

Kingston City School District's Wellness Policies on Physical Activity and Nutrition

The Kingston City 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 Kingston City 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*.
- The District will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of all students; 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 and snack programs such as the School Breakfast Program, and National School Lunch 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.

ADMINISTRATIVE REGULATIONS:

I. School Health Committees

The school district and/or individual schools within the district will create, strengthen, or work within existing school health committee to develop, implement, monitor, review, and, as necessary, make recommendations for school nutrition and physical activity policies. The committees also will serve as resources to school sites for implementing those policies. (A school health committee 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:

- meet, or exceed, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables;
- serve only low-fat (2%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that 3/4 of the served grains are whole grain.
- ensure parents are familiar with school lunch automation usage for student purchases and sharing nutrition information.

Schools should engage students and parents, 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 could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

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 operate the School Breakfast Program.

- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, such as allowing breakfast in the classroom, and “grab-and-go” breakfast.
- Schools 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 school meals. Toward this end, schools may utilize electronic identification and payment systems.

Meal Times and Scheduling. Schools will make every effort to:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- avoid scheduling tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- provide students access to hand washing or sanitizing;

Qualifications of School Food Service Staff. Under the Director of Food Services, the District 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 food service staff.

Foods:

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, fundraisers, school stores, etc.)

- A food item sold individually will follow the National Alliance for Nutrition and Activity:
 - will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - will have no more than 35% of its *weight* from added sugars;

Fundraising Activities. To support children’s health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet

the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards. Food shall not be used as rewards.

Celebrations. Schools should limit celebrations that involve food during the school day to no more than one party per class per month.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances). Every attempt will be made to offer healthy alternatives.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. *The school district will teach, encourage, and support healthy eating by students. Toward that end:*

- ◆ The district will provide nutrition education and engage in nutrition promotion at each grade level as part of 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 but all other classroom instructions as well;
- ◆ Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities (contests, promotions, test testing, farm visits, school gardens, etc.);
- ◆ Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products, healthy food preparation methods, and health enhancing practices;
- ◆ Emphasizes caloric balance between intake and energy expenditure;
- ◆ Links to school's meal programs, other school foods, and community based programs;
- ◆ Teaches media literacy with an emphasizes on food marketing; and
- ◆ Includes training for teachers and staff.

Integrating Physical Activity into the Classroom Setting. *The school district believes that in order for students to receive the recommended amount of physical activity (60 minutes daily) and for students to fully embrace regular physical activity as a life long personal behavior, students need opportunities for physical activity beyond physical education classes. 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 reduce the time spent in sedentary activities, such as: watching television or other screen-based activities;

- ◆ Physical activity will be incorporated into other subject lessons; and
- ◆ Teachers will provide short physical activity breaks between lessons or classes.

Communication with Parents. *The school newsletter periodically will support parents' efforts to provide a healthy diet and daily physical activity for their children. Toward that end the district will:*

- ◆ Offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus;
- ◆ Provide lists of ideas for healthy snacks, celebrations, rewards and fundraising activities;
- ◆ Encourage parents to pack healthy lunches and snacks;
- ◆ Provide opportunities for parents to share their healthy food practices with the school community;
- ◆ Provide information about physical education and other school based activities; and
- ◆ Support parents' efforts to provide opportunities for physical activity outside of school by sharing information about physical education and physical activities through the website, newsletter or other take home materials, special events, or homework.

Food Marketing in Schools. *Kingston City School District based marketing will be consistent with nutrition education and health promotion. Toward that end the district will:*

- ◆ Prohibit marketing of predominately low nutrition foods and beverages; and
- ◆ Promote healthy foods, including fruits, vegetables, whole grains, and low fat dairy products.
- ◆ Vending machines will not promote consumption of food products that are not compliant with KCSD wellness policy.

Marketing techniques to be discouraged include the following: logos and brand names in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, 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 such as Channel One, free samples or coupons, food sales through fundraising activities.

Marketing techniques that promote healthful behaviors include: vending machines dispensing water, pricing structures that promote healthy options in a la carte lines or vending machines, sale of fruits for fundraisers, coupons for discount gym memberships.

Staff Wellness. *The school district highly values health and well being of every staff member. Toward that end the district will:*

- ◆ Implement activities and policies that support personal efforts by staff members to maintain a healthy lifestyle;
- ◆ Establish a wellness committee composed of at least one staff members, school health council member, recreation/physical education representative, dietitian or other health professional to develop and oversee a multifaceted plan to promote staff health and wellness; and
- ◆ Distribute wellness plan yearly to school health council.

IV. Monitoring and Policy Review

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

The school food service director will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee. Also, USDA Schools Meals Initiative (SMI) review findings and any resulting changes are to be reported.

Policy Review. The district, and individual schools within the district, will review and revise annually the wellness policies and develop work plans to facilitate their implementation in collaboration with food services and designated personnel.

Recommendations:

- Hire an RN or nutritionist to look at the menus at least four (4) times a year and offer suggestions for improvement;
- Investigate collaboration between the district and the Culinary Institute to develop kid friendly healthy menus;
- Hire a grant writer to find funds to update district kitchens and support more personnel.