

Central Community School System

School Health Advisory Council

Wellness Policy

2014-15

1. Purpose

The United States Department of Agriculture's (USDA) Child Nutrition and Women, Infant, and Children (WIC) Reauthorization Act of 2004 requires that each local educational agency (LEA) participating in the National School Lunch Program establish a local school Wellness Policy by July 1, 2006.

This Wellness Policy establishes a formal system of building a world-class school environment that is safe and healthy, thereby enhancing the potential for academic achievement among students. A healthy child in a nurturing and safe environment has a better attendance record and performs better in school than a child who is not. Whereas hunger in America still exists, obesity among children and adolescents has risen over the past 20 years and continues to be a concern. Few children eat a healthy diet consistent with recommendations established by health professionals. Students consume extra calories from foods and beverages that are high in sugar and fat and low in nutrients. Physical inactivity and excessive caloric intake are the main causes of obesity. Chronic diseases such as heart disease, cancer, and diabetes are responsible for a majority of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits and physical inactivity, often are established in childhood. Students need access to healthful foods and opportunities to be physically active in order to grow and learn.

Although school districts around the country are facing significant fiscal and scheduling constraints, schools and the community must collaborate to develop and implement successful school wellness policies that are dynamic and meet the needs of the students in the district. In addition to health and physical education, the school environment should provide a model of life skills related to healthful eating and physically active habits.

Thus, the Central Community School System 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 habits.

The Central Community School System has appointed Kathy Hattaway, Supervisor, Child Nutrition Program to serve as the coordinator of the Wellness Policy. The Wellness Policy Committee will be a standing subcommittee of the School Health Advisory Council. The subcommittee will include members that represent 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. Each school in the local educational agency shall have a contact who will participate on the Wellness Policy Subcommittee.

The areas to address in the Wellness Policy include:

1. Nutrition services guidance
2. Nutrition education
3. Physical activity and physical education
4. Communication and promotion of the Wellness Policy
5. Monitoring adherence and evaluation

Schools will provide nutrition and physical education to foster lifelong habits of healthy eating and physical activity and will coordinate Wellness Policy issues with classroom education, foods served on campus throughout the day, and with related community services.

2. Revision History This policy template supersedes a template that was disseminated by the Louisiana Department of Education in March 2006. The original template was adapted from several other state models by representatives from the LSU AgCenter, the Southeast United Dairy Industry Association, Inc., and the Department of Education. This current policy was drafted by the Department of Education based on several templates from other states and customized to include policy and legislation specific to Louisiana. The policy was reviewed by a committee of Wellness Policy Coordinators from local educational agencies.

3. Persons Affected All districts and schools in Louisiana administering the USDA Child Nutrition Programs should have a Wellness Policy in place. The Wellness Policies should reflect the needs to the individual district and school. Administrators, faculty, school employees and volunteers, students, parents, school clubs and organizations, and the community should be aware of and follow the policy.

4. Policy

4.A. Nutrition Services

Foods and beverages sold or served at school will meet the nutrition requirements as outlined by USDA and the Louisiana Department of Education, Nutrition Assistance. Qualified Child Nutrition Program 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.

4.A.1. Policy: School Meals

The Central Community School System will:

1. Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA Child Nutrition Program and the Louisiana Department of Education, Office of School and Community Support.

2. Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by USDA and the Louisiana Department of Education, Office of School and Community Support.
3. Encourage students, school staff, and families to participate in school meal programs.
4. Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards.
5. Provide professional development opportunities for food service staff.
6. Ensure that food safety and sanitation are followed throughout the school, including providing facilities to wash hands before preparing and eating food.
7. Ensure that the food service permit is current for the Food Service school site.
8. Offer whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes that are consistent with the current USDA standards.
9. Offer fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit or vegetable juice.
10. Offer nonfat, reduced-fat, low-fat, plain and/or flavored dairy products.
11. Offer whole-grain breads and cereals.
12. Use healthy food preparation techniques for lean meat, poultry, and fish, such as baking.
13. Ensure that all foods brought into the cafeteria meet the USDA Child Nutrition Guidelines.
14. Ensure that school meals are accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go meals, or alternate eating sites.
15. Ensure that students receive adequate time to eat breakfast and the recommended 30 minutes for lunch.
16. Provide a cafeteria environment that is conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

