

Wellness Policy
Red River
Parish
School Board



Red River Parish School Board Wellness Policy

1. Purpose

The United States Department of Agriculture's (USDA) Child Nutrition and Women, Infant, and Children (WIC) Reauthorization Act of 2004 requires that each local educational agency (LEA) participating in the National School Lunch Program establish a local School Wellness Policy by July 1, 2006.

This Wellness Policy establishes a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not. Whereas hunger in America still exists, obesity among children and adolescents has risen over the past 20 years and continues to be a concern. Few children eat a healthy diet consistent with recommendations established by health professionals. Students consume extra calories from foods and beverages that are high in sugar and fat and low in nutrients. Physical inactivity and excessive caloric intake are the main causes of obesity. Chronic diseases such as heart disease, cancer, and diabetes are responsible for a majority of deaths in the United States, and major risk factors; for those diseases, including unhealthy eating habits and physical inactivity, often are established in childhood. Students need access to healthful foods and opportunities to be physically active in order to grow and learn.

Although, school districts around the country are facing significant fiscal and scheduling constraints, schools and the community must collaborate to develop and implement successful school wellness policies that are dynamic and meet the needs of the students in the district. In addition to health and physical education, the school environment should provide a model of life skills related to healthful eating and physically active habits.

Thus, the Red River Parish 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 habits.

The Red River Parish School District has appointed Fletter Taylor and Dawn Brewer to serve as the coordinator of the Wellness Policy. The Wellness Policy Committee will be a standing subcommittee of the School Health Advisory Council. The subcommittee will include members that represent 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. Each school in the local educational agency shall have a contact who will participate on the Wellness Policy Subcommittee.

The areas to address in the Wellness Policy include:

1. Nutrition services guidance
2. Nutrition education
3. Physical activity and physical education

4. Communication and promotion of Wellness Policy
5. Monitoring and evaluation

Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate Wellness Policy issues with classroom education, foods served on campus throughout the day, and with related community services.

2. Policy

2. A. Nutrition Services

Foods and beverages sold or served at school will meet the nutrition requirements for age groups. Qualified Child Nutrition Program professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students and will provide clean, safe, and pleasant settings and adequate time for students to eat.

The Red River Parish School District will

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education, Office of School and Community Support.
2. Provide school breakfast and snack programs with menus that meet the meal patterns and nutrition standards established by USDA and the Louisiana Department of Education, Office of School and Community Support.
3. Encourage students, school staff, and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards.
5. Provide professional development opportunities for food service staff.
6. Ensure that food safety sanitation procedures are followed throughout the school, including instructing Food Service Employees to wash hands before preparing and eating food.
7. Ensure that the food service permit is current for the Food Service school site.
8. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards.
9. Offer fresh, frozen, or canned fruits and vegetables using healthy food preparation techniques and 100 percent fruit and vegetable juice.
10. Offer nonfat, reduced fat, or low-fat dairy products.
11. Offer whole-grain cereals.
12. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
13. Ensure that all meals are accessible to all students.
14. Ensure that students receive adequate time to eat breakfast and lunch.
15. Provide a cafeteria environment that is conducive to a positive dining experience, with socializing among student and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level.

Food and Beverages Offered Outside of the Child Nutrition Programs

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Programs. Nutrition education is more effective if the foods and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages sold outside the USDA Child Nutrition Program includes vending machines, concession store, school parties, fundraising events, and rewarding/bribing students with food.

Vending Machine and Concession Laws

Foods and beverages must meet the following criteria per service:

- a. \leq 150 calories
- b. \leq 35% of total calories from fat
- c. \leq 10% total calories from saturated fat
- d. \leq 30 grams of sugar
- e. \leq 360 milligrams of sodium

In high schools, beverages shall include:

- a. Bottled water
- b. No-calorie or low-calorie beverages
- c. Up to 12 ounce servings of any other beverages that contains no more than 66 calories per eight ounces.
- d. At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain up to 10 calories per eight ounces.

Policy: Foods and Beverages Sold Outside of the School Cafeteria

The Red River Parish School District will:

1. Eliminate use of foods and beverages as rewards for student accomplishment.
2. Provide healthful food and beverage choices at school parties.
3. Promote fundraisers that see items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients).
4. Provide nutritious and appealing food and beverage options (such as fruits, vegetables, nuts, reduced fat milk, reduced fat yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered after school at sporting and academic events, celebrations, and other school functions.

2. B. Nutrition Education

School-based nutrition education included traditional classroom lessons and behavioral change programs based on social learning theory and marketing. Using all venues is recommended for optimal impact.

Nutrition is not a stand-alone course. It is taught in health education and science classes and can integrate into core content areas of instructions across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior.

Behavior change can be enhanced through social learning theory and marketing, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. The school cafeteria can be used as part of the total educational system for modeling behavior.

Policy: Nutrition Education

The Red River Parish School District will:

1. Implement nutrition education programs that promote lifelong healthful eating practices.
2. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
3. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations.
4. Provide hands-on activities that are fun and engaging.
5. Provide opportunities for students to taste foods that are low in fat, sodium, and sugar and high in vitamins, minerals, and fiber.
6. Promote positive aspects of healthful eating behaviors.
7. Strive toward hiring qualified, certified health education teachers.
8. Encourage parent involvement in school health related activities.
9. At recess, students can purchase water and Powerade to replenish and hydrate.

2. C. Physical Education and Activity

Daily physical activity is essential to student welfare and academic performance. Federal Guidelines recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school weekdays; it is imperative that schools provide students with the means to participate in physical activity.

Policy: Physical Education and Activity

The Red River Parish School District will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.

3. Provide students in grades K-8 with a minimum of 150 minutes per week of physical education.
4. Ensure that students in grades K-8 participate in planned, organized, and moderate to vigorous physical activity for a minimum of 30 minutes each school day.
5. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity.
6. Ensure that qualified, certified physical education teachers guide physical activity instructions in all grades.
7. Provide staff development on standards implementation for physical education instructors.
8. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
9. Ensure that all high school students take the state required units of physical education.
10. Use a recognized instrument or program such as *Fitnessgram* to evaluate students' physical fitness.
11. Integrate physical activity in the academic curriculum.
12. Encourage school staff to participate in physical activities to serve as role models.
13. Develops students' self-confidence and eliminates practices that humiliate students.
14. Clubs have been added to increase student participation and interest in being active and healthy; such as walking, running clubs, flag football, basketball/cheerleaders for 3rd, 4th, and 5th graders. The little dribblers club will incorporate the 2nd and 3rd graders as well.

3. Communication

At the beginning of each school year, the Wellness Coordinator/Wellness Committee Member will share a summary of the Wellness Policy with school staff and faculty. Updates to the policy may be highlighted and discussed.

4. Monitoring and Evaluation

The Wellness Policy Committee will develop a plan of action for implementation. Also, the Wellness Policy Committee will evaluate annually and be prepared to report results by October 31st. The Wellness Policy Committee shall evaluate the effectiveness of the policy and amend it based on the results of the evaluations and the needs of our school district.

Approved by: _____
President, Red River Parish School Board

Date: _____