

## **Ferrisburgh Central School Wellness Guidelines**

Adopted by FCS School Board September 13, 2007

*The Ferrisburgh Central School Wellness Committee is charged with working to improve the school's physical and mental health environment through nutrition, physical education, health and character education.*

The following guidelines are written in an effort to provide:

- a statement of values held within the Ferrisburgh Central School (FCS) around important health and wellness related issues.
- direction for planning which may occur in any area of the school having an impact on students' and staff members' overall health and wellbeing
- sustainability of the efforts and improvements made to impact the quality of student and staff health and wellness at school
- education and information to the community about student and staff health and wellness issues
- accountability to our students and staff regarding issues of health and wellness

### **I. NUTRITION:**

#### **A. Nutrition in the School Cafeteria**

1) Menus will be planned to conform to the Dietary Guidelines for Americans\* and the nutrient standards established in the regulations of the National School Lunch Program (7CFR 210) and the School Breakfast Program (7CFR 211). (see attached)

2) The FCS Food Service Program will each day, offer a range of healthy choices for breakfast and lunch with emphasis on variety and freshness. Through the program, students will be exposed to new foods and have opportunities to experience different cooking methods and flavors. Variations in dietary norms and choices including, but not limited to, vegetarian and vegan diets will be honored on a daily basis. In order to determine the need for special dietary accommodations, the FCS Food Service staff will conduct an annual survey of its population and will work closely with the school nurse to make needed accommodations for individual students

3) Special efforts will be made in the School Food Service Program to:

- eliminate trans fats completely, including the use of commodity products such as shortening
- purchase and cook with fresh and locally grown foods as often as possible
- use 100% whole grains and 100% whole grain products as often as possible
- use prepared foods rarely and avoid prepared foods with added sugars or foods with sugar as the first ingredient.
- never serve foods that are deep fat fried
- use only non-fat or low-fat dairy products
- limit the use of non biodegradable disposable products and packaging

\*"Dietary Guidelines for Americans" are the Federal Government's current set of recommendations designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.

#### **B. Eating Environment**

- 1) Efforts will be made to use reusable or recyclable products as much as possible.
- 2) Efforts will be made to minimize food waste by implementing programs such as “Offer vs. Serve” and other techniques to encourage children’s awareness of waste issues. Students will be encouraged, rather than required to try new foods.
- 3) Teachers and staff on duty will work to cultivate a friendly, nurturing and familial atmosphere during the lunchtime meal.
- 4) Because mealtimes and food are cultural as well as nutritional experiences, efforts will be made during the year to introduce students to different traditions and foods with which they may not be familiar.

### **C. Foods Served/Provided Outside of the Cafeteria**

#### 1) Vending Machines and A la Carte Snack Sales

- There only vending machines in the school will be for bottled water.
- A la carte beverage sales will be limited to milk and 100% juice or bottled water only. A la carte snack sales must conform to nutrition guidelines for fat and sugar content.
- No soda will be served at anytime at FCS

#### 2) Classroom Foods (parties, incentives, holidays)

Foods served in FCS classrooms for any reason will ideally include healthy alternatives to sweet treats. Healthy options may include low fat, low sugar foods such as pretzels, fresh fruit, sliced cheese, veggie platters, nuts and seeds. Students will be encouraged to balance healthy foods with treats. Teachers are encouraged to promote the idea of eating healthy foods in balance. While no food should be considered “bad” or forbidden to students it will be the practice of FCS to minimize and discourage consumption of *foods of low nutritional value* throughout the school’s learning environments. The FCS Food Service Program and Health Office are available to provide information about healthy foods to teachers and parents at any time.

- Foods brought in by parents – The FCS Food Service program will offer a list of healthy snacks and celebration ideas for parents to include in birthday celebrations etc. No soda will be served at any time at FCS.
- Classroom celebrations – Teachers who plan classroom celebrations and parties are asked to include healthy food choices and alternatives to sugary snacks. With advance notice the FCS Food Service Program will be available to assist teachers in the preparation of healthy options.
- Efforts will be made in classrooms to pay attention to special diets and preferences of students. No soda will be served at any time at FCS.
- Foods used as rewards – Using foods as a reward, of any kind is strongly discouraged. When foods must be used as a reward, healthy foods should be used instead of candy or high fat foods. The practice of regularly giving candy as a reward will be eliminated in all classrooms. Occasionally, a teacher may use candy in a lesson for an instructional purpose.

