

ATTENTION: Community Stakeholders

Logan County Schools District Wellness Committee consists of a group of individuals representing the school and community, and may include parents, students, representatives of the school food authority and members of the school board, school administrators, teachers, health professionals and members of the public.

This Committee meets periodically throughout the school year to establish and review districtwide nutrition and physical activity wellness policies and to ensure compliance with nutrition policies within the school food service program. Assessments will be conducted annually to help review the plan compliance, assess progress and determine areas in need of improvement or development.

The goal of the districtwide Wellness Policy is to review the nutrition and physical activity policies, the environment that supports healthy eating and physical activity and nutrition and physical education policies and program elements as well as develop work plans to facilitate their implementation.

If you are interested in serving on the Wellness Committee for Logan County Schools, please contact Jamye S. Stokes, School Food Service Director, Logan County Schools, 270-726-2436 for more information.

Logan County Schools Wellness Policy On Physical Activity and Nutrition

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

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

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Logan County School District is committed to providing school environments that promote and protect children's health, well being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Logan County School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

- All students in grades K-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*.
- 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 and National School Lunch Program [including after-school snacks]).
- 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 POLICY GOALS:

I. School Health Councils

The school district and/or individual schools within the district will create, strengthen or work within existing school health councils 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 consists of a group of individuals representing the school and community, and should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals, and members of the public.)

II. 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;
- offer a variety of fruits and vegetables
- serve fluid unflavored or flavored milk that is no more than 2% milk fat
- introduce whole grain products into school menus

Schools should engage students 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 shall be available in the office of the School Food Service Director, cafeteria manager's office, on the District Web site and cycle menus.

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 breakfast that encourage participation, including serving “grab-and-go” breakfast.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

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 meals. Toward this end, schools may utilize electronic identification and payment systems; promote the availability of school meals to all students and/or use nontraditional methods for serving school meals, such as “grab-and-go” breakfast.

Meal Times and Scheduling. Schools:

- 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 no earlier than 10:35 a.m. and no later than 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will schedule lunch periods to proceed recess periods (in elementary school);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- give schools the option to offer to elementary school students a milk break; 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. 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.

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.

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], school stores, etc.)

Elementary Schools. The school food service program will approve and provide all food 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 will adhere to KRS 158.854 that requires and establishes the minimum nutritional standards for food and beverages available on the school campus during the school day.

Middle/Junior High and High Schools. In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meals programs (including those sold through a la carte [snack lines], vending machines, student stores) during the school day, or through programs for students after the school day, will adhere to KRS 158.854 which requires and establishes the minimum nutritional standards for food and beverages available on the school campus during the school day.

Beverages

During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a beverage offered for sale through a vending machine, school store or fundraiser on school property shall:

1. Be a:
 - (a) Fluid unflavored or flavored milk that is no more than one (1) percent milk fat;
 - (b) Plain or flavored, non-caloric, non-carbonated water;
 - (c) 100% fruit or vegetable juice or any combination of both totaling 100%; or
 - (d) Any other beverage that contains no more than ten (10) grams of sugar per serving, except this limit shall not apply to 100% fruit or vegetable juice or any combination of both equaling 100%; and
 - (2) (a) Except as provided in paragraph (b) of this subsection, not exceed a volume size of seventeen (17) ounces, except for plain or flavored, non-caloric, non-carbonated water; or

(b) For sales to middle school or high school students (grade six (6) through twelve (12)), the volume size of a beverage shall not exceed twenty (20) ounces.

Food

During the period beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a food item offered for sale through a vending machine, school store, or fundraiser on school property shall meet the following standards:

- (1) Calories from fat shall not exceed thirty (30) percent, excluding reduced fat (two (2) percent milk-fat or less), cheese, nuts, seeds, and nut butters.
 - (a) This shall be determined by dividing the calories from total fat by the total calories and multiplying by 100.
 - (b) If the calories from fat are not available, the grams of fat shall be multiplied by nine (9) to equal calories from fat;
- (2) Calories from saturated fat shall not exceed ten (10) percent.
 - (a) This shall be determined by dividing the calories from saturated fat by the total calories and multiplying by 100.
 - (b) If calories from saturated fat are not available, the grams of saturated fat shall be multiplied by nine (9) to equal calories from saturated fat;
- (3) Calories from sugar shall not exceed thirty-two (32) percent by weight.
 - (a) This shall be determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100. This shall include both naturally-occurring and added sugars.
 - (b) The grams of sugar shall not exceed fourteen (14) grams.
 - (c) The limit established in this subsection shall not apply to fresh, frozen, canned or dried fruits and vegetables;
- (4)
 - (a) Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 300 milligrams of sodium per serving.
 - (b) Pastas, meats, and soups shall not contain more than 450 milligrams of sodium per serving.
 - (c) Pizza, sandwiches, and main dishes shall not contain more than 600 milligrams of sodium per serving;
- (5) The portion or pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky shall not exceed two (2) ounces;
- (6) The portion or pack size for cookies shall not exceed one (1) ounce;
- (7) The portion or pack size for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, or other bakery-type items shall not exceed two (2) ounces;
- (8) The portion or pack size for nonfrozen yogurt shall not exceed eight (8) ounces; and
- (9) The portion or pack size for frozen desert items, including low-fat or fat free ice cream, frozen fruit juice bars, or frozen real fruit items, shall not exceed four (4) ounces.

