

# **Dayton Independent School District**

## **School Wellness Policy of Physical Activity and Nutrition**

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The Dayton Independent 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 Dayton Independent 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*
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; 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 programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], and Summer Food Service 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.

### **TO ACHIEVE THESE POLICY GOALS:**

#### **I. School Health Councils**

The school district and/or individual schools within the district will create, strengthen, or work within existing school health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to school sites for implementing those policies. (A school health council shall consist of a group of individuals representing the school and community, and invite parents, students, a representative 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 be appealing and attractive to children, served in a clean and pleasant environment that is safe for all students.

- All reimbursable school meals will meet, at a minimum, nutrition requirements established by USDA NSLP nutrient standards, including only low fat dairy, variety of lean protein including those from vegetarian sources, all grains whole grain, and fresh fruits and vegetables cooked in a variety of avenues with no added sauces. Both schools utilize strategies to increase taste of fruits and vegetables that do not alter nutrient standards. Food Service Department will make nutrition standards available to students, staff, families, and community members.
- Through surveys and open door forum, students will have the opportunity to provide input on local, cultural, and ethnic favorites
- Secondary school will offer a “create your own entrée salad” as an alternate daily. Salad bar will include a variety of fruits and vegetables, lean proteins, and whole grain items. Ordering fresh produce from local farms twice weekly will enhance nutrient intake from salad bar items. Salad bar foods will be available to all students choosing foods from main line as well as alternate entrée.
- Offering monthly food promotions to increase access to a variety of foods, and allow for tasting new foods and potential to be included on menu.
- Utilize strategies, such as batch cooking, cooking from scratch, procuring local fresh foods will help increase taste and appearance of all foods prepared during lunch and breakfast foods.
- Middle and High school will offer low fat (1%) milk fat yogurt or cheese every day at breakfast, and will serve only low-fat (1%) and skim white milk for breakfast and lunch.
- Potable water is available to all students in the cafeteria during each meal.
- Lunchroom monitor is present during meal times at elementary school and School Resource Officer is present during meal times at secondary school.

**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 shall operate the School Breakfast Program
- When necessary, schools shall arrange bus schedules and utilize methods to serve school breakfasts that encourage participation

- Schools that serve breakfast to students 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.
- To encourage student participation at breakfast there will be raffles

**Free and Reduced-priced Meals.** The District has implemented plans to protect student privacy, in addition to following relevant regulations.

- Dayton Independent Schools will participate in the Community Eligibility Option so that all students eat free meals regardless of their eligibility status.
- The cafeterias are cashless—all students use a PIN code to enter at register for purchasing a la carte items.
- Competitive foods will be sold from the same lunch lines as reimbursable meals

**Summer Food Service Program.** Schools that meet Community Eligibility regulations free or reduced-price school meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and preferably throughout the entire summer vacation.

**Meal Times and Scheduling.** Schools: **Lincoln Elementary/Dayton High School**

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- shall schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- schools will be encourage to schedule recess before lunch period
- Elementary and Secondary school have implemented a closed campus policy
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**Qualifications of School Food Service Staff.** Qualified nutrition professionals 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 nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. <sup>1</sup>

**Sharing of Foods and Beverages.** Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

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<sup>1</sup> School nutrition staff professional development trainings are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

**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.)**

All foods sold during the school day will meet [Smart Snacks Regulation](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf): (Available at: [http://www.fns.usda.gov/sites/default/files/allfoods\\_flyer.pdf](http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf))

**Elementary Schools.** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Due to limited nutrition skills of students in grades k-6, food in elementary school shall be in balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

**Middle/Junior High and High Schools.** In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

**Beverages**

- **Allowed:** water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 100% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine

**Foods**

- A food item sold individually during school meals and before and after school care programs will:
  - will have less than 30% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and less than 10% of its calories from saturated and trans fat combined;
  - will have less than 32% of its *calories from* sugars;<sup>2</sup> and no more than 14 grams of total sugar
  - will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

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<sup>2</sup> If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

**Portion Sizes:** Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

**Snacks.** Snacks served during the school day or in after-school care 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 when to offer snacks based on timing of school meals, nutritional needs, and ages of participants. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**Rewards.** Schools will not use foods or beverages; especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,<sup>3</sup> and will not withhold food or beverages (including food served through school meals) as a punishment.