4.A.2. Foods and Beverages Offered Outside of the Child Nutrition Programs

An effective Wellness Program addresses foods and beverages sold and served on campus outside of the USDA Child Nutrition Programs. Nutrition education is more effective if the foods and beverages sold and offered are healthful and consistent with what is taught in the classroom. Foods and beverages sold outside the USDA Child Nutrition Programs include vending machines, concession stores, school parties, fundraising events, and rewarding/bribing students with food.

Vending Machine and Concession Store Laws

Foods and beverages must meet specific nutritional criteria if on the grounds at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day. Except for items sold as part of

the school food program, the food and beverages must meet the following criteria per serving:

- a. \leq 150 calories
- b. \leq 35% of total calories from fat
- c. \leq 10% to total calories from saturated fat
- d. \leq 30 grams of sugar
- e. \leq 360 milligrams of sodium

In high schools, beverages shall include:

- a. Bottled water
- b. No-calorie or low-calorie beverages that contain up to 10 calories per eight ounces
- c. Up to 12 ounce servings of beverages that contain 100 percent fruit juice with no added sweeteners and up to 120 calories per eight ounces.
- d. Up to 12 ounce servings of any other beverages that contains no more than 66 calories per eight ounces,
- e. At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain up to 10 calories per eight ounces
- f. Low-fat milk, skim milk, and non-dairy milk.

Policy: Foods and Beverages Sold Outside of the School Cafeteria

The Central Community School System will:

1. Follow the nutrition guidelines set by state law for vending machines and concession stands and stores.
2. Eliminate use of foods and beverages as **rewards** for student accomplishment.
3. Provide healthful food and beverage choices at school **parties**. A list of healthy foods and beverages and non-food rewards and activities will be provided annually to administrators, students, teachers, and parents. (See Attachment A for healthy snack and school party ideas.)
4. Promote **fundraisers** that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients). (See appendix C for healthy fundraising alternatives.)
5. Provide nutritious and appealing food and beverage options (such as fruits, vegetables, nuts, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered **after school** at sporting and academic events, celebrations, social events, after school care, and other school functions.

4.B. Nutrition Education

School-based nutrition education includes traditional classroom lessons and behavioral change programs based on social learning theory and marketing. Using all venues is recommended for optimal impact.

Nutrition is not a stand-alone course. It is taught in health education and science classes and can be integrated into core content area of instruction across the curriculum. A planned, sequential curriculum where the lessons are aligned with standards, benchmarks, and grade-level expectations is essential to impact knowledge, attitude, and behavior.

Behavior change can be enhanced through social learning theory and marketing, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The district and its schools will market and promote only foods and beverages that meet the nutrition standards for meals and/or for foods and beverages sold individually.

Policy: Nutrition Education

The Central Community School System will:

1. Provide the equivalent of a six-week unit on nutrition or ensure that at a minimum of 30 hours of nutrition is taught in the classroom during the year.
2. Implement nutrition education programs that promote lifelong healthful eating practices that are research-based.
3. Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant.
4. Use curriculum and lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations.
5. Provide hands-on activities that are fun and engaging.
6. Provide repeated opportunities for students to taste foods that are low in fat, sodium and added sugars and high in vitamins, minerals and fiber.
7. Promote positive aspects of healthful eating behaviors.
8. Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal-setting, social resistance skills, overcoming barriers to behavioral changes and goal setting.
9. Strive toward hiring qualified, certified health education teachers.
10. Provide nutrition education related staff development opportunities for teachers on an annual basis.
11. Encourage parent involvement in lessons taught and school activities.
12. Coordinate marketing activities with nutrition education classroom activities.

