

## D'Iberville Elementary School Wellness Policy

To support the relationship between student health and academic achievement, the 2007 Mississippi Public School Accountability Standards (Standard 37.20 and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health.

The U.S. Congress recognizes that schools play a critical role in creating a healthy environment for the prevention of childhood obesity and for combating problems associated with poor nutrition and physical inactivity.

### **PREAMBLE**

#### Rationale:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases and children are not immune to these diseases. Schools have the responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

D' Iberville Elementary recognizes the importance of students maintaining physical health and proper nutrition in order to take advantage of educational opportunities. D'Iberville Elementary is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and regular physical activity as part of the total learning experience.

#### Goal:

All students at I D'Iberville Elementary shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. This is because while our students build a healthy base today increasing their capacity for good academic performance they are laying the groundwork for a healthier tomorrow. This is to build a culture, a trend of health and wellness not just in our school but in our community by helping all people understand the importance of good health.

All staff at D'Iberville Elementary is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, D'Iberville Elementary adopts this District Wellness Policy with the following commitments to nutrition, physical activity, comprehensive health education,

marketing, and implementation. This policy is designed to effectively utilize school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

## **POLICIES**

### **I. School Health Advisory Council**

A School Health Council has been created at D'Iberville Elementary. This Council has been in effect since 2007 and meets all the guidelines of the Harrison Co. School District in conjunction with the CDC guidelines for coordinated school health. The D'Iberville Elementary School Health Council composed of community and school representatives from the eight areas of the coordinated school health program, will continue to implement and monitor this policy.

### **II. Commitment to Nutrition**

#### **A. Nutrition Guidelines**

Consistent with D'Iberville Elementary Wellness Policy, and the goals of Student Food Services, all foods available in the school during the day will be offered to students with consideration for promoting student health, reducing childhood obesity, providing a variety of nutritional meals and promoting life-long healthy eating habits.

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Operate all Child Nutrition Programs with school food operations and ensure that the food service permit is current for Food Service.
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for Food Service. Establish a HACCP plan and have it fully implemented by July 1, 2006 in the Child Nutrition Department.
- Offer school breakfast, school lunch and snack programs with menus that meet the meal patterns and nutrition standards established by the US Dept. of Agriculture and the MS Dept. of Ed, Office of Child Nutrition.
- Encourage students to make healthy food choices based on the 2005 Dietary Guideline Americans. This will be done by emphasizing menu options that feature baked rather than fried foods, whole grains, fresh fruits and vegetables, and reduced fat dairy products.
- Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, low-fat milk, yogurt, string cheese, 100% juice and water)

whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concession stands at sporting and academic events, parties, celebrations, social events, and other school functions.

- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.

## **B. Nutrition Education**

D'Iberville Elementary School believes that promoting student health and nutrition enhances readiness for learning and increases student achievement. The goals of nutrition education are (1) to provide appropriate instruction for the acquisition of behaviors that contribute to healthy lifestyle for students and (2) to teach, encourage and support healthy eating by students.

- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve the food they serve at home.
- Age appropriate nutrition education lessons and activities will provide all students with the knowledge and skills needed to lead healthy lives, and effectively address nutrition related concerns.
- Nutrition education with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.
- D'Iberville Elementary personnel will work to disseminate consistent nutrition messages throughout the school, classrooms, cafeterias, homes, community and media.
- D'Iberville Elementary personnel will serve as positive role models to promote student wellness.

## **C. Eating Environment**

- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students, and between students and adults. Adults will properly supervise eating areas and serve as role models to students by modeling proper conduct and voice level, and by eating with students.
- Provide adequate time for students to eat and enjoy school meals. Recommendations are for a minimum of 10 minutes for breakfast and 20 minutes for lunch.
- All students will have the opportunity to wash their hands with soap and water or sanitize their hands before consuming breakfast or lunch.

## D. Other School Based Activities to Promote Wellness

D'Iberville Elementary School strongly encourages the sale or distribution of nutrient dense foods for all school function and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are encouraged to study these standards and develop building policy using the following nutrition standards as minimal guidelines.

D'Iberville Elementary Food and Beverage Standards:

### Food:

- Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, AND DAIRY PRODUCTS.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 30% of its total calories derived from saturated fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 10% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day, will have no more than 25% added sugar by weight.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams of added fat per 1.75 oz or less package size) are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these standards, but those special occasions must be recorded and included in the School Health Council Annual Report.