- Beverages served in classrooms – **No** soda will be served at **any** time at FCS. Beverages served should be 100% juice, low-fat milk or water.

#### **D. Foods Sold Through Fund Raising**

To support children's health and school nutrition-education efforts, fund raising activities of school groups will be consistent with the nutrition standards of the food service program and the nutrition principles taught in the classroom.

1) Groups selling food at school functions (bake sales, etc.) should include 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. Examples of healthy food choices include: fresh fruits and vegetables, baked chips, pretzels, low-fat granola bars, dried fruits and nuts, whole grain, low-fat baked goods.

2) Any fundraising requires administrative approval. Groups that participate in fundraising activities are strongly encouraged to choose fundraising activities that offer:

- \* non-food items
- \* healthy food items (fruits, cheeses, etc.) or
- \* foods that are local or homemade.

3) Fundraising that is *primarily* comprised of selling foods that do not meet nutrition standards (such as candy bars, doughnuts, and high fat cakes and cookies) is strongly discouraged. Candy may be sold only if it is included as part of a fundraising catalog along with non-food items such as candles, wrapping paper, gifts, etc. These fundraising efforts should be limited to once a year.

4) School groups are also encouraged to consider fundraising activities that may promote physical activity in some way.

## **II. PHYSICAL ACTIVITY**

A high-quality physical activity program is an essential component of the school's wellness commitment. *Physical activity, broadly defined, includes exercise, sport, dance and other movement forms.* Physical activity provides an opportunity for self-expression and social interaction and can be enjoyable, challenging and fun. Elementary children derive pleasure from movement sensation and experience different challenges as they sense growing competence in their movement ability. These benefits entice students to continue participation in physical activities throughout their lifetime.

### **A. Goals to encourage lifelong physical activity:**

- FCS will promote a broad definition of physical activity *above and beyond the scope of the physical education program* including organized sports, individual fitness activities, and games for overall health and cardiac benefit.

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess, and the integration of physical activity into academic curriculum where appropriate.
- Efforts will be made to educate teachers about the positive effect of physical activity on students' learning. Teachers will be supported in using physical activity as both a teaching tool and as an opportunity for a break from mental activity.
- Recess and other physical activities including PE shall not be withheld as a disciplinary measure without discussion with the principal.
- Attempts will be made to schedule recess before lunch for as many students as possible in an effort to increase nutrient intake and decrease food waste whenever possible.
- Parents and guardians will be encouraged to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Opportunities will be available through the school Wellness committee and other school-based groups for families to participate in physical activities together.
- FCS will allow access and make provisions for families and community sponsored groups to use the buildings and grounds for physical activity outside of school on weekends and evenings during the school year.
- *The school will ensure that* equipment and space for physical activity are maintained for optimal safety.

**B. The FCS Physical Education Program during the school day will:**

- Implement a sequential physical education program consistent with state and national standards, guidelines, and Grade Expectations with a focus on students' development of motor skills, movement forms, and health related fitness. This will be accomplished through exposure to a variety of activities and opportunities throughout the year.
- Ensure that overall throughout the school year students are engaged in moderate to vigorous physical activity during at least 50% of the PE class time.
- Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically inclined, with an more emphasis on attaining benefits related to overall health and well-being and less emphasis on competition.
- Encourage physical activity outside of school via "homework", individual PE challenges, participation in a variety of recreational activities and sports, etc..
- Minimize interruptions or cancellations of PE classes. When interruptions or cancellations are unavoidable because of space limitations, efforts will be made for students to experience PE in other settings such as in classrooms, outdoors, or at other times during the day.
- Exclude student(s) from Physical Education class only if the removal of the student(s) is necessary to protect the health, safety and welfare of other students and staff.
- Include relevant and up to date health and nutrition information as part of the PE program.
- Promote parent and family awareness of the PE program through such activities as optional parent-PE teacher conferences, discussion of "Fitness Grams" and a PE presence at annual school Open House events.

### **III. Nutrition and Health Education**

- Students in kindergarten through 6<sup>th</sup> grade receive nutrition and health education as part of a holistic, sequential, age-appropriate, comprehensive program designed to provide students and their families with the knowledge and skills necessary to promote and protect their health for a lifetime.
- Nutrition and health education is offered in the school cafeteria, the nurse's office, the guidance office and in the classroom, with coordination between school foodservice staff, school nurse, school guidance counselor, and teachers.
- Nutrition and health education includes enjoyable, developmentally appropriate, and culturally relevant participatory activities such as cultural celebrations, promotions, demonstrations, guest speakers, taste testing, farm visits, school gardens, and guest chef programs.
- Nutrition and health education promotes healthy eating behaviors, physical activity, the management of emotions, development of healthy relationships, and tobacco and alcohol use/abuse prevention. The emphasis in these topic areas is on balance, overall health, and media literacy related to marketing directed toward children and young adults.
- Students receive nutrition and health messages throughout the school that are consistent and that reinforce each other.
- Nutrition and health topics are integrated into core curriculum areas such as math, science, social studies, and language arts
- The school is enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and the community.
- Staff who provide nutrition and health education have appropriate training and participate regularly in professional development activities to effectively deliver an accurate nutrition and health education program as planned.
- Students are encouraged to start each day with a healthy breakfast, either at home or at school. A continual effort will be made to offer breakfast at school in a variety of different formats so that as many students as possible can participate in the school breakfast program.

### **IV. Character Education**

The goal of Character Education is to raise children to become responsible citizens. Social skills such as problem solving, decision making, empathy, and conflict resolution are interwoven into the school curriculum. Children are taught about basic human values such as honesty, kindness, generosity, equality, and respect.

To foster Character Education FCS will:

- establish Character Education as part of the school's goals and objectives
- provide student in grades K-6 Character Education as part of a sequential, age appropriate program offering skill and knowledge to become responsible and productive citizens.
- integrate Character Education into all aspects of the curriculum and school climate
- provide staff development in Character Education
- evaluate integration of Character Education through principal observations and assessments of staff

## **V. Staff and Community Wellness**

School staff and parents/guardians serve as role models for students and are the key to successful implementation of a student wellness program. The school can be a center for information and support regarding the ongoing development of healthy lifestyle habits for staff and families.

### **A. Staff Wellness**

- The school values the health and well being of every staff member and includes activities that support personal efforts by staff to maintain a healthy lifestyle.
- To the extent possible, the school will offer or support the organization of staff wellness programs as well as general wellness resources and opportunities. This may include workshops and presentations on health promotion, stress management, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling.

### **B. Family and Community Wellness**

- The school supports parental efforts to provide a healthy diet and daily physical activity for their children.
- The school encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
- The school provides information to families about ways to promote healthy lifestyles.
- The school encourages community organizations, after school programs and activity providers to offer healthy foods and physical activity as part of their programming.

## **VI. Wellness Committee**

- The school Wellness Committee, charged with working to improve the school's physical and mental health environment through nutrition, physical activity and character education, will be an ongoing entity and shall consist of the following members: School Nurse, Food Services Manager, Physical Education teacher, Guidance Counselor, other teachers or staff members, parent representatives, and student representatives as appropriate.
- The Wellness Committee will monitor the implementation of the school wellness guidelines, evaluate school wellness progress, serve as a resource to school staff and families, and revisit the guidelines as necessary.

## **VII. Implementation and Monitoring of Wellness Guidelines**

- The superintendent or his or her designee shall execute administrative procedures that ensure the implementation of and compliance with the school wellness guidelines. These procedures shall include adoption of current guidelines, the designation of district level and site based staff responsibility for guideline implementation and an implementation work plan.

- A school wide assessment (using the Wellness Policy Implementation Plan Needs Assessment based on the CDC School Health Index) will be implemented to assess the nutrition and physical activity needs of students and staff. Assessment will be repeated every three years to help review guideline compliance, assess programs, and determine areas in need of improvement.
- An annual report will be made to the School Board to ensure school compliance with the guidelines
- An implementation work plan will be created with timeline and evaluation indicators.
- The school will include the Wellness Committee Implementation Plan in the School Improvement Plans
- The school will develop and implement a communications plan which includes training to ensure understanding of the rationale for the wellness policy and the implementation plan.

Resources:

Vermont Health and Fitness Policy

Action for Healthy Kids

USDA Team Nutrition

CDC School Health Index

Dietary Guidelines for Americans

Wellness Guidelines Implementation Needs Assessment