

Lifelong Learning Research Institute, Inc. FY 18

Faculty, Staff, and Additional Stakeholders

Materials for NSLP Policies

Wellness Directives

Data Collection

Water Policy

Revision Process

School Monitoring

Developing A Functioning Wellness Plan For LLRI

This in-service development training will help all stakeholders of LLRI to articulate a district wide wellness policy. It will provide standardized norms in which our school will work within in order to further the “next steps” in refining our comprehensive school wellness policy. We will be using guidance that we receive from Quality First and other informational sources as noted throughout this document. These references are in place to help keep the LLRI’s “Wellness Policy” up-to-date and in-synch with our school culture. Information archived as a result of the need for this in-service material was adopted from several refereed sources and made available by: Action for Healthy Kids, National Association of State Boards of Education, United States Department of Agriculture, Team Nutrition, The National School Lunch Program, and others as sited specifically in this “Wellness Policy” material.

LLRI's in-service materials are presented within this document so that we can develop a “School Wellness Policy” that reflects our school culture and meets the needs of our stakeholders. Within this framework, we will establish a clear and open pathway for further discussions, policy revisions, guideline adjustments, community service learning projects (ex: Jump for Heart) and policy implementation documentation. These are essential foundational steps which strengthen and/or sustain our key wellness policy components.

LLRI has identified and organized the key components of our school “Wellness Policy” into small, well defined "next steps" or mini sections. This structure yields itself to the ongoing demands of the rigorous process of keeping LLRI’s school culture continuous and current. It supports and defines the implementation components of this wellness policy.

LLRI will include in its overall plan the following:

(1) Purpose, Findings, and Statement of Policy; (2) Nutrition Education; (3) “School Meals” Program; (4) Other Foods and Beverages; (5) Physical Education and Physical Activity; (6) Other School-Based Activities; (7) Staff Wellness; (8) Accountability; (9) Communication; (10) Implementation and Evaluation; (11) Water; and (12) Policy EXTRAS as needed.

LLRI's team may change the framework of this document. It may not change the outlined need and specifically articulated enforcement of its overall Wellness Policy. This policy may evolve throughout the year and from year to year. The identified Wellness Policy team members are: Mary Lou Klem, Robert Klem, Grail O’Reilly, Ed Butchart, and Shirley Williamson, identified students from LLRI’s student body which will be included as contributors which support the Wellness Policy, faculty, and other stakeholders of LLRI. This team is open to all who would like to participate. The team will provide a definition of the daily routine which will be followed in all LLRI schools so to insure compliance with this policy. It also reassures LLRI that all policies within the articulated Wellness Policy are monitored by the stakeholders designing the policy.

Stakeholders will be given time to review LLRI’s “Wellness Policy” materials and become familiar with its goals, action steps, and implementation within LLRI schools.

Wellness Policy in-services will be schedule in July (teacher in-service) and again during second semester. The documentation and review of the key policy procedures will be evaluated during these designated meeting times. (Meetings will be structured.) If the Wellness Team presents substantial changes to the current LLRI's Wellness Policy, the changes must be School Board approved before implementation.

LLRI will also use the pre-school tobacco-free policies for the entire LLRI system. This is a stand-alone additional policy supplied to LLRI by the state.

Background Information

Statistics and comment provided from public source

Childhood obesity has more than tripled in the last 30 years.¹ Nationally, more than one out of every three children are overweight or at risk of becoming overweight, with rates being highest among minority and low-income populations.^{2,3} Shockingly, our current generation of children is the first in many years to have a shorter life expectancy than its parents.⁴

Schools are recognized as a major player in combating childhood obesity because of the significant amount of time children spend at school. At school, children are exposed to adult role models and a variety of nutrition and physical activity practices that will shape their lifelong habits. Schools are expected to promote school health, and there are many opportunities to promote healthier eating and an increase in physical activity during the school day. In addition to improving childhood health, research shows that a healthy diet and regular physical activity improve academic performance and student behavior.⁵

In response to the rising trend of childhood obesity, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. This legislation requires all districts and schools that participate in the federally funded school meal programs to develop and implement a local wellness policy by the beginning of the 2006 school year. Policies are required to be developed locally, rather than at the state level, to allow districts to tailor them to their school settings and local needs.

