

# Rockcastle County School District's Wellness Policies on Physical Activity and Nutrition



## Preamble

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

Whereas, good health fosters student attendance and education;

Whereas more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 7th edition of the Dietary Guidelines for Americans places stronger emphasis on balancing calories with physical activity, and encourages Americans to make more nutrient-rich food choices that contain less sodium, saturated fats and trans-fats, added sugars and refined grains.

Whereas, heart disease, cancer, stroke, and diabetes are responsible for 55% of deaths in the United States, and major risk factors for these diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 70% of high school students do not attend daily physical education classes, and there are numerous studies showing that physical activity can improve academic achievement in students.

Whereas, nationally, until the Healthy Hunger Free Kids Act of 2010 was enacted, the items most commonly sold from school vending machines, school stores, and snack bars included low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes.

Whereas, Rockcastle County ranks 89 out of 120 counties in health outcomes mortality.

Whereas, 46% of adolescents in Kentucky report consuming fruits and vegetables less than one time daily.

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 Rockcastle County 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 Rockcastle County 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, and meet the new meal pattern requirements of 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, National School Lunch Program and After School Snack 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. District Wellness Committee**

The school district will create, strengthen, and work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to schools for implementing those policies.

#### **Rockcastle County Schools Wellness Committee:**

David Pensol	Superintendent
Rebecca Isaacs	Director of Student Services
Jamie Saylor	Food Service Director
Jessica Lopez	District Health Services Coordinator
Jennifer Mattingly	RCHS Principal
Marcus Reppert	RCMS Principal
Derrick Bussell	BES Principal
JD Bussell	MVES Principal
Chris Bishop	RES Principal
Kayla Rowe	Rockcastle Regional Hospital & Parent

### **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 free through Community Eligibility Provision (CEP)
- 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 (USDA) statutes and regulations;
- be entered into the InTeam menu compliance software;
- offer a variety of fruits and vegetables; a total of at least four choices of fruits and vegetables are offered daily for breakfast and lunch at every school. No more than half the fruits and vegetables offered will be in the form of 100% juice.
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA); and
- ensure that all grains served are 51% whole grain rich.

**Obtaining Feedback.** Rockcastle County Schools Food Services will engage students and parents, through taste-tests of new entrees, in selecting foods offered through the school meal programs in order to identify new, healthful, and appealing food choices. The Food Service Department will maintain a website page and [Facebook](#) page to communicate menus, special offerings and other related information. In addition, the Food Service Department will share information about the nutritional content of meals with parents and students. Directions on how to select a reimbursable meal will be available on the [district website](#) and [Food Service Facebook page](#). Food service staff will also guide students to select a complete reimbursable meal.

**Breakfast.** To ensure that all children have breakfast, meeting their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.
- Schools will provide breakfast at no charge through the Community Eligibility Provision.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, offering “grab-and-go” options, or offering a second chance breakfast between first and second period (middle and high school).
- Schools will notify parents and students of the availability of the School Breakfast Program.

**Community Eligibility Provision.** All Rockcastle County Schools provide meals at no charge to all children, regardless of income.

**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
  - should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and

**Qualifications of School Food Service Staff.** Qualified and properly trained 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 food service staff in schools. Staff development programs will include KentuckyOne certification and training programs for the food service director, food service administrative assistant, school food service managers, and cafeteria workers, according to their levels of responsibility.

**Notification of Eligibility of Meals.** Prior to the beginning of each school year, a notice is included in the Mount Vernon Signal (local newspaper) stating that all schools in Rockcastle County will be participating in Community Eligibility Provision (CEP) and all students will receive one breakfast and one lunch at no cost, regardless of income. This is also posted on our district website.

**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.)**

USDA publishes practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

### **Beverages**

#### **All schools may sell:**

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk
- 1% flavored milk (beginning 2017-2018 school year)
- Milk alternatives permitted by NSLP/SBP for lactose free students
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

**Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit 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 < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

### **Foods**

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or be a combination food that contains at least ¼ cup of fruit and/or vegetable; or contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines

for Americans (calcium, potassium, vitamin D, or dietary fiber).

- Foods must also meet several nutrient requirements:

**Calorie limits:**

- Snack items: ≤ 200 calories
- Entrée items: ≤ 350 calories

**Sodium limits:**

- Snack items: ≤ 230 mg\*\*
- Entrée items: ≤ 480 mg

**Fat limits:**

- Total fat: ≤35% of calories
- Saturated fat: < 10% of calories
- Trans fat: zero grams

**Sugar limit:**

- ≤ 35% of weight from total sugars in foods

**Celebrations/School Parties.** Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Healthy food ideas for parents and teachers that meet the Smart Snack standards are listed at the link below.

Smart Snacks Guide: <https://foodandhealth.com/usda-school-snack-guide/>

**Snacks.** Snacks served during the school day or in after-school care or enrichment 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 milk as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

**Rewards.** Schools should not use food 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, and will not withhold food or beverages (including food served through school meals) as a punishment. An alternative would be extra gym/recess time.

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

**Nutrition Education and Promotion.** Rockcastle County 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 receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class.

- 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 when possible.

**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 send home nutrition information, post nutrition tips on school district website ([www.rockcastle.kyschools.us](http://www.rockcastle.kyschools.us)) and [Food Service Facebook page](#), and provide nutrient analyses of school menus.

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. Such support 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. As such, schools will 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. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines and sales of fruit for fundraisers.

**Staff Wellness.** Rockcastle County School District 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.

- The local health department will aid in providing health screenings which include BMI, glucose, cholesterol and blood pressure screenings.

- Local pharmacy will make flu shots (for staff) more accessible by visiting each school.
- The district will partner with Rockcastle Regional Hospital, Rockcastle County Health Department and other local professionals to offer health related workshops and programs.

## IV. Physical Activity Opportunities and Physical Education

### Daily Physical Education (P.E.) K-12.

Program/Activity	Elem.	Middle	High
Provides at least 150 minutes of physical education per week	YES	N/A	N/A
Provides at least 225 minutes of physical education per week	N/A	YES	9 <sup>th</sup> Grade
Provides intramural physical activity opportunities	YES	YES	YES
Offer facilities to families/community for physical activity opportunities	YES	YES	YES

**Daily Recess.** All elementary school students will have at least 10 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.** When possible, schools will offer extracurricular physical activity programs, such as physical activity clubs or programs. The high school and middle school 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 child care 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.

Activities currently offered: archery, jump rope club, track, cross-country, boys and girls basketball, football, cheerleading, fishing, tennis, volleyball, karate, golf, softball and baseball.

**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 to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

**Use of School Facilities Outside of School Hours.** When possible, school spaces and facilities will be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

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

**Monitoring.** The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school's compliance to the school district superintendent or designee.

School food service staff, at the district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent.

The superintendent or designee 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. That report will be provided to the school board and also distributed to all school health councils, school principals, and school health services personnel in the district.

**Policy Review.** To help with the initial development of the district's wellness policies, in June 2017 each school in the district conducted an assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated annually 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.