4. C. Physical Education and Activity

Daily physical activity is essential to student welfare and academic performance. Federal Guidelines recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity. Districts and schools, including parents and communities, must offer additional opportunities and resources for physical activity outside physical education classes.

Policy: Physical Education and Activity

The Central Community School System will:

1. Implement quality physical education programs that emphasize and promote participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all students.
2. The physical education lessons should be aligned with standards, benchmarks, and grade-level expectations.
3. Provide students in grades K-8 with a minimum of 150 minutes per week of physical education.
4. Ensure that students in grades K-8 participate in planned, organized, and moderate to vigorous physical activity for a minimum of 30 minutes each school day.
5. Ensure that enough age-appropriate and safe equipment is in place to guarantee that all students are able to be active for physical education and physical activity.
6. Ensure that qualified, certified physical education teachers guide physical activity instruction in all elementary grades as well as in middle and high school physical education classes.
7. Provide staff development on standards implementation for physical education instructors.
8. Provide a variety of fitness training, motor skills, and team work modules in physical education required at the high school level for graduation.
9. Ensure that all high school students take one and a half units of physical education.
10. Use a recognized instrument or program such as *Fitnessgram*®, to evaluate students' physical fitness.
11. Provide daily recess for all children in K-8th grade.
12. Encourage physical activity during recess for elementary students, intramurals programs, and clubs, as well as in physical education programs.
13. Integrate physical activity in the academic curriculum,
14. Work with the community to create opportunities for students to walk, bike, skateboard, roller-skate, play basketball, play softball, play baseball, or participate in other physical activities in a safe location at times other than the school day.

15. Provide opportunities for parents and guardians to support students' participation in physical activities, such as a Safe Routes to School Program, to be physically active role-models, and to include physical activities in family plans.
16. Encourage school staff to participate in physical activities to serve as role models.
17. Keeps students active for at least half of the class time.
18. Develops students' self-confidence and eliminates practices that humiliate students.

5. Communication

At the beginning of each school year, no later than one month after the first day of class, the Wellness Committee will share a summary of the Wellness Policy with school staff and faculty, students, and parents. Updates to the Policy may be highlighted and discussed. Any special events that the Wellness Policy Committee plans to achieve should be shared with everyone affected and the School Health Advisory Council.

6. Monitoring and Evaluation

The School Health Advisory Council will develop a plan of action for implementation. (Attachment A provides a sample action plan.) The School Health Advisory Council shall use the Louisiana Department of Education's Wellness Policy Evaluation tool annually and be prepared to report results to the Department of Education by October 31. To accurately report the status of the Wellness Policy in the district, the SHAC Committee shall develop a plan for monitoring adherence to the Wellness Policy Guidelines, monitor, and establish a means for corrective action. The SHAC Committee shall evaluate the effectiveness of the Policy and amend it based on the results of the evaluation and the needs of the community.

Approved by


Mike Faulk, Superintendent

Date:

3/18/15

Snack and Party Ideas

Snacks are important to provide nutrients for growing children.

1. Include a wide variety of foods that are rich in nutrients.
2. Have healthful snacks available and easily accessible. Cut up fruits and vegetables for easy eating, especially children with loose teeth or braces.
3. Try low-fat versions of milk, ice cream, crackers, and chips.
4. Avoid using food as a reward or punishment.
5. Be a good role model by eating healthful snacks with your children/students.
6. Choose fruits and vegetables as snacks so children/students can meet the goal of eating at least three or more servings of vegetables and two or more servings of fruits a day.
7. Involve children/students in planning and shopping for foods and beverages for snacks and parties.
8. Involve students in planning a party that provides healthy food choices and activities that do not focus the party on food.
9. Offer food again, even if children/students did not like it the first time, especially fruits and vegetables. Students need repeated exposure to new foods.
10. For more information, call the free American Dietetic Association Hotline at: (800) 366-1655 or visit the website at <http://www.eatright.com>.