¹ Centers for Disease Control and Prevention. (2010, June). "Healthy Youth! Health Topics: Childhood Obesity." Retrieved July 13, 2010, from <http://www.cdc.gov/healthyyouth/obesity/>.

² Robert Wood Johnson Foundation and Trust for America's Health. (2010, June). "F as in Fat: How Obesity Threatens America's Future 2010." Retrieved July 13, 2010, from <http://healthyamericans.org/reports/obesity2010/>.

³ Ogden, C.; Carroll, M. (2010). "Prevalence of Obesity Among Children and Adolescents: United States, Trends 1963-1965 Through 2007-2008." Retrieved September 8, 2010, from http://www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.htm.

⁴ Olshansky, S.J.; Passaro, D.J.; Hershow, R.C.; Layden, J.; Carnes, B.A.; Brody, J.; Hayflick, L.; Butlern, R.N.; Allison, D.B.; Ludwig, D.S. (2005). "A potential decline in life expectancy in the United States in the 21st century." *N Engl J Med.* 352(11):1138-45.

⁵ Centers for Disease Control and Prevention. (2010, June). "Healthy Youth! Student Health and Academic Achievement."

Retrieved July 13, 2010, from http://www.cdc.gov/HealthyYouth/health_and_academics/index.htm.

LLRI - School Wellness Policy Requirements

Federal legislation mandates that school wellness policies address these five content areas ⁷ and each school district (LLRI) will provide written goals for:

*Food nutrition education

*P.E. and recess scheduled activity during the school day and other school-based activities

i.e.: LLRI's Rodeo dance, Jump for Heart, daily P.E. classes, walks around the school grounds, and use of school stairs, which are designed to promote student movement as related to their wellness

*Nutrition guidelines for all foods available on each school campus as requested (Delgado's food production worksheets) during the school year with the objectives of promoting student health and reducing childhood obesity.

*Guidelines for reimbursable school meals (see NSLP), which are no less restrictive than regulations and guidance issued by the Secretary of Agriculture.

*A plan for monitoring the implementation of LLRI's wellness policy. Attendance Logs (reviewed by office personnel), P.E. schedules, Recess schedules (during the school day but not counted as not part of the school day), dust busters, hand-washing, healthy food choice, and soon to be added "water" and classroom posters for display in the "eating" area.

*Community involvement including: parents (NSLP), students, teachers, staff, representatives of the school food catering business, school board, school administrators, and stakeholders in the development and/or implementation of the school wellness policy.

Each of these content areas is incorporated throughout the in-service materials and the development of LLRI's wellness policy outcomes.

⁷ USDA. (n.d.) "Local Wellness Policy Requirements." Retrieved July 7, 2010, from http://www.fns.usda.gov/tn/Healthy/wellness_policyrequirements.html.

Purpose, Findings and Statement of Policy

Policy Development For LLRI

Purpose, Findings and Statement of Policy

LLRI's school wellness policy should begin with a statement of its purpose, a summary of the main concepts and practices the policy will promote, and facts that support the need for the policy.

As a team, we will begin by discussing the items outlined below and reviewing some of the current facts about childhood obesity and school wellness programs. (See following pages).

Then we will review several example policies that have been written for other school sites.

Our task is to draw from these examples and our team's discussions to draft LLRI's own statement of purpose and findings.

Team questions and their responses are listed below:

Identify the health and wellness issues and needs that our LLRI students face.

Clean classroom work environment so not to spread common cold, flu, or other contagious symptoms.

Good Food to Eat.

Clean Air filters for air conditioners – maintenance from Barker Morrissey.

Healthy food choices and healthy foods served.

Culturally correct foods served.

Why a wellness policy is wanted at all LLRI schools?

So all stakeholder feel a sense of overall "health" security.

What do you envision this policy achieving for the students and staff at your school?

Overall daily routines, easily followed guidelines and school procedures and "healthy" environments.