### Beverages:

- ONLY milk, water and beverages containing 50-100% fruit juice with no added artificial or natural sweeteners may be sold on school grounds both immediately prior to and throughout the instructional day.

### Candy:

- Vending sales of candy will not be permitted on school grounds.
- Candy is defined as any processed food item that has:
  1. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, syrup) is listed as one of the first two ingredients

2. Sugar is more than 25% of the item by weight.
- D'Iberville Elementary School strongly discourages giving candy or the use of foods as rewards for student accomplishment and the withholding of food as a punishment.

#### Non-Food Reward Ideas:

Kids naturally enjoy eating nourishing foods and being physically active. School and teachers can provide them with an environment that supports these healthy behaviors. Here are effective alternatives – from outstanding educators across the country – to offering food as a reward to individual students or entire classes.

- Sit by friends.
- Watch a video.
- Read outdoors.
- Have extra art time.
- Enjoy class outdoors
- Have an extra recess.
- Play a computer game.
- Read to a younger class.
- Get a no homework pass.
- Sing a silly song together.
- Make deliveries to the office.
- Listen to music while working.
- Play a favorite game or puzzle.
- Earn play money for privileges.
- Walk with a teacher during lunch.
- Eat lunch outdoors with the class.
- Be a helper in another class.
- Eat lunch with a teacher or principal.
- Dance to a favorite music in the classroom.
- Get a free choice time at the end of the day.
- Listen with a headset to a book on audiotape.
- Have a teacher perform special skills.
- Be first in line when the class leaves the room.
- Get to hold the door open for the class when entering or exiting.
- Have a teacher read a special book to the class.
- Take a trip to the treasure box (filled with stickers, pencils, eraser, bookmarks, etc.)

Additional resources for a non-food reward:

Connecticut Team Nutrition

[www.state.ct.us/sde/deps/Student/NutritionEd/Food\\_As\\_Reward\\_HO1.pdf](http://www.state.ct.us/sde/deps/Student/NutritionEd/Food_As_Reward_HO1.pdf)

Michigan Team Nutrition

[www.tn.fcs.msue.msu.edu/foodreward.pdf](http://www.tn.fcs.msue.msu.edu/foodreward.pdf)

New England Food and Dairy Council

[www.newenglanddairycouncil.org/PDF/alternativefoodrewards.pdf](http://www.newenglanddairycouncil.org/PDF/alternativefoodrewards.pdf)

Texas Dept. of Agriculture

[www.squaremeals.org/vgn/tda/files/983/1034\\_NonFoodRewards.pdf](http://www.squaremeals.org/vgn/tda/files/983/1034_NonFoodRewards.pdf)

## **E. Classroom Parties, Field Trips, and Rewards**

Each homeroom class is permitted to have a Christmas, Valentine's Day, and end-of-year party during the school year (refer to Harrison Co. School District Elementary Handbook). If classroom parties and rewards are food-oriented, and consumed at school, it is recommended that they meet the values consistent with this policy. (see section D. Other School Based Activities to Promote Wellness).

- To ensure safety and sanitation all foods brought into school for the purpose stated above, must be purchased from a commercial food service entity (grocery store), which is subject to local rules, regulation, and inspections. No food items may be homemade.
- Food is not be used as a punishment or reward for student's behavior.
- If a field trip extends past cafeteria serving time (including overnight trips), students may either bring bag lunches from the cafeteria/home or they may eat at offsite restaurants as necessary. All students should be provided the same type meal. Students should be encouraged to make healthy choices.
- Events after school hours held on school premises (Sports Events, Festivals, PTO Functions, etc.) must provide at least one healthy food and beverage option that comply with the standards of this policy (see section D. Other School Based Activities to Promote Wellness).

### **EXAMPLE OF SCHOOL-LEVEL NUTRITION STANDARDS**

At any school function (parties, celebrations, receptions, festivals, sporting events, etc.) healthy food choice options should be available to students. Some suggested foods are listed below to include on refreshment tables, price lists, etc.