Alternatives to Using Food as a Reward

Using food as a reward undermines nutrition education, encourages overconsumption of extra calories, especially foods high in fat and added sugar, and teaches children to eat when they are not hungry. Some alternatives for rewarding children include:

Sit by friends	Keep a treasure box filled with non-food items
Give a set of flashcards or books	Go for walks
Reading time	Give stickers, pencils, and other school supplies
Extra time for art or music	Offer dress down day
Hold class outside	Offer free time at the end of the week
Listen to music while working	Eat lunch with the principal or teacher
Play a favorite game or puzzle	
Dance to favorite music	

For more ideas, visit the following web sites:

- Michigan Department of Education Team Nutrition – <http://www.tn.fcs.msue.msu.edu>
- USDA Team Nutrition *Create Healthy, Active Celebrations*
 - <http://www.fns.usda.gov/eatsmartplayhardeducators/materials/>

Creative Fundraising Ideas

Healthy fundraising ideas promote consistent messages of practicing healthy eating and physical activity habits in the classroom, throughout the school, and at home. Listed below are some ideas for raising funds without selling food.

1. Sports tournament – Sell tickets to students and family members to attend a student volleyball, tennis, or golf tournament. Include some local celebrities to increase sales throughout the community.
2. Pledge ideas -- Walk-a-thon and fun runs – Hold a walk and or run on the school grounds. Ask for pledges to sponsor.
3. Spring yard work to local community members – Offer to rake yards and spread compost at a bargain rate.
4. Basketball tournament – Charge a team of three players \$40 for entrance and ask local businesses for prize donations. Provide tee shirts for the event and raise the entrance fee.
5. Plant sale – Sell perennials, herbs, or seeds; poinsettias during the holidays, and flowers for Valentine’s Day.
6. Community job fair – Rent booths for a fee to local companies and solicit free advertisements for local radio stations or newspapers. Charge an entrance fee.
7. Crafts fair – Local and regional crafts persons can rent booths for a fee. The school can charge a small entrance fee to the public.
8. School event planners – Sell planners at school registration. Planners include all event dates, such as sports events, national tests, dances, plays, etc. Fifty percent of the sales can be profits.
9. Sell seat cushions at sporting events – Sell advertisements on the cushions to 20 local businesses for \$50 – 100 to make even more money.
10. Administrative fun - Have money jars available for the students to make donations. The school secretary would count the money in the jars on a daily basis and post the total. At set dollar increments, the principal and/or vice-principal would have to do stunts, such as dress as a cheerleader, do cheers, etc.
11. Raffle of gift baskets assembled by students - Choose a theme such as gardening, sports, or arts and crafts. Most items for the baskets can be donated.
12. Sell candles, greeting cards, gift wrap, magazines, buttons, pins, pens, crafts, batteries, Frisbees, pet treats, and calendars.
13. Rent a special parking place.
14. Involve the community – Conduct workshops or classes, a scavenger hunt, a recycling program, a car wash for donations, a garage sale
15. Sell school spirit supplies – megaphones, shakers, plastic cups, T-shirts, school supplies, bumper stickers, cookbooks or books developed by the school
16. Host art, music, and science events such as a read-a-thon, spelling bee, science fair, talent show, art show, plays, and concerts

Adapted from *Twenty Ways to Raise Funds without Candy*, Illinois Nutrition Education and Training Program, Illinois Department of Education, Creative Financing and Fun Fundraising for Schools, Sports, and Clubs, California Project LEAN, and WIN Wyoming, Family and Consumer Sciences, University of Wyoming Cooperative Extension Service

**Central Community School System
Wellness Policy Activities
2014-15**

STUDENTS

Bellingrath Hills Elementary School- Laurie Gehling, Principal

Guidance Counselor and School Nurse provide instructional activities/presentations to students. These include visits from local dentists and the importance of washing hands. These activities, along with basic nutritional lessons, are reflected in daily lesson plans.