Comments from Committee:

Open area play in morning, scheduled recess, scheduled P.E., climbing stairs,

Facts Regarding Childhood Overweight and Obesity and Schools

- Since 1980, rates of childhood overweight and obesity have more than tripled.⁹
- Current estimates show that more than one-third of children and adolescents in America are overweight or obese.^{10,11}
- Children who are overweight or obese are more likely to suffer from negative health conditions as children and as adults, including high blood pressure, heart disease, diabetes, and cancer; and they may also suffer from psychological stress, such as low self-esteem or bullying.¹²
- 30% of boys and 40% of girls born in 2001 will develop type 2 diabetes in their lifetime.¹³
- Today's youth make up the first generation in many that is expected to have a shorter life expectancy than its parents.¹⁴
- Nutrition and physical activity are two behaviors that have a critical impact on childhood overweight and obesity.¹⁵
- Schools are capable of being a powerful force in combating childhood overweight and obesity because youth spend a significant amount of their time at school each day. Schools have the ability to teach students healthy eating and physical activity behaviors and provide an environment that models and supports those behaviors.¹⁶
- Proper nutrition and physical activity reduces childhood overweight and obesity but also increases students' academic performance.¹⁷

⁹ Centers for Disease Control and Prevention. (2010, June). "Healthy Youth! Health Topics: Childhood Obesity." Retrieved July 13, 2010, from <http://www.cdc.gov/healthyyouth/obesity/>.

¹⁰ Robert Wood Johnson Foundation and Trust for America's Health. (2010, June). "F as in Fat: How Obesity Threatens America's Future 2010." Retrieved July 13, 2010, from <http://healthyamericans.org/reports/obesity2010/>.

¹¹ Ogden, C.; Carroll, M. (2010). "Prevalence of Obesity Among Children and Adolescents: United States, Trends 1963-1965 Through 2007-2008." Retrieved September 8, 2010, from http://www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.htm. ¹² Centers for Disease Control and Prevention. (2009). "Child Overweight and Obesity: Consequences." Retrieved September 8, 2010, from <http://www.cdc.gov/obesity/childhood/consequences.html>.

¹³ Narayan, KM; Boyle, JP; Thompson, TJ; Sorensen, SW; Williamson, DF. (2003). "Lifetime risk for diabetes mellitus in the United States." *JAMA*. 290(14):1884-90.

¹⁴ Olshansky, S.J.; Passaro, D.J.; Hershov, R.C.; Layden, J.; Carnes, B.A.; Brody, J.; Hayflick, L.; Butlern, R.N.; Allison, D.B.; Ludwig, D.S. (2005). "A potential decline in life expectancy in the United States in the 21st century." *N Engl J Med*. 352(11):1138-45. ¹⁵ Centers for Disease Control and Prevention. (2009). "Childhood Overweight and Obesity: Contributing Factors." Retrieved September 8, 2010, from <http://www.cdc.gov/obesity/childhood/causes.html>.

¹⁶ Centers for Disease Control and Prevention. (2009). "Childhood Overweight and Obesity: Contributing Factors." Retrieved September 8, 2010, from <http://www.cdc.gov/obesity/childhood/causes.html>.

¹⁷ Centers for Disease Control and Prevention. (2010). "Healthy Youth! Student Health and Academic Achievement." Retrieved September 8, 2010, from http://www.cdc.gov/healthyyouth/health_and_academics/index.htm.

Policy Examples: Purpose, Findings and Statement of Policy

Example 1

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, 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, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

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 LLRI 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 LLRI School District that:

Whereas, LLRI School District, recognizes that stakeholder participation is essential to the development and implementation of successful school "wellness policies." These policies shall foster healthy food choices, physical activity throughout the school day, a safe secure primacies (locked school door from the outside), and an overall scholastic advance from all student stakeholders which correlates directly and/or indirectly with the established daily wellness guidelines and there implementation as a school culture.

The LLRI will engage students, parents, teachers, food service professionals, health professionals, and other interested community members (all stakeholders) in developing, implementing, monitoring, and reviewing LLRI's nutrition and physical activity policies.

All students in grades K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.

Foods and beverages sold or served on LLRI's campuses will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans. School student "parties" will be limited and monitored.

LLRI 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; will provide clean, safe, and pleasant settings; and provide adequate time for students to eat.

To the maximum extent possible, all LLRI schools will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks), Summer Food Service Program if LLRI sites are open for summer school programs, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program (including suppers if LLRI sites are functioning in this manner)).

