

**Russellville Independent School District**  
**Health and Wellness Plan**  
Physical Activity & Nutrition

Preamble

Whereas, children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive:

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Russellville 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 Russellville 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 or exceed current nutrition requirements established under the *Healthy Hunger-Free Kids Act of 2010*.

- 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 and National School Lunch Program [including after-school snacks]).
- 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. Health and Wellness Committees**

The school district and/or individual schools within the district will create, strengthen or work within existing school health and wellness committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

A school health and wellness 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.

It is the responsibility of the district and school health and wellness committees to oversee the successful implementation of the district and school health and wellness policies and programs.

Each committee will meet two times a year to evaluate the implementation, as well as develop plans, of the Russellville Independent Schools Wellness Policy and to ensure compliance with Kentucky Department of Education regulations.

The Superintendent or designee and Food Service Director will serve on the district's Health and Wellness Committee along with the cafeteria manager from each school, and administrator from each school.

Principals will be designated at the respective schools to ensure that the school complies with the Health and Wellness Policy. Each school health committee will include: guidance counselor, Family Resource Center director, physical & health education teacher, a classroom teacher representative and parent representative. It is recommended a student representative serves on this committee (suggestion: culinary class, K-kids, etc.)

## **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;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- offer a variety of fruits and vegetables
- serve fluid unflavored or flavored milk that is no more than 1% milk fat
- ensure whole grain products into school menus

Schools should engage students through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthy, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information shall be available in the office of the School Food Service Director and cafeteria manager's office.

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 arrange bus schedules and utilize methods to serve school breakfast that encourage participation, including serving "grab-and-go" breakfast.
- Schools will notify parents and students of the availability of the School Breakfast Program.

### **Meal Times and Scheduling**

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g. lunch should be scheduled no earlier than 10:00 a.m. and no later than 1:00 P.M.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to handwashing or hand sanitizing before they eat meals or snacks;
- dining areas are attractive and have enough space for seating all students
- drinking water is available for students at meals

### **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 5 appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Elementary Schools**

The school food service program will approve and provide all food beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, vegetables and snacks.

### **Middle/Junior High and High Schools**

In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable school meals programs (including those sold through a la carte [snack lines], vending machines, student stores) during the school day will meet Smart Snack nutrition standards.

### **Nutrition Standards for Beverages**

Plain water (with or without carbonation)

Unflavored low fat milk

Unflavored or flavored fat free or 1% milk and milk alternatives permitted by NSLP/SBP  
100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners

Elementary school may sell up to 8 ounce portions, while middle school and high school may sell up to 12 ounce portions of milk or juice. There is no portion size for plain water.

Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.

No more than 20 ounce portions of calorie free, flavored water (with or without carbonation) and other flavored and/or carbonated beverages that are labeled to contain no more than 5 calories per 8 fluid ounces or 10 calories per 20 fluid ounces. No more than 12 oz. portions of beverages with 40 calories per 8 fluid ounces or 60 calories per 12 fluid ounces

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, or fundraiser on school property shall meet the following standards:

(1) Calories from fat shall not exceed thirty-five (35) percent, excluding reduced fat (2% 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-five (35) 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 200 milligrams of sodium per serving.

(b) Pastas, meats, and soups shall not contain more than 480 milligrams of sodium per serving.

(c) Pizza, sandwiches, and main dishes shall not contain more than 480 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 non-frozen 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.

**All food items offered to students through a la carte items, snacks, rewards/celebrations, parties as well as fund raising sales shall follow the guideline of the National School Lunch and Breakfast Program.**

Competitive Food Ruling KRS 158.854 (3) prohibits sales of any item in competition with the breakfast and lunch programs from the time of the arrival of the first student in the morning until thirty (30) minutes after the last lunch period. This is to be followed in all of the schools in the district. The Kentucky Department of Education has and will continue to assess the statutory penalty against those schools out of compliance.

Food and Beverages from outside sources i.e. fast food establishments, convenience stores, etc. will not be allowed to be brought on to the school premises by students or parents from the time of arrival of the first student to 30 minutes after the lunch period. No canned/bottled drinks, sodas are allowed to be brought in from other sources into the cafeteria by students, parents or faculty.

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

The Russellville 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 not only health education classes, but also 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;
- teaches media literacy with an emphasis on food marketing; and includes training for teachers and other staff

### **Integrating Physical Activity into the Classroom Setting**

For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class toward that end: classroom health education will compliment 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.

### **Communications with Parents**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will publish lunch menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

The district/school will provide information about physical education and other school based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school.

## **Staff Wellness**

The Russellville Independent School District highly values the health and wellbeing of every staff member. Participation in physical activity opportunities, both on and off campus, as well as efforts to maintain a healthy lifestyle is encouraged.

### **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 physical and health education. All physical activity will be taught by a certified physical education teacher.

Grades K-5 will have PE once a week for 30-45 minutes. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Middle School students receive PE in 12 week rotations; 56 minutes per day. 9th grade students will receive Physical and Health Education.

All elementary school students will have approximately 20 minutes a day of structured physical activity time in addition to the scheduled 30-45 minutes of related arts P.E.

Schools should discourage extended periods 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**

To the extent in which it is possible, all elementary, middle, and high schools will offer extracurricular physical activity programs. The school district will support and promote physical activity opportunities offered within the community.

### **Use of School Facilities Outside of School Hours**

The school district will promote a healthy lifestyle by adhering to Board Policy for the availability of school spaces and facilities to students, staff and community members

before, during and after the school day, on weekends, and during school vacations. School policies concerning safety will apply at all times.

### **Physical Activity/Food 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) and meal participation 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. 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.

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

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies through the district Health and Wellness committee. In each school, the principal or designee will ensure compliance with those policies in his/her school through an established school level Health and Wellness committee and will report on the school’s compliance to the school district Health & Wellness Committee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). RISD will follow the state legislated requirements for KRS 158.856/KRS160.345 and report progress via [wellnessreport@education.ky.gov](mailto:wellnessreport@education.ky.gov).

The Health and Wellness Policy will remain posted on the district website including any updates. Any state required assessment or reports will also be communicated to stakeholders through the district website.