**Celebrations.** Schools should limit celebrations that involve food to no more than one party per class per month. The District health council will provide healthy options or implementing other strategies to introduce healthy party options. Each student will be encouraged to bring in snacks that meet the nutrition standards or a nonfood/nondrink item. The district will disseminate a list of healthy party ideas to parents and teachers.

**Fundraising Activities.** To support children's health and school nutrition-education efforts, school fundraising activities will encourage not involve food only options. Schools will encourage fundraising activities that promote physical activity. The wellness committee will make available a list of ideas for acceptable fundraising activities.

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<sup>3</sup> Does not include when allowed by a student's individual education plan (IEP).

**School-sponsored Events** (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will include items of foods and beverages sold individually (above) but not limited to those items.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion.** The Dayton Independent School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- food areas will have nutrition informational items for various foods
- teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff.

**Integrating Physical Activity into the Classroom Setting.** Students will receive 150 minutes per week of regular physical activity as a personal behavior. Students shall have physical activity beyond physical education classes daily in grades K-6. Students will be encouraged to receive 15 minutes of physical activity during homeroom in grades 7-12 in addition to the 150 minutes weekly.

- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and

- classroom teachers will provide short physical activity breaks between lessons or classes as appropriate
- each grade level will have a physical education curriculum or program, classes will be held in school gym

**Communications with Parents.** The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children by:

- offering healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus
- encourage parents to pack healthy lunches and snacks, and discourage items that do not meet Smart Snacks
- Wellness Committee will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- Wellness Committee will provide opportunities for parents to share their healthy food practices with others in the school community.
- District/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day
- Support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Food Marketing in Schools.** School-based marketing will be consistent with nutrition education and health promotion.

- Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above).<sup>4</sup>
- Prohibition of school-based marketing of brands promoting predominantly low-nutrition foods and beverages<sup>5</sup>. Examples of marketing techniques include the following :logos, brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment, educational incentive programs that provide food as a reward, in-school television, such as Channel One, free samples or coupons, and food sales through fundraising activities.
- The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged. Marketing activities that promote healthful behaviors (and are therefore allowable): vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or

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<sup>4</sup> Advertising of low-nutrition foods and beverages is permissible in supplementary classroom and library materials, such as newspapers, magazines, the Internet, and similar media, when such materials are in a class lesson or activity, or as a research tool.

<sup>5</sup> Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

**Staff Wellness.** The Dayton Independent School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

- Assemble and maintain a staff wellness committee, as a subcommittee to the school health council
- Include at least one staff member from each school, school nurse, district cafeteria director, recreation program representative (21<sup>st</sup> Century person, and district level personnel).
- Develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan shall include input solicited from school staff and outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.
- Distribute its plan to the school health council annually.

#### **IV. Physical Activity Opportunities and Physical Education**

**Daily Physical Education (P.E.) K-12.** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 150 minutes/week for elementary, middle and high school students for the entire school year.

- shall be taught by a certified physical education teacher
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Classes will have the same student to teacher ratio used in other classes.

**Daily OPA (Organized Physical Activity)** All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School.** All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.



After-school childcare and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

**Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment

**Safe Routes to School.** The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transportation for students.

## **V. Monitoring and Policy Review**

**Monitoring.** The District Health Council (DHC) will meet twice annually, in September and May. At these meetings, the DHC will establish district-wide nutrition and physical activity wellness policies, set compliance and regulatory efforts, and identify Wellness Champions in each school to help ensure compliance and report complications and successes to DHC.

Food Service director will ensure compliance with nutrition policies within school food service areas in both schools and will report on this matter to the DHC lead or school health council. In addition, the school district will report on the most recent USDA Administrative review findings and recommendations. If the district has not received a SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review as soon as possible.

The District Health Council lead will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. The DHC will provide the report to the school board, school health councils, parent/teacher organizations, school principals, and school health services personnel, and to the community using a variety of methods, including social media, link to website, and newsletters.

**Policy Review.** To help with the initial development of the district’s wellness policies, each school in the district will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies every year.<sup>6</sup> The school-by-school assessments results are compiled at the district level to identify and prioritize

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<sup>6</sup> KDE requires use of WellSat 2.0 assessment tool by the Rudd Center

needs.

Repeat evaluations every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.