Source: Model School Wellness Policies - <http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

Example 2: Introduction

Approximately 13% of school-age children are obese, and 15% are overweight. (2001 Surgeon General's Report)

Between 56 – 85% of school age children consume soda every day. (J Am Diet Assoc. 2003)

51% of school-age children eat less than one serving of fruits and vegetables a day. (J Am Diet Assoc. 2003)

84% of school-age children consume too much fat. (J Am Diet Assoc. 2003)

Among children of varying ages, 8 to 45% (depending on geographic region) of newly diagnosed cases of childhood diabetes are Type 2, non-insulin dependent associated with obesity. (American Academy of Pediatrics, 2000)

Most high school students take only one year of physical education between grades 9 and 12 and less than a third of high school students attend physical education classes daily (NASPE 2001). One out of four children does not attend any school physical education classes (CDC 1999-2000).

The research listed above presents an alarming reality that today's schools, communities, and families are faced with addressing. Recognizing the value of school meals and good nutrition, school educators, administrators and school board officials must create healthy school environments through adopting sound nutrition, food service, and physical activity environment policies that protect the health of school children and allow them to achieve their full academic potential.

Purpose and Goals

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, all school staff is encouraged to model healthy eating behavior as a valuable part of daily life. School leaders shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating that includes:

*A food service program that employs well-prepared staff who serve appealing choices of nutritious foods;

*Pleasant eating areas for students and staff with adequate time for unhurried eating;

An overall school environment that encourages students to make healthy food choices;

Opportunities and encouragement for staff to model healthy eating habits;

Services to ensure that students and staff with nutrition-related health problems are referred to appropriate services for counseling or medical treatment;

Strategies to involve family members in program development and implementation.

The school nutrition program shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences in cultural norms.

Source: Action for Healthy Kids, Arizona State Team//

<http://www.ade.az.gov/health-safety/cnp/nslp/NutritionPolicy-StateBoardMeeting.pdf>

Example 3: Purpose

The purpose of this policy is to develop healthy learners through a school environment that promotes and protect students' health, wellbeing and ability to learn by supporting healthy eating and physical activity.

General Statement of Policy

The LLRI recognizes that nutrition education and physical education are essential components of the school culture and that good health fosters student attendance and education.

The school district will involve students, parents, teachers, food service staff and community partners and industry experts in implementing, monitoring and reviewing our district Wellness Policy.

The school environment will promote and protect students' health, wellbeing and ability to learn by providing opportunities for healthy eating and physical activity.

All students in grades K-12 will have opportunities, support and encouragement to be physically active on a regular basis.

All students will have access to a variety of affordable, nutritious and appealing foods that meet their health and nutrition needs.

All foods and beverages made available on campus (including, but not limited to, concessions, school stores, vending, beverage contracts, and a la carte cafeteria items) will meet USDA Guidelines where appropriate.

The religious, ethnic and cultural diversity and food allergies of the student body will be respected in meal planning, nutrition education and physical activity; and school sites will provide clean, safe and pleasant settings with adequate time for students to eat.

Source: Not specified – public domain.

Policy language:

(State findings and the purpose of LLRI's wellness policy using the discussion items and examples from the previous pages.)

All LLRI schools in the district will fully participate in the federal school meal programs to the maximum extent possible and foster strong wellness procedures as part of the school's culture.

The school environment will promote and protect students' health, wellbeing and ability to learn by providing opportunities for healthy eating and physical activity.

The school district will involve students, parents, teachers, food service staff and community partners and industry experts in implementing, monitoring and reviewing our district Wellness Policy.

Nutrition Education

Nutrition Education

Nutrition education provides children the knowledge and skills they need to make food choices that maintain and promote health. The Centers for Disease Control and Prevention¹⁹ offer these recommendations for quality nutrition education:

Make nutrition education interactive and teach students the skills they need to adopt healthy eating behaviors; such as, how to plan and prepare healthful meals and reading food labels. Emphasize the positive, appealing aspects of eating healthy, as opposed to just the harmful effects of not eating healthy; and give students opportunities to taste-test different healthy foods.

Offer nutrition education in the school eating area as well as in the classroom, with coordination between the food service staff and teachers.

Include both nutrition and physical education standards in district health and physical education curricula.

Ensure that teachers providing nutrition education have a general knowledge of the material. Also, consider ways to get all staff involved - the more role models students have, the more likely they are to change their own behaviors. (Teachers eat with students.)

Encourage teamwork between food service staff and teachers to develop ways to integrate nutrition into other classes at all grade levels to reinforce LLRI's message of healthy eating.

Offer parent/family nutrition education opportunities.

