

**STUDENT WELLNESS
POLICY 246
ADMINISTRATIVE GUIDELINES
EFFECTIVE JULY 1, 2006**

Nutritional Guidelines:

All schools in the district will participate in the National School Lunch Program and the National School Breakfast Program and will comply with federal and state requirements under the School Meals Initiative.

Competitive foods are defined as foods offered at school other than through the National School Lunch and School Breakfast Programs and include ala carte foods, snacks and beverages; vending food, snacks and beverages; school food stores, snacks and beverages; fundraising; classroom parties/ holiday celebrations; and food from home.

All foods available in the district schools during the school day shall be offered to students with consideration for promoting student health and reducing child obesity.

Competitive foods available in the district will comply with the National Standards for Competitive Foods in Pennsylvania Schools and will be implemented as a three year plan. The plans for years two and three will be in addition to year one.

Ala Carte-Food/Snacks and Beverages

1. One Year Plan

- a. Portion sizes will not exceed the serving size of the food served in the National School Lunch or Breakfast program and/ or items will be packaged in single serving sizes.
- b. A selection/variety of whole grains will be available on a daily basis.
- c. A minimum of one fruit and/or vegetable to be offered daily.
- d. A variety of items that provide > 2 grams of fiber per serving will be available on a daily basis.
- e. No foods will be on site deep fat fried. Pre-fried or flash fried foods will not be offered more than 4 times per week for grades K-6.
- f. Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. In addition the majority of items offered will:
 - Not contain added sugar as the first ingredient
 - Provide minimal to no trans fatty acids
- g. K-6, only 5 ala carte items may be offered daily, 7-12, no limit of ala carte items.
- h. A minimum of 75% of beverages offered will be:
 - Water, unflavored and flavored (any size)
 - 100% fruit juice (not to exceed 12 oz.)
 - Milk offered will be reduced fat, low fat, and nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 30 grams of sugar per 8 ounce serving, inclusive of naturally occurring sugar).
- i. Ala carte snacks will not be available until the end of each lunch period in the K-6 elementary schools.

2. Two Year Plan

- a. With the exception of entrees, food items will provide no more than 225 calories and 8 grams of fat per serving (excluding nuts, seeds, nut butters and reduced fat cheeses and yogurt).
- b. A minimum of 75% of the beverages will be:
 - Water, unflavored and flavored (any size)
 - 100% juice, not to exceed 8 oz. for grades K-6
 - 100% juice, not to exceed 12 oz. for grades 7-12
 - Milk offered will be reduced fat, low fat, and nonfat (not to exceed 16 oz.), flavored or unflavored (not to exceed 30 grams of sugar, inclusive of naturally occurring sugar).
- c. Any beverage that does not meet the criteria in the above mentioned standards (not to surpass 25% of the items available) will not exceed:
 - 150 calories
 - 35 grams of sugar
- e. Ala carte items may supplement the reimbursable meal (limited to 1-2 items); not replace the reimbursable meal.

3. Three Year Plan

- a. A minimum of two fruits and/ or vegetables will be offered (including fresh/raw).

Vending-Food/Snacks

1. One Year Plan

- a. Vending will not be available for students in grades K-6. For grades 7-12 the following standards apply to all foods offered through vending machines.
 - Packages will be in single serving sizes.
 - Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available any time during the school day.
- b. The majority of items offered will:
 - not be fried
 - added sugar may not be the first ingredient
 - provide minimal to no trans fatty acids

2. Two Year Plan

- a. Items will provide no more than 225 calories and 8 grams of fat per serving, excluding nuts, seeds and nut butters, cheese, and yogurt.

Vending Beverages

1. One Year Plan

- a. Vending will not be available for students in grades K-6.
- b. A minimum of 75% of the beverages offered through vending machines will be:
 - Water, unflavored and flavored (any size)
 - 100% fruit juice (not to exceed 12 Oz.)
 - A minimum of 75% of the milk selections will be reduced fat, low fat and nonfat (not to exceed 16 oz.) flavored or unflavored (not to exceed 30 grams of sugar per 8 oz. serving inclusive of naturally occurring sugar).

2. Two Year Plan:

a. All milk offered will be reduced fat, low fat, and non fat (not to exceed 16 ounces) flavored or unflavored not to exceed 30 grams of sugar per 8 oz serving inclusive of naturally occurring sugar.

Fund Raisers (non –vending)

The schools within the Exeter Township School District encourage the availability of healthy foods. The District and each of its buildings shall encourage all organizations, student and parent groups, to sell non-food items or nutritious food items for fund-raisers.

1. One Year Plan

a. All foods sold as fundraisers during school hours will follow the standards listed below, and may not be sold during normal lunch hours.

- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.
- Foods will not be fried.
- Foods will not contain sugar as the first ingredient.
- Provide minimal to no trans fatty acids.

2. Two Year Plan

a. Items will provide no more than 225 calories and 8 grams of fat per serving.

Classroom Parties/Holiday Celebrations/Snacks

Classroom parties will offer minimal amount of foods (maximum 2-3 items) that contain added sugar as the first ingredient and will provide the following:

- Fresh fruits and vegetables
- Water, 100% fruit juice or milk

Rewards

Food will not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to farm or farmers market).

