

**WELLNESS POLICY FOR:
SOUTHGATE PUBLIC SCHOOL**

Setting Nutrition Education Goals

Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs.

School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.

Setting Physical Activity Goals

All pupils in grades K-4 shall participate in the physical education program at a minimum of one time each week for the entire school year. All pupils in grades 5 – 8 shall participate in the physical education program not less than two times each week for a semester. The minimum time devoted to such programs shall be at least 90 minutes in each calendar week, exclusive of any time that may be required for dressing and showering.

The physical education classes shall have a teacher/student ratio comparable with those of other classes within the school.

The physical education teacher shall follow national and state standards such as those contained within the Kentucky Core Content for physical education class.

The physical education teacher shall meet all state certification requirements and shall receive professional development for teaching physical education annually.

All pupils in grades K-8 shall receive a daily recess for up to 30 minutes per day prior to lunch if time allows. Recess shall be supervised by the classroom teacher. No student shall be denied recess as punishment for classroom/school behavior or for academic deficiencies such as non-completion of schoolwork.

Establishing Nutrition Standards for All Foods Available on School Campus during the School

KRS 158.854(1) requires the Kentucky Board of Education to promulgate an administrative regulation to specify the minimum nutritional standards for all foods and beverages that are sold outside the National School Breakfast and National School Lunch programs, whether in vending machines, school stores, canteens, or a la carte cafeteria sales. KRS 158.854(1) requires that the administrative regulation address serving size, sugar, and fat content of the foods and beverages. This administrative regulation establishes the minimum nutritional standards for food and beverages available on the school campus during the school day and establishes reporting requirements for local school districts for nutrition and physical activity.

Section 1. Beverages. During the period of time beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a beverage offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall:

(1) Be a:

- (a) Fluid unflavored or flavored milk that is no more than one (1) percent milk fat;
- (b) Plain or flavored, noncaloric, noncarbonated water;
- (c) 100% fruit or vegetable juice or any combination of both totaling 100%; or

(d) Any other beverage that contains no more than ten (10) grams of sugar per serving, except this limit shall not apply to 100% fruit or vegetable juice or any combination of both equaling 100%; and

- (2)(a) Except as provided in paragraph (b) of this subsection, not exceed a volume size of seventeen (17) ounces, except for plain or flavored, noncaloric, noncarbonated water; or
- (b) For sales to middle school or high school students (grade six (6) through twelve (12)), the volume size of a beverage shall not exceed twenty (20) ounces.

Section 2. Food. During the period beginning thirty (30) minutes after the last lunch period until the end of the last instructional period, a food item offered for sale through a vending machine, school store, canteen, or fundraiser on school property shall meet the following standards:

- (1) Calories from fat shall not exceed thirty (30) percent, excluding reduced fat (two (2) percent milk-fat or less), cheese, nuts, seeds, and nut butters.

(a) This shall be determined by dividing the calories from total fat by the total calories and multiplying by 100.

(b) If the calories from fat are not available, the grams of fat shall be multiplied by nine (9) to equal calories from fat;

- (2) Calories from saturated fat shall not exceed ten (10) percent.

(a) This shall be determined by dividing the calories from saturated fat by the total calories and multiplying by 100.

(b) If calories from saturated fat are not available, the grams of saturated fat shall be multiplied by nine (9) to equal calories from saturated fat;

- (3) Calories from sugar shall not exceed thirty-two (32) percent by weight.

(a) This shall be determined by dividing the grams of sugar by the gram weight of the product and multiplying by 100. This shall include both naturally-occurring and added sugars.

(b) The grams of sugar shall not exceed fourteen (14) grams.

(c) The limit established in this subsection shall not apply to fresh, frozen, canned or dried fruits and vegetables;

- (4)(a) Chips, cereals, crackers, baked goods, and other snack items shall not contain more than 300 milligrams of sodium per serving.

(b) Pastas, meats, and soups shall not contain more than 450 milligrams of sodium per serving.

(c) Pizza, sandwiches, and main dishes shall not contain more than 600 milligrams of sodium per serving;

- (5) The portion or pack size for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or jerky shall not exceed two (2) ounces;

- (6) The portion or pack size for cookies shall not exceed one (1) ounce;

- (7) The portion or pack size for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, or other bakery-type items shall not exceed two (2) ounces;

- (8) The portion or pack size for nonfrozen yogurt shall not exceed eight (8) ounces; and

- (9) The portion or pack size for frozen dessert items, including low-fat or fat free ice cream, frozen fruit juice bars, or frozen real fruit items, shall not exceed four (4) ounces.

Section 3. A la carte Items. A food or beverage item offered for sale as an la carte item on the cafeteria line during the serving of breakfast or lunch shall meet the following standards:

- (1) A beverage shall meet the standards established in Section 1 of this administrative regulation; and

- (2) A food item shall meet the standards established in Section 2 of this administrative regulation, except schools may offer for a la carte sale any item that is creditable under the School Breakfast or National School Lunch Program meal patterns as set forth in 7 C.F.R. 220.8 and 210.10, respectively.

The portion sizes shall follow the recommendations contained within the NSBP and NSLP.

All food offered to students for the purpose of classroom parties, celebrations, or rewards shall be in compliance with the nutritional standards found in 702 KAR 6:090.

Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs.

School staff shall use food as a reward for student accomplishment sparingly, and at the elementary level only after 2:00 p.m. during the school day. The withholding of food as punishment for students is prohibited. For example, restricting a child's selection of flavored milk due to misbehavior in the classroom

Elementary classrooms may allow one nutritious snack per day under the teacher's supervision. The snack may be in the morning or afternoon but may not be at the same time as the regular meal periods for that class. The snack may be provided by the school food service, the teacher, parents or other groups. The snack must comply with the requirements found in 702 KAR 6:090. This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide FMNV or candy items for their own child's consumption, but they may not provide restricted items to other children at school.