- Raw vegetable sticks/slices w/ low-fat dressing or yogurt dip
- Fresh Fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)

- Trail Mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts, and soy nuts (no coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayo in chicken/tuna salads)
- Party Mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked chips & fat free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
- Low-fat muffins, granola bars, and cookies
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Jell-O and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water.
- 100 calorie packs

#### Foods to Avoid –

- Carbonated and caffeinated beverages
- High sugar content candies and desserts
- High fat foods (fried foods like French Fries, fatty meats, most cheeses, and buttery popcorn.
- High sodium foods (luncheon meats, cheeses, chips salty popcorn, pickles)
- In selecting food items to offer keep in mind numerous students and adults who are on special diets and their consumption of sugar, fat, sodium, etc. is restricted.
- The use of foods of minimal nutritional content as learning incentives should not be practiced and healthy choices or non-food items should be substituted.
- Organizations operating concessions at school functions should include at least some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

#### **F. Snack Vending and Competitive Foods**

- Follow State Board of Education policies on competitive foods and extra foods sales (MS Bd of ED. Policy, Code EE-2E)
- Competitive foods are defined as foods other than those bought through our school breakfast and lunch programs including food, snacks and beverages from vending machines and outside suppliers.
- Parents are encouraged to include healthy choices in lunches brought from home.

- Parents who visit the school to eat a meal with their child are encouraged to purchase a school-prepared lunch and set a healthy example for children.
- D'Iberville Elementary prohibits the sale or consumption of retail fast food in the school cafeteria, and bringing retail prepared food into the school cafeteria or on school campus during school breakfast and school lunch, or during any school activity.

## **G. Faculty and Staff Wellness Guidelines**

It is the belief of D'Iberville Elementary School that the adults within the school environment are role models with the most daily exposure to students. The daily routines of staff members are significantly influential on student behavior and actions.

- The school environment should be consistent with the message that good nutrition is best for children's health now and throughout adulthood.
- All school staff members, parents/guardians, and community members will be encouraged to serve as positive role models to promote student wellness.
- The classroom/instructional areas hold the greatest interaction/exposure between students and teachers and should be free from carbonated and/or sugared drinks during the school day.
- Staff member should seek to use kinesthetic methods of teaching, when possible, that allows student movement to enhance instruction and student learning.
- Encourage school staff and families to participate in the school meal programs
- D'Iberville Elementary personnel will work to disseminate consistent nutrition messages throughout the school district, schools, classrooms, cafeterias, homes, community, and media.

## **H. School Fundraising Guidelines**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve the sale of food to students; unless the foods meet guidelines of this policy (see section D. Other School Based Activities to Promote Wellness), with the exception of complete meal items (e.g. spaghetti dinners, BBQ's).

- Fundraising requests by any school affiliated group for the sale of food items must be approved by the School Health Council.

## Healthy Fundraising Alternatives

Many new school fundraising strategies are being developed with school financial needs and concerns about student nutrition in mind. Instead of candy, schools are selling:

- Fresh and exotic fruit
- High quality potatoes and onions
- Nuts
- Popcorn

Schools are also selling an ever-expanding variety of non-food items such as:

- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Raffles of gift baskets
- Plants
- School spirit items

Schools are also utilizing a wide variety of traditional and non-traditional fundraising events such as:

- Car washes
- Walk-a thons, bike-a-thons, jog-a-thons, skate-a-thons, etc.
- Family game nights
- “Hire a student day” for odd jobs with proceeds going to the school
- 3-on 3 basketball tournaments
- Silent auctions
- Talent shows

Additional resources for healthy fundraising:

Connecticut Team Nutrition

[www.state.ct.us/sde/deps/Student/NutritionEd/Healthy\\_Fundraising\\_Color.pdf](http://www.state.ct.us/sde/deps/Student/NutritionEd/Healthy_Fundraising_Color.pdf)

Montana Office of Public Instruction

[www.opi.state.mt.us/pdf/MBI/fundraiser.pdf](http://www.opi.state.mt.us/pdf/MBI/fundraiser.pdf)

Parents Advocating School Accountability

<http://pasaorg.tripod.com/index.html>

### **III. Commitment to Physical Activity**

D’Iberville Elementary School recognizes the importance of students maintaining physical health to take advantage of educational opportunities.

- Provide physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33.).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Implement the 2006 Mississippi Physical Education Framework to equal 150 minutes per week of instruction through a combination of physical education, physical activity, and activity based instruction.
- Incorporate 5-10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g. Take Ten!, Mind and Body, etc.)
- Participate in a yearly fitness test for students (e.g. Fitness Gram, President's Challenge to Physical Fitness, etc.)
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Create wider opportunities for students to voluntarily participate in before and after school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.  
See Appendix D for physical activity resources.

#### **IV. Commitment to Comprehensive Health Education**

D'Iberville Elementary will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A)
- Implement the 2006 Mississippi Comprehensive Health Framework for grades 4-6 to equal 45 minutes per week of health education.