Central Intermediate School- Rhonda Taylor, Principal

Activities: Jump Rope for Heart
 Anti-Smoking Programs
 Dentist/Orthodontist Visits
 Daily Health Information presented on-screen in every classroom about eating right, exercise, getting enough rest, etc.

Central High School- David Prescott, Principal

Nutrition/Health courses offered: Health
 Physical Education
 Certified Nursing
 Varsity Sports (Exercise and Nutrition)
 Science and Chemistry (Nutrition)

Central Middle School- Jason Fountain, Principal

Health Education is taught through the Physical Education courses. PE classes conduct wellness activities, such as tracking nutrition and physical movement goals, throughout the school year. 8th grade students are required to take ½ credit of Health to fulfill their graduation requirements.

Tanglewood Elementary School- Kitty Ainsworth, Principal

Faculty and staff at TES take a proactive, preventative, and wellness approach to the health & wellness of all students. Some of these include “how to wash hands thoroughly”, importance of proper teeth brushing and oral hygiene, as well proper nutrition. Also, all students participate in an active physical education program that promotes active movement and brain development through problem solving games.

EMPLOYEES

The Central Community School System employs Humana Insurance for the health and medical needs of its employees. See the attached brochures that show what is required and also, what is offered on a voluntary basis.

All schools have volunteer walking programs that focus on the minimum required time/pace/calories burned for ultimate health. The programs use devices that are uploaded directly to their Humana accounts for credit. (Fitbug, Fitbit, RunKeeper, My Fitness Pal, etc.) Two of CCSS Schools have "Free for Five: Employees receive a free dress day for every 5 miles walked. Also, one school has "Friday Farmer's Market," where faculty/staff may purchase fresh fruits and vegetables.

**Central Community School System
Wellness Policy Committee
2014-15**

Mike Faulk, Superintendent

Kathy Hattaway, Supervisor, Child Nutrition Program

Debra Efferson, Purchasing Coordinator, Child Nutrition Program

Kitty McPhate, Parent of 5th and 10th Graders

Lynn Kate Johnson, Parent of 1st Grader

Donnis Boyd, Insurance and Student Services Clerk

Laurie Gehling, Principal, Bellingrath Hills Elementary

Rhonda Taylor, Principal, Central Intermediate School

David Prescott, Principal, Central High School

Jason Fountain, Principal, Central Middle School

Kitty Ainsworth, Principal, Tanglewood Elementary School

Sid Edwards, Athletic Director, Central High School

Sharon Ball, Nurse, Central High School

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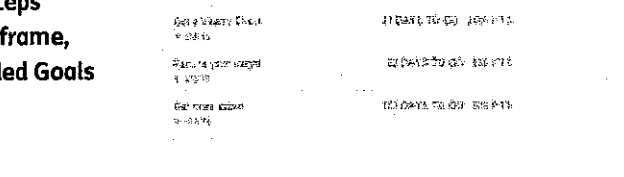
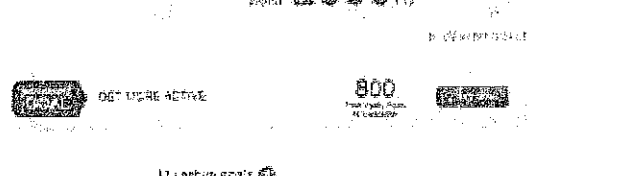
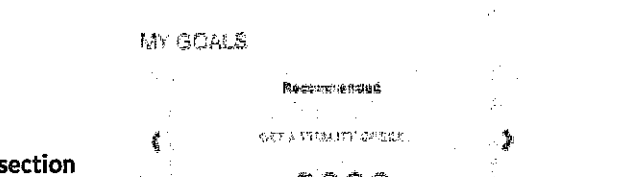
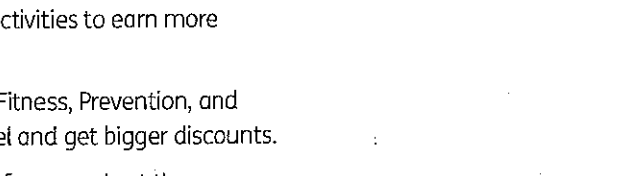
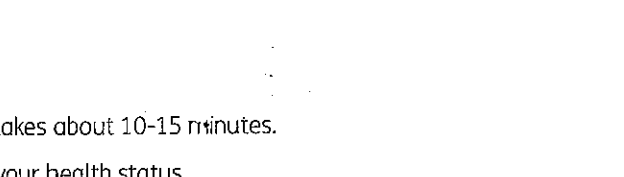
Figuring out what HumanaVitality is all about is no different. This guide will get you started on the path to better health. It'll also help you build your Vitality Points™ and reach Silver Vitality Status™. That will give you more Vitality Bucks® to spend at the HumanaVitality Mall and opportunities for discounts on your purchases.