Free Health Curriculums and Activities

KidsHealth in the Classroom <http://kidshealth.org/classroom/>

USDA Food and Nutrition Service–Team Nutrition <http://tn.ntis.gov/>

¹⁹ National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health. (2010). "Health Youth! Nutrition: School Health Guidelines." Retrieved September 10, 2010, from <http://www.cdc.gov/HealthyYouth/nutrition/guidelines/summary.htm>.

Policy Examples: Nutrition Education: Example 1

Nutrition Education

Nutrition Education at LLRI will:

- Develop and deliver a K-8 health education program that will be included as part of a K-8 weekly themed curriculum.
- Be offered as a part of a wellness program which is integrated throughout the school day and during after-school programs;
- Use the school curriculum as a “learning laboratory” and include enjoyable, developmentally age-appropriate, activities such as taste tests, healthy food choice talks, and visits to farms and gardens or from their representatives;
- Be culturally relevant and teach students about cross-cultural nutrition;
- Link with school meal programs and other school foods and nutrition-related community services;
- Provide and promote nutrition education to families and the broader community in cooperation with such agencies as WIC, Community Health Clinics, and other community organizations;
- Be reviewed district-wide annually by food services Pima County and request medical and nutrition professionals to talk at the LLRI’s schools;

Promote a healthy lifestyle and wellness programs using district communications resources; such as, projects from students on video and posted on You Tube channel;

Train staff in stress management, nutrition education and provide general wellness resources and opportunities.

Example 2

Source: Action for Healthy Kids, Arizona State Team

<http://www.ade.az.gov/health-safety/cnp/nslp/NutritionPolicy-StateBoardMeeting.pdf>

Nutrition Education - Instructional Program Design

Nutrition education topics shall be integrated within the sequential, comprehensive health education program taught at every grade level, pre-kindergarten through eighth. The nutrition education program shall focus on students' eating behaviors, be based on theories and methods proven effective by published research, and be consistent with the state's/district's health education standards/guidelines/framework. Nutrition education shall be designed to help students learn:

-Nutritional knowledge, including but not limited to the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements and safe food preparations, handling and storage;

-Nutrition-related skills, including but not limited to planning a healthy meal, understanding and using food labels, and critically evaluating nutrition information, misinformation, and commercial food advertising; and

-How to assess one's personal eating habits, set goals for improvement, and achieve those goals.

-Nutrition education instructional activities shall stress the appealing aspects of healthy eating and be hands-on, developmentally appropriate, and enjoyable. The program shall engage families as partners in their children's education.

Staff Qualifications

Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned. Preparation and professional development activities shall provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

Educational Reinforcement

School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families. Guest speakers invited to address students shall receive appropriate orientation to the relevant policies of LLRI's schools. School staff is encouraged to cooperate with other agencies and community groups. School officials should disseminate information to parents, students, and staff about community programs that offer nutrition assistance to families.

Coordination of Programs

The food service program shall be closely coordinated with nutrition instruction. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

The Comprehensive Health Education Standards for Arizona Schools should be implemented throughout the entire school environment. These standards can be viewed at <http://www.ade.az.gov/>

Nutrition-Related Health Problems and Modified Diets

LLRI staff shall consistently promote healthy eating to students and other staff. The school food service program will comply with USDA's disability requirements for modified diets.

Example 3

Nutrition Education and Promotion.

LLRI aims to teach, encourage, and support healthy eating by students. Schools will 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.

Communications with Parents.

The LLRI will support parents' efforts to provide a healthy diet and daily physical activity for their children. Schools will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards for individual foods and beverages. The LLRI will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the LLRI will provide opportunities for parents to share their healthy food practices with others in the school community. Facebook (summer 2015).

Goals

With these requirements and recommendations in mind, LLRI needs to state its goals for nutrition education.

Consider LLRI'S wellness culture, existing policies, and the student issues and needs identified during the team's discussion of the policy's purpose.

On a daily basis as part of the on going accountability toward our school wellness policies, each classroom instructor and stakeholders in all defines supportive school roles will embrace themselves as models for healthy school wellness policies and guidelines. These daily open response communications within our school culture will include: attendance rosters which extend to hand washing, healthy food choice brought from home for snack or lunch, water, and participation in daily dust busters! Nutrition Posters made by each classroom will be displayed on a rotating basis as determined at the July in-service that reviews these on going policies. Training will be from Nurse Carol – Quality First – and Ms. Millner to give staff information.

