Eligibility for Meals Prior to the beginning of each school year, a notice is included in the local paper stating that all schools in Jenkins Independent will be participating in CEP so that all students will receive one breakfast and one lunch at no cost to them no matter what their income is. This is also posted on the district website.

Drinking Water Availability All students will have access to free drinking water. Students and staff will have access to free, safe, and fresh drinking water fountains throughout the school campus.

111: Nutrition Standards for Competitive and Other Foods and Beverages

Due to a waiver for the SY 14-15, Foods and Beverages Sold Individually (e.g., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte line, fundraisers, school stores, etc.) during the school day, no longer must meet the 702 KAR 6:090 regulations, but do have to meet the Federal Smart Snacks regulations. This waiver is for food only and does not eliminate the time period for which food may be sold. No food or beverage may be sold except as part of the school lunch or school

breakfast programs from midnight the night before until 30 minutes after the last lunch period. Foods and beverages may be sold 30 minutes after the last lunch period until 30 minutes after the end of the official school day but must meet all nutrition standards in the regulations.

Standards for Food: The following standards for food apply to all grade levels:

All foods must meet all of the competitive food nutrient standards, and

- Be a whole grain rich product (must include 50% or more whole grains by weight or have whole grain as the first ingredient), or
- Have as the first ingredient a fruit, vegetable, dairy product or protein food (meat, beans, poultry, etc.); or
- Be a "combination food" with at least $\frac{1}{2}$ cups fruit and/or vegetable; or
- Contain 10% of the Daily Value on one nutrient of public health concern (only through June 30, 2016) which are: calcium, potassium, vitamin D, and dietary fiber.
- The Nutrient Standards are: Calories from fat shall not exceed 35% (excluding low fat cheese, nuts, seeds, nut/seed butters, seafood with no added fat, and dried fruit with nuts or seeds) Calories from saturated fat must be less than 10% as served. (same exclusions as above apply here)
- Acceptable food items must have zero grams of trans fat as served. (< 0.5 g per portion) Calories from sugar shall not exceed 35% by weight. (divide the grams of sugar by the gram weight of the product), (there are exemptions for fruits and vegetables, see regulations.)
- Will have no more than 230 mg of sodium and no more than 200 calories per serving for any side dishes or snack items that are sold a la carte. (Starting in July 1, 2016, will not have more than 200 mg of sodium per serving)
- Any entrée items sold a la carte shall not exceed 480 mg of sodium, and not exceed 350 calories per serving including any added accompaniments.

Standards for Beverages: Elementary Schools will only serve the following beverages:

- Plain water or carbonated water
- Low fat flavored or unflavored milk (1% Fat) (8 oz. or less) or fat free flavored or unflavored milk (8 oz. or less).
- Nutritionally equivalent milk alternatives as permitted by the school meals Requirements
- 100% fruit/vegetable juice, 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (8 oz. or less)

Middle School will only serve the following beverages:

- Plain water or carbonated water, Low fat flavored or unflavored milk (1% Fat) (12 oz. or less) or flavored or unflavored milk fat free (12 oz. or less)
- Nutritionally equivalent milk alternatives as permitted by the school meals Requirements
- 100% fruit/vegetable juice, 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (12 oz. or less)

High Schools will only serve the following beverages:

- Plain water or carbonated water
- Low fat flavored or unflavored milk(1% Fat), (12 oz, or less), or fat free flavored or unflavored milk (12 oz. or less)
- Nutritionally equivalent milk alternatives as permitted by the school meals Requirements
- 100% fruit/vegetable juice, 100% fruit/vegetable juice diluted with water. (with or without carbonation), and no added sweeteners (12 oz. or less)
- Other beverages flavored or carbonated that contain 5 calories or less per 8 oz. or 10 calories or less per 20 oz. Other flavored and/or carbonated beverages (12 oz. or less) that contain 40 calories or less per 8 oz., or 60 calories or less per 12 oz. Beverages for high school students may contain caffeine according to the new USDA guidelines.

Celebrations/School Parties

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 (nutrition standards as previously stated). The district will disseminate a list of healthy party ideas to parents and teachers that meet the Smart Snack standards. No homemade snacks or treats are permitted.

Smart Snack standards can be found at:

http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

Fundraising Activities: During school hours to support children's health and school nutrition education efforts, school fundraising activities are encouraged to not involve food or will use only foods that meet the above nutrition standards for foods and beverages sold individually. Schools will encourage activities that promote physical activity. No homemade snacks or treats are permitted.

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 should be encouraged to meet the nutrition standards for meals or for foods and beverages sold individually (as previously stated).

IV. Physical Education and Physical Activity

When addressing curriculum content for nutrition education, the Jenkins Independent School District will align the nutrition curriculum with state and federal learning objectives and standards. Jenkins Independent utilizes the Kentucky Core Academic Standards aligned to the National Health Education Standards. The district will also access the CDC's HECAT (Health Education Curriculum Analysis Tool) and the PECAT (Physical Education Curriculum Analysis Tool) to support evidence in the Practical Living/Career Studies Program reviews in all schools. The AAHPERD national physical education standards and the NASPE standards will be included in the physical education curriculum.

Daily Physical Education (P.E.) K-12: All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year. Student involvement in other activities involving physical activity will count for wellness time. Any movement by Students during the day will count as wellness time such as transition time, recess, standing in class, etc. toward the goal of 150/225 minutes /week. Physical education classes will have the same student/teacher ratio as used in other classes.

(e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. Lesson plans will reflect calculation of Body Mass Index of students at various checkpoints throughout the course.