Alternate rewards will be used and foods of Minimal Nutritional Value (USDA Regulation 7CFR 210 and 220) will not be used as rewards.

In addition:

- Foods will not be fried.
- Foods will not contain sugar as the first ingredient.
- Foods will contain minimal to no trans fatty acids.

Foods from Home

Parents/ caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide the purchase of healthy alternatives. Nutrition education outreach to the parents/caregivers is provided by newsletters, open houses, back to school orientation, student handbook and web site.

School Stores-Foods/Snacks

1. One Year Plan

a. All foods sold in school stores during the school day, will follow the standards listed below.

- Packages will be in single serving sizes.
- Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220 will not be available anytime during the school day.
- Foods will not be fried.
- Foods will not contain sugar as the first ingredient.
- Provide minimal to no trans fatty acids.

2. Two Year Plan

a. In addition to the one year plan items will provide no more than 225 calories and 8 grams of fat per serving.

School Stores -Beverages

a. A minimum of 75% of the beverages offered will be:

- Water, unflavored and flavored (any size)
- 100% fruit juice (not to exceed 12 oz.)

Faculty Lounges

a. Faculty is encouraged to set the example for students and act as good role models by exhibiting choices of nutritional foods.

USDA REGULATION 7CFR 210 AND 220

FOODS OF MINIMAL NUTRITIONAL VALUE

APPENDIX B

A. *Foods of minimal nutritional value-*

Foods of minimal nutritional value are:

1. *Soda water-* a class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 degrees F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.
2. *Water Ices-* As defined by 21CFR 135-160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.
3. *Chewing Gum-* Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.
4. *Certain Candies-* Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:
 - i. *Hard Candy-* a product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.
 - ii. *Jellies and Gums-* a mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - iii. *Marshmallow Candies-* An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.
 - iv. *Fondant-* a product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.
 - v. *Licorice-* a product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.
 - vi. *Spun Candy-* a product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.
 - vii. *Candy Coated Popcorn-* Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

Physical Activity

A sequential physical education program consistent with State Board of Education curriculum standards of Health, Safety, and Physical education shall exist.

1. The district schools shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.
2. Physical activity breaks shall be encouraged for all students during classroom hours. Extended periods of student inactivity, two hours or more, shall be discouraged. Refer to Appendix A.
3. The district will provide professional development on nutrition and physical activities in regards to wellness for all staff members.
4. The district, through the Professional Development Committee will develop inservice opportunities integrating nutrition and physical activity.
5. Each school in the district will annually maintain recognition through PANA as a Keystone Healthy Zone School, and also as an USDA Team Nutrition School.

APPENDIX A ELEMENTARY

1. 15 jumping jacks (or jumps for the younger students)
2. Chair squats – Grab back of your chair. Put your feet out wide apart. Bend your legs slowly until your chin gently touches the seat. Stand back up. Repeat 15 times
3. Hold your body up on your hands and toes in a push up position. Walk your hands forward and back one at a time for 15 seconds.
4. Lay on your back. Put your legs out straight with your feet touching. Lift your legs just off the floor, keeping them straight. See how long you can hold them up. Do not lift your legs too high. Try for 2 times of 15 seconds each.
5. March in place for 15 seconds. Double time -Run in place for 15 seconds.
6. Small arm circles forward for 15 seconds. Small arm circles backward for 15 seconds.
7. Stand and do the backstroke like you're swimming on your back in a pool for 15 seconds.

Relaxing exercises

1. Standing, shrug your shoulders and hold them up there for 10 sec. Slowly relax. Repeat 3 times.
2. Tighten your hands as tight as you can for 10 sec. Slowly release. Repeat 3 times.
3. Straighten legs and tighten leg muscles for 10 seconds, relax. Repeat 3 times.
4. Stand next to desk with legs straight. Slowly stretch down and hold for 20 seconds.
5. Stand next to desk. Take a deep breath as you raise your arms to your side and above your head. Exhale slowly as you lower your arms. Repeat 10 times.
6. Close your eyes, relax. Rub each side of your forehead (temple) in a circle as you press slightly.
7. Sitting and Breathing: Close eyes, breathe in slowly. Picture your favorite place to be on a sunny day or snuggling under a blanket on your favorite chair in the winter. Breathe out slowly. Continue 10 times in and out counting one for each time you breath out. Keep picturing a cozy place.
8. Inhale deeply and act like you are exhaling your air from your feet nice and slow.

JUNIOR HIGH

1. After school walking club.
2. Use of gym facility during lunch block.
3. Jump rope in gym.
4. Special fitness days scheduled (Field Day).
5. Outdoor science class activities.
6. Interscholastic sports.
7. Walking to class.

SENIOR HIGH

1. Walking to class.
2. Climb a flight of stairs.
3. Stretch-reach for toes-ten count.
4. Stretch- reach behind your back, one side with elbow up, and meet fingers with the opposite hand.
5. Breathe deeply (10 seconds inhale and 10 seconds exhale) for one minute.
6. Interscholastic sports.