In order to achieve your nutrition education goals, discuss standards for:

- a) The frequency of nutrition education for grade levels and the subjects to be taught.

Daily

- b) How will nutrition education be integrated into LLRI's courses and activities outside of traditional health curriculum and school meal programs?

Teachers eating with students model of nutrition. Hand washing, healthy food choice, (will be Water to the questions asked of students during the day), classroom posters in lunch area (added Next year), Daily Dust Buster,??

- c) What training and/or certification (both current and ongoing) you will require for staff teaching nutrition education.

Use Carol the Quality First Nurse - teach Ms. Millner and Ms. Millner give staff information.

Comments:

90% of food is just thrown out – not eaten

No vendors for food – even when parents bring food to school – no fast food

Health – cover your cough, mouth, sneeze

Lock Down Procedures - practice

Monthly Fire Drills

Example Policy Language and Policies

Now that our team has stated LLRI' goals for nutrition education, we will review the example policy language and policies provided below.

Our team will draw from the information provided on the previous pages, our discussions, and these next examples to draft LLRI's own policy regarding nutrition education throughout our schools.

Example Policy Language — Nutrition Education

Students in grades pre-K - 8 receive nutrition education that is interactive and teaches the skills they need so they can adopt healthy eating behaviors.

Nutrition education is offered in the school's eating area as well as in the classroom, with coordination between the food service staff and teachers.

Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.

District health education curriculum standards and guidelines include both nutrition and physical education.

Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts).

Schools link nutrition education activities with the coordinated school health program.

Staff who provide nutrition education have appropriate training.

Schools conduct nutrition education activities and promotions that involve parents, students, and the community.

The LLRI will provide opportunities for on-going professional training for food service staff and teachers in the areas of nutrition and physical education.

The school district encourages parents, teachers, school administrators, students, food service professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.

Source: USDA Food and Nutrition Service http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_examples.html

Draft Policy – Nutrition Education

Policy language:

(Include an overview of goals and specific rules for nutrition education using the discussion items and examples from the previous pages.)

See previous page - policy stated

School Meals Program

All schools participating in federal school meal programs for reimbursement must ensure that meals are not less restrictive than the 1995 Nutrition Standards and Meal Requirements set forth by the USDA.

At minimum, meals must serve a variety of foods, including grains, fruits, and vegetables; be moderate in sugar and salt content; and have no more than 30% of calories from fat and less than 10% of calories from saturated fat in a week's time. Breakfasts, on average over the school week, must also provide one-fourth of the Recommended Dietary Allowances (RDA) for protein, iron, calcium, and vitamins A and C. Lunches, on average over the school week, must also provide at least one-third of the RDA for protein, iron, calcium, and vitamins A and C.

Many professionals consider the 1995 Nutrition Standards and Meal Requirements outdated. The Institute of Medicine (IOM) recommends updating school meal requirements and polished these recommendations for change.

Current* School Lunch Requirements and Recommendations for Changes		
Type of Specification	Current* Requirements	IOM Recommendations
Fruits	Considered together as a fruit and vegetable group. No specifications for the type of vegetable.	Required daily amount increased
Vegetables		Two servings required daily, amount increased. Must include dark green, bright orange, legumes, starchy, and other vegetables each week.
Grains/Breads	No requirement for whole grains	At least half must be whole grain rich
Milk	Whole, reduced-fat, low-fat, fat-free milks (plain or flavored)	Fat-free (plain or flavored) and plain low-fat milk only
Calories	Must meet minimum level	Must be within minimum and maximum level
Sodium	None (decreased level recommended)	Gradually but markedly decrease sodium to specified level by 2020

*As of October 2010

Source: Institute of Medicine

<http://www.iom.edu>

Goals

With these requirements and recommendations in mind, state our goals for LLRI's school meals program. Do you aim to:

Provide school meals that meet minimum requirements outlined in federal laws and regulations that apply to child nutrition programs, including minimum nutritional standards.

At This Time – Tucson has two registered caterers with the State and we have to take what they provide.

or

Provide school meals that meet or exceed minimum requirements outlined in federal laws and regulations that apply to child nutrition programs, including minimum nutritional standards.

If you choose to exceed minimum requirements, how will you define your higher standards (e.g. Institute of Medicine recommended meal requirements or some variation of them)?

NO – statement above.

What additional requirements, if any, will you impose on your school's nutrition standards?

School parties will be held at the very end of the day and a choice of vegetables and/or fruit will be available for students to snack from.

For LLRI schools that have meals catered by an outside vendor, how will you ensure that your school's nutrition standards are met (e.g. standards outlined in request for proposals to caterers, caterers must provide nutrition information for all menu items, qualifications of staff)?

Only Hirer State regulated caterer.

For LLRI schools that prepare their own meals, how will you ensure that your school's nutrition standards are met (e.g. using food preparation methods that emphasize lower use of fats, sugars, and sodium; doing nutrient analysis; menu planners used; qualifications of staff)?

At this time, we do not use our kitchens to prepare food.

Free Menu Planning Guides Lunch Menu Planning: <http://www.fns.usda.gov/cnd/menu/menu.planning.NSLP.htm>

Breakfast Menu Planning: <http://www.fns.usda.gov/cnd/breakfast/Menu/sbp-menu-planning.htm>

Describe the surroundings for eating that you will provide for your students (e.g. reducing stigma associated with participation in free or reduced lunch programs, time and scheduling for meals, dining environment, access to hand washing facilities, etc.).

Clean, fresh air, out doors dining is provided for all students unless it is raining outside or it is too cold, then all students eat inside the building.

Will you allow students (or their parents) to bring fast food into the cafeteria from restaurants?

No. Students, who may end up with a fast food meal because parents will not support our school policies, will eat separate from all other students.

Example Policy Language and Policies

Now that we have discussed our goals for our school meals program, we need to review the example policy language and policies provided below. Draw from the information provided on the previous pages, from our discussions, and these examples to draft LLRI's policy regarding our school meals program.

Example Policy Language – School Meals Program

Dining Environment

The LLRI provides a clean, safe, enjoyable meal environment for students.

The LLRI provides enough space and serving areas to ensure all students have access to school meals with minimum wait time.

The LLRI makes drinking fountains available in all schools, so that students can get water at meals and throughout the day.

The LLRI encourages all students to participate in the school meals programs and protects the identity of students who eat free and reduced price meals.

Time to eat

The LLRI will ensure adequate time for students to enjoy eating healthy foods with friends in schools.

The LLRI will schedule lunch time as near the middle of the school day as possible.

The LLRI will schedule recess either in the morning or afternoon for elementary age students.

Other

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Source: USDA Food and Nutrition Service http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_examples.html

Policy Examples: School Meals Program

Example 1

School Meals

The LLRI will provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations.

- a. The Food Services Department will aim to be self-supporting; however, budget neutrality or profit generation will not take precedence over the nutritional needs of students.
- b. The Food Service Director will assist in choosing new menu items to be served in schools while in discussions with the caterer.
- c. The LLRI will accommodate the changing special nutrition needs of students and will accommodate the cultural, ethnic, and religious diversity of our school.
- d. Meals served through the National School Lunch and Breakfast Programs will:
 - Offer a variety of fruits and vegetables, with an emphasis on including a variety of fruits and vegetables from the blue/purple, green, white, yellow/orange, and red fruit and vegetable groups on the monthly menu.
 - Serve only low fat milk or 100% juice;
 - Work towards ensuring that at least half of served grains are whole grain;
 - Continue to exclude deep fried foods and strive to replace higher fat main entrée items with lower fat items as appropriate;
 - Continue to replace menu items that contain trans fats with foods that do not contain trans fats.
 - Be served in portion sizes that meet National School Lunch Program and Breakfast Program requirements.
 - Meet current USDA nutrition requirements.

Food Safety

- a. All foods sold or served to students will be prepared in health inspected facilities under the guidance of food safety certified staff. See LLRI kitchen certificate.
- b. LLRI will provide student access to hand washing or hand sanitizing before students eat any meals or snacks.

Scheduling of Meals

- a. School sites will provide sufficient time for all students to eat and will schedule meal periods at appropriate times during the school day. Schools will move towards:
 - Providing students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes to eat after sitting down for lunch; and arranging for accommodations for students who need more time to finish their lunch; and
 - Scheduling meal periods at appropriate times; and
 - NEW GOAL FOR FY 16 - Schedule lunch periods to follow recess periods in elementary schools to increase student nutrient intake and reduce food waste (k-2); and
 - Offering attractive dining areas which have enough space for seating all students scheduled for that meal period; and
- b. POSSIBLE NEW GOAL FOR FY 16 - LLRI will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfast that encourage participation, including “grab and go” breakfast, breakfast in the classroom, or breakfast during morning break.

- *Source: Public Domain - Arizona Kids Nutrition Programs*

Example 2

I. The Food Service Operation

A. Financial Management

1. It is acknowledged that the feeding of children is primarily a family responsibility. To supplement their efforts, LLRI shall operate a food service program to ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well.
2. The food service program shall aim to be financially self-supporting. However, the program is essential educational and support activity and budget neutrality or profit generation must not take precedence over the nutritional needs of the students. If subsidy of the food service fund is needed, it should not be from the sale of foods that have minimal nutritional value and/or compete nutritionally with program meals.

Program Requirements

3. During each school day the food service program shall offer breakfast (if program is established at school location and) lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. Additionally, the food service program shall offer snacks based on the nutrient guidelines in the USDA's if provided by the LLRI school.
After School At-Risk Snack Program to those students in after-school education or enrichment programs. LLRI shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and that all families are encouraged to apply. The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.
4. The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulations of the state of Arizona. LLRI shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks. Menus should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Food pricing strategies shall be designed to encourage students to purchase nutritious items.

LLRI's food service program caterer shall monitor the nutrient breakdown of their menus. This information is available through written request for a daily menu only.

Staffing

5. Each LLRI shall employ a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. (LLRI caterer)
6. Food service directors are strongly encouraged to implement the Arizona Department of Education training program, or equivalent, for all food service personnel. The Arizona Department of Education Child Nutrition Programs is defined as a training initiative for Food Services

Directors so that they possess the necessary skills and resources to effectively train food service personnel.

7. Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain safe, orderly, and pleasant eating environments.
8. Food service directors and staff are encouraged to inform and collaborate with classroom teachers about the school nutrition-food service environment and nutrition education.

Adequate Eating Space and Time and Appropriate Use of Food

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

Rewards and incentives for academic performance shall be given careful consideration as to the messages they send to students receiving them. If food is included in recognition of academic performance, it shall be used in the general celebration of the achievement, not as the reward.

Food shall not be withheld from students as punishment.

Food Safety

1. LLRI will only allow commercially purchased foods for classroom parties providing food in compliance with the Arizona Food Code 2000 to ensure compliance with food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines must be implemented to prevent food illness in schools.
2. All food service equipment and facilities must meet applicable local and state standards concerning health; safe food preparation; handling, and storage; drinking water; sanitation; and workplace safety. See Kitchen certification.
3. All food service personnel shall have adequate pre-service training and must hold a State issued or equivalent training certificate. See food handlers license. All food service workers in establishments handling open food must obtain a food handler's card or applicable requirements for each county following the guidelines of the Arizona Department of Health Services.

Source: Action for Healthy Kids, Arizona State Team

<http://www.ade.az.gov/health-safety/cnp/nslp/NutritionPolicy-StateBoardMeeting.pdf>

Example 3 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 low-fat milk; and
- Ensure that half of the served grains are whole grain.

LLRI will ask food handler if students are eating the food served and make adjustments to the menu to reflect student tastes. LLRI will try to identify new, healthful, and appealing food choices for student meals. In addition, schools shall share information about the nutritional content of meals with parents and students if the request is made in writing and this information will be provided by LLRI's caterer.

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, LLRI will:

- to the extent possible, operate the School Breakfast Program.
- to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation,
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals.

LLRI will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Toward this end, schools may utilize electronic identification and payment systems; and promote the availability of school meals to all students.

Meal Times and Scheduling.

LLRI will:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- schedule meal periods at appropriate times, (*e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.);
- not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
and
- provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Qualifications of School Food Service Staff.

As part of the LLRI's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs shall include appropriate training programs for child nutrition workers, according to their levels of responsibility.

Sharing of Foods and Beverages.

Schools shall 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.

Source: Model School Wellness Policies

<http://www.schoolwellnesspolicies.org/WellnessPolicies.html>

Policy Language:

(Include an overview of goals and specific rules for school meal programs—whether provided by LLRI food service or a caterer—using the discussion items and examples from the