A la Carte items

A food or beverage item offered for sale as an a la carte item on the cafeteria line during the serving of breakfast or lunch shall meet the following standards:

- (1) A beverage shall meet the standards established in the Beverages section of this policy
- (2) A food item shall meet the standards established in Foods section of this policy, except schools may offer for a la carte sale any item that is creditable under the School Breakfast or National School Lunch Program meal patterns as set forth in 7 C.F.R. 220.8 and 210.10, respectively.

Snacks

Snacks served during the school day or enrichment programs will make a positive contribution to children's diets and health. Snacks provided will adhere to the regulations of the After-School Snack Program in conjunction with the National School Lunch Program. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Competitive Food Ruling

KRS 158.854 (3) prohibits sales of any item in competition with the breakfast and lunch programs from the time of the arrival of the first student in the morning until thirty (30) minutes after the last lunch period. This is to be followed in all of the schools in the district. The Kentucky Department of Education has and will continue to assess the statutory penalty against those schools out of compliance.

Fundraising Activities

Classroom fundraisers are subject to Board Policy and should involve only foods that meet the above nutrition and portion size standards for foods and beverage sold individually.

All other fundraisers are encouraged to follow the nutrition guidelines as set forth in the Beverage/Foods sections of this policy.

Rewards

Foods given as classroom rewards will adhere to the nutritional guidelines as set forth by this said policy. Schools should begin to actively pursue other avenues of non-food classroom reward.

Celebrations

Classroom celebrations will be eliminated to the following four (4) holidays: Christmas, Valentine's Day, Halloween and Easter. Classrooms have the option of setting aside one day per month for birthday celebrations. Classrooms are encouraged to promote nutritious snacks/foods during these occasions.

III. Nutrition and Physical Activity Promotion

The Logan County School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level 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
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting.

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.

Communications with Parents.

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will implement a monthly newsletter that will include the school menus, the nutrient analyses of these menus, and nutrition information and tips. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

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.

Staff Wellness.

The Logan County School District highly values the health and well being of every staff member. Participation in physical activity opportunities, both on and off campus, as well as efforts to maintain a healthy lifestyle is encouraged.

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12 Per KRS 160.345 all students in grades K-5 will have physical activity (moderate to vigorous) which may be considered part of the instructional day, not to exceed thirty (30) minutes per day or one hundred and fifty (150) minutes per week.

Physical activity for grades 6-12 will adhere to the curriculum requirements of the Kentucky Department of Education.

Student involvement in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Physical Activity 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.

Schools should discourage extended periods (i.e., periods of two or more hours) 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.

Physical Activity Opportunities Before and After School All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

Physical Activity/Food and Punishment Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g. recess, physical education) and meal participation as punishment.

Safe Routes to School The school district will 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. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

Use of School Facilities Outside of School Hours Schools will adhere to Board Policy for the availability of school spaces and facilities to students, staff and community members before, during and after the school day, on weekends, and during schools vacations. School policies concerning safety will apply at all times.

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 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.

Local District Nutrition Program Report—

(1)(a) A school food service director of the local district shall complete the assessment of the nutrition program required under KRS 158.856 and issue a report at least sixty (60) days prior to the public forum required by KRS 158.856(5).

(b) The director may issue the report via posting to the district Web site.

(c) A local district superintendent shall submit a summary of the findings and recommendations of the nutrition report as required by KRS 158.856(6) to the Kentucky Department of Education by May 1, 2006, and by May 1 of each succeeding year.

(3) If the Department of Education completes review of a district’s nutrition program during the school year prior to the deadline established in subsection (1)

of this section, the report and recommendations of the review may constitute the district's annual assessment and report issued in accordance with subsection (1) of this section.

Student Physical Activity—

- (1) A local district superintendent shall evaluate the student physical activity environment, including the amount of time and types of physical activity provided in the elementary schools as required in KRS 160.345(11) and release the report at least sixty (60) days prior to the public forum required by KRS 158.856(5).
- (2) A local district superintendent shall submit the report on physical activity, including a summary of finds and recommendations to the Department of Education by May 1, 2006, and by May 1 of each succeeding year.
- (3) The superintendent may release the report via posting to the district Web site.

Policy Review. To help with initial development of the district's wellness policies, each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the 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.