#### **V. Commitment to Marketing a Healthy School Environment**

The Harrison Co. School District will:

- Provide positive, motivating messages, both verbal and non-verbal about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys and attention

will be given to their comments and will be discussed within the Wellness Committee Meetings.

- Promote healthful eating, physical activity and healthy lifestyles to students, parents, teachers, administrators and the community at school events. (E.g., school registration, parent-teacher conferences, PTO meetings, open houses, health fairs, teacher in services, and other events. See Appendix E for marketing resources.

## **VI. Commitment to Implementation**

D'Iberville Elementary will:

- Establish a plan for implementing the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) to address all aspects of a coordinated school health program, including a school wellness policy.
- Conduct a yearly review of the progress toward school wellness policy goals and to identify areas where improvement is needed.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

## Appendix D

### Physical Activity Resources

American Alliance for Health, Physical Education, Recreation and Dance

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

The latest resources for health, physical activity, recreation, and dance professionals, including presentations from Feb. 2005 conference on relationship of physical activity in relationship to NO CHILD LEFT BEHIND.

Calif. Dept. of Ed: Academic Achievement and Physical Fitness

[www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp](http://www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp)

This study, released in Dec. 02 supports the connection between physical fitness levels of students in grades 5,7 and 9 – and student performance of CA Dept. of Ed. Achievement Tests.

Centers for Disease Control and Prevention (CDC)

[www.cdc.gov/nccdphp/dnpa/](http://www.cdc.gov/nccdphp/dnpa/)

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national activity campaigns, like Kids Walk-to-School and Turn Off Your TV.

Montana Team Nutrition Resources

[www.opi.state.mt.us/](http://www.opi.state.mt.us/)

Search onsite for pdf. of physical activity resources from Big Sky country, including Mind and Body: Activities for the Elementary Classroom, and Recess Before Lunch: A Guide for Success.

President's Challenge – You're It. Get Fit!

[www.presidentschallenge.org/](http://www.presidentschallenge.org/)

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register your whole school), as well as cool online tools and ways to win awards for activity.

Take 10!

[www.take10.net/](http://www.take10.net/)

Take 10 is a classroom based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more- ten minutes at a time.

Appendix E

Promoting Healthy School Meals: Make Marketing Work for You

There are many reasons to do promotions for school food and nutrition programs. First and foremost, the students, faculty, and staff are customers. They have choices to make in deciding what to purchase and what not to purchase. Promotions are powerful marketing tools that have a direct, meaningful impact on customers and their purchasing decisions.

Promotions do not necessarily have to promote one particular product or event. After all, nutrition is something to promote all the time. Some effects promotions might have:

- Show customers that the school food and nutrition department cares about them
- Get customers excited or interested in the programs so that they keep participating
- Highlight specific services or products
- Introduce new items on a continual basis, for instance to highlight a new recipe on the menu. Perhaps one new item might be featured each month.
- Introduce or reinforce an identity or a marketing theme, such as National School Lunch Week or School Breakfast Week.
- Celebrate a nutrition and health awareness event, such as National 5 A Day Month or National Diabetes Month

- Establish a distinctive image or “brand” for the school food and nutrition department.
- Reinforce the school food and nutrition departments’ role in the total school environment through promotions around special school activities and events.

Keep in mind that promotions do not make a poorly run operation better. If promotions are poorly planned or done at the wrong time, they may create problems or make problems worse.

### Measure Your Promotion Success

Promotions are designed to cause an Action. Ultimately, a promotion is designed to change some attitude or belief and/or cause customers to buy something. For instance, a promotion may be designed to convince students that the fruits and vegetables on the school salad bar are good for them or just that they want to eat breakfast at school. National School Lunch Week and School Breakfast Week, for example, are designed around annual themes to promote the value of school meals to the entire school community. A promotion may strive to influence students to buy the reimbursable meal in general or to try a new product in particular.

Because promotions are supposed to change attitudes or behaviors, the effect of promotions should be evaluated—that means that they need to be measured. How might a promotion be measured? That depends on what the goals of the promotion are. In general, the school nutrition department might measure:

- Sales, overall or of a particular product
- Participation
- Customer Satisfaction
- Customer attitudes or customer perceptions

Reference: <http://www.asfsa.org/newsroom/sfsnews/promotemeals.asp>

Additional Marketing Resources:

<http://schoolmeals.nal.usda.gov/Training/lesson10.pdf>