Qualifications/Training All physical education courses for Preschool-12 shall be taught by a certified/licensed teacher and professional development opportunities in physical education will be provided to all staff. Schools shall develop a plan that provides physical activity throughout the school day.

Physical Activity Opportunities Before and After School: All elementary and middle/high schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, may

offer interscholastic sports programs. Schools may offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Daily Recess: All elementary school students are encouraged to have a scheduled daily recess. Schools should discourage extended periods (i.e., periods of 45 min. to 1 hr.) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active. All schools should develop a plan that provides physical activity throughout the school day and includes physical activity breaks for all Preschool-12 students.

Integrating Physical Activity into the Classroom Setting: For students to receive the nationally recommended amount of daily physical activity (i.e., at least 30 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:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate. Teachers will be provided opportunities to participate in physical activity professional development trainings.
- Physical activity opportunities shall be offered at the school for families and community members.

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. To this end, Jenkins Independent Schools have a policy in place where request to use facilities are made and reviewed for approval by the board. School policies concerning safety will apply at all times.

V: Wellness Promotion and Marketing

As more attention is given to the issue of food marketing in schools, the Jenkins Independent School Wellness Policy is focused on

preventing the detrimental effects of negative food marketing by addressing the following:

Promoting Wellness The Jenkins Independent School district shall encourage teachers to be role models by demonstrating healthy habits and to participate in activities that promote wellness. Teachers will be encouraged to participate in exercise break activities with their students.

Rewards: Schools are not encouraged to use foods or beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals, or snacks sent from home) as punishment. Furthermore, we strongly recommend that staff members use physical activity as a reward when feasible.

Physical Activity and Punishment: Teachers and other school and community personnel are encouraged not to use physical activity (e.g., running laps, pushups) as punishment. Total wellness and instructional time cannot be taken as punishment. Recess time will not be taken as punishment, teachers and staff will be provided a list of alternative methods for punishment.

Wellness Activity Schools will encourage participation in after-school activities that promote physical fitness and wellness. Such programs may include, but not limited to, after school sports program, wellness programs, and clubs. Students will be made aware of these opportunities through school announcements, school newsletters, posters, etc. Also nutrition and physical activities will be incorporated into family events provided throughout the year. Schools within the district will be able to select events that support the promotion of nutrition as well as plan various after school physical activities that meet their community needs.

Food Marketing in Schools: School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually as previously identified. School-based marketing of brands promoting predominately low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, websites, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television; free samples or

coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount for gym memberships. Schools will provide nutrition education lessons that cover topics such as reading nutrition facts label and how to plan a healthy menu.

VI. Implementation, Evaluation, and Communication

Jenkins Independent Schools will continually communicate the importance of wellness with all stakeholders. The district wellness committee will ensure that the district wellness plan provides for:

Staff Wellness: The Jenkins Independent 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. Each district/school should establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or health professional, recreation program representative, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The committee will meet bi-annually to review and evaluate their progress. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

Wellness Committee The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils, or other committees, to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council, or wellness committee will consist of students, representatives of the school food authority, members of the school board, school nurses, school administrators, teachers, health professionals, parents, and other interested members of the community. The PE Teacher or principal designee at each school will be the lead person on these councils/committees. Community members will be notified about opportunities to serve on the wellness committee by email, social media, and postings on the district website. Anyone wishing to serve can contact the central office Food Service Director. The district Food Service Director will be assigned the role of

ensuring wellness policy and procedures are in place at all schools and are reported to the Superintendent. In addition, Jenkins Independent Schools has a District Office Nurse that coordinates all school Health needs.

Monitoring: The superintendent or designee will ensure compliance with established district wide nutrition and physical activity wellness policies.

In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

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 (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA Administrative Review findings and any resulting changes. School districts will receive a state meals review every 5 years.

The superintendent or designee will develop a summary report every year on districtwide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, students, school principals, and school health services personnel in the district.

Policy Review: To help after the initial development of the district's wellness policies, each school in the district will review policies annually. A more thorough assessment using WELLSAT will be repeated every 3 years to help review policy compliance, assess progress, and determine areas in need of improvement based on best practices and the latest national recommendations. 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. Progress reports will be shared with the public using a public forum that is advertised in local media formats.

Communication The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. Schools should encourage parents to pack healthy lunches and snacks and to

refrain from including beverages and foods that do not meet the previous listed nutrition standards for individual foods and beverages. The district/school can provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

The Jenkins Independent School District Wellness Policy is a working document that encompasses the need to promote physical activity and awareness of how to live a healthier lifestyle.

VII. Resources for Local School Wellness Policies on Nutrition and Physical Activity

Crosscutting:

School Health Index, Centers for Disease Control and Prevention

Local Wellness Policy website, U.S. Department of Agriculture

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

Fit, Healthy, and Ready to Learn: a School Health Policy Guide,

National Association of State Boards of Education,

[www.nasbe.org/HealthySchools\(fitthealthv.mgi](http://www.nasbe.org/HealthySchools(fitthealthv.mgi)

Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies,

<http://www.iom.edu/report.asp?id=22596>

The Learning Connection: The Value of Improving Nutrition and Physical Activity in Our Schools, Action for Healthy Kids,

<http://www.actionforhealthvkids.org/docs/specialreports/LCColor>

Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses,

<http://www.nationalguidelines.org/>

Alliance for a Healthier Generation

Action for Healthy Kids

United States Department of Agriculture, Food And Nutrition Service
Kentucky Department of Education, Nutrition and Health Services
Kentucky Department of Education, Shape Kentucky. Coordinated School
Health
WellSat 2.0 School Wellness Policy Evaluation Tool