Set.

1. To get to your personal HumanaVitality website, go to HumanaVitality.com.
2. Register or sign in to enter the secure website.
3. Take the HumanaVitality Health Assessment to begin earning Vitality Points. This takes about 10-15 minutes.
4. Review your Health Results to receive your Vitality Age™ and find out more about your health status.
5. Set your personal goals, including scheduling a Vitality Check® and other healthy activities to earn more Vitality Points.
6. Review other opportunities to earn Vitality Points in categories like Healthy Living, Fitness, Prevention, and Education on your browser bar. Build Vitality Points to raise your Vitality Status level and get bigger discounts.
7. Each Vitality Point you earn is worth one Vitality Buck®. Redeem your Vitality Bucks for rewards at the HumanaVitality Mall.

Go. Setting goals.

1. From the HumanaVitality home page, click View My Goals under the My Goals section on your dashboard page.
2. For each recommended goal, click View to find out more about how the goal will help you. You also can access the Set Goal feature here.
3. Once you set a goal, it will appear in the My Active Goals section. Repeat the steps above to add more goals. When you complete a goal within the specified time frame, it will be saved. If the goal is not achieved, it will reappear in your Recommended Goals section to be selected again.



Humana Vitality

HumanaVitality.com

Vitality Points adults 18+

Education

Maximum Vitality Points per program year 2,000

Activity	Vitality Points
Health Assessment (HA)	500
First step HA*	500
HA bonus**	250
Calculator(s)	75 each (up to 300/program year)
CPR certification	125
First aid certification	125
Update/confirm contact information†	50
Monthly Humana.com visit	10 each (up to 120/program year)
Accept online statements*	50

* Once per lifetime reward

** For completion of the HA within the first 90 days of your HumanaVitality program year

† Activities not rewarded under certain plans

Fitness

Maximum Vitality Points per program year 8,300

Activity	Vitality Points
Verified workout: partner health club, device or mobile apps	
Each verified workout	15 per day (up to 5,475/program year)
1st verified workout of the week (Monday-Sunday)	15 bonus per week (up to 780/program year)
5+ verified workouts per week (Monday-Sunday)	40 bonus per week (up to 2,080/program year)
Sports league	350
Athletic events: (for example, running, walking, cross-country skiing, cycling, triathlon)	
- Level 1	250
- Level 2	350
- Level 3	500

Prevention

Maximum Vitality Points per program year 3,800

Activity	Vitality Points
Health screening*	400 per screening
Dental exam	200 per exam (up to 400/program year)
Vision exam	200
Flu shot	200
Nicotine test	400
Vitality Check® completion:	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400

* Subject to certain requirements and will appear on your Vitality Points statement if they are applicable to you.

Healthy Living

Maximum Vitality Points per program year 2,700

Activity	Vitality Points
Blood donation	50 (up to 300/program year)
Nicotine test (in-range results)	400
Vitality Check in-range results:	
Body mass index <25 and ≥ 18.5	800
Blood pressure systolic ≤ 120mmHg diastolic ≤ 80mmHg	400
Blood glucose <100mg/dL	400
Total cholesterol <200mg/dL	400