School Nurses - This policy does not apply to school nurses using FMNVs or candy during the course of providing health care to individual students.

Special Needs Students – This policy does not apply to special needs students whose Individualized Education Program (IEP) plan indicates the use of an FMNV or candy for behavior modification (or other suitable need).

Foods for Instructional Purposes – Foods integrated as a vital part of the instructional program are allowed at any time. Examples include edible manipulatives such as a square of cheese to teach fractions, a nutrition food experience, food production in family and consumer science units, and food science units.

KRS 158. SECTION 3. (1) Each district shall appoint a food service director who is responsible for the management and oversight of the food service program in the district, except two (2) or more contiguous districts may form one (1) "school food service area" and a school food service director shall be jointly selected by the participating school superintendents to oversee the school food service area. (2) (a) Any person serving as a school food service director or person otherwise responsible for menu planning in each school district on the effective date of this Act shall be credentialed as a "school food service and nutrition specialist" or certified by a Level 2 certificate issued by the American School Food Service Association within three (3) years after the effective date of this Act. No school district shall be required to have more than one (1) person with a credential or certificate under this section. (b) After the effective date of this Act, a person appointed to serve as school food service director or the person designated for menu planning who does not hold the "school food service and nutrition specialist" credential or the Level 2 certificate issued by the American School Food Service Association shall obtain the appropriate credential within three (3) years of his or her appointment or designation. No school district shall be required to have more than one (1) person with a credential or certificate under this section. (c) Eight (8) clock hours of the required continuing education for maintaining the appropriate credential or certificate under this subsection shall be directly related to applied nutrition and healthy meal planning and preparation. (3) School cafeteria managers shall annually receive at least two (2) hours of continuing education in applied nutrition and healthy meal planning and preparation.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Adequate time shall be allowed for student meal consumption. Minimum time allowance (eating time for each student after being served the meal) for student consumption of meals shall be ten minutes for breakfast and twenty minutes for lunch.

Students and staff shall have adequate space to eat meals in pleasant surroundings and shall have adequate time to eat, relax, and socialize. Safe drinking water and convenient access to facilities for hand washing and oral hygiene must be available during all meal periods.

Schools will encourage socializing among students, and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level, and by eating with the students.

School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.

Staff Nutrition & Physical Activity Education

With the purposes of:

- Encouraging all school staff to improve their own personal health and wellness
- Improving staff morale
- Creating positive role modeling
- Building the commitment of staff to promote the health of students
- Building the commitment of staff to help improve the school nutrition and physical activity environment.

Beginning with the 2006-2007 school year, the school district shall:

Include as a part of a student health report to parents an annual body mass index percentile by age for each student;

And provide parents with an explanation of the possible health effects of body mass index, nutrition, and physical activity.

Setting Goals for Measurement and Evaluation

KRS 158. SECTION 5. (1) Each school food service director shall annually assess school nutrition in the district and issue a written report to parents, the local school board, and school-based decision making councils. The report shall include: (a) An evaluation of compliance with the National School Breakfast and National School Lunch programs; (b) An evaluation of the availability of contracted fast foods or foods sold through commercial vendors; (2) The Kentucky Board of Education shall develop an assessment tool that each school district may use to evaluate its physical activity environment.

(3) The evaluation shall be completed annually and released to the public at the time of the release of the nutrition report under subsection (1) of this section.

6-20-709. School lunch menus: (a) In addition to following the dietary guidelines of the National School Lunch Program, each school district shall provide to the school district's school nutrition and physical activity advisory committee: (1) Information on the requirements and standards of the National School Lunch Program; and (2) Menus for the National School Lunch Program and other food sold in the school cafeteria on a quarterly basis. (b) The school nutrition and physical activity advisory committee shall provide recommendations to the school district concerning menus and other foods sold in the school cafeteria. (c) The Child Health Advisory Committee, the Child Nutrition Unit of the Department of Education, and the Department of Health shall provide technical assistance as necessary.

Nutrition Standards. Section 59-10-10. An individual student's fitness status must be reported to his parent or guardian during a student's fifth grade, eighth grade, and high school physical education courses.

Section 5. Local District Nutrition Program Report. (1)(a) A school food service director of the local district shall complete the assessment of the nutrition program required under KRS 158.856 and issue a report for the 2005-2006 school year at least sixty (60) days prior to the public forum required by KRS 158.856(5).

(b) The director may issue the report via posting to the district Web site.

(c) A local district superintendent shall submit a summary of the findings and recommendations of the nutrition report as required by KRS 158.856(6) to the Kentucky Department of Education by May 1, 2006, and by May 1 of each succeeding year.

(2) If the Department of Education completes review of a district's nutrition program during the school year prior to the deadline established in subsection (1) of this section, the report and recommendations of that review may constitute the district's annual assessment and report issued in accordance with subsection (1) of this section.

Section 6. Student Physical Activity. (1) A local district superintendent shall evaluate the student physical activity environment, including the amount of time and types of physical activity provided in the elementary schools, as required in KRS 160.345(11) and release the report at least sixty (60) days prior to the public forum required by KRS 158.856(5).

(2) A local district superintendent shall submit the report on physical activity, including a summary of findings and recommendations to the Department of Education by May 1, 2006, and by May 1 of each succeeding year.

(3) The superintendent may release the report via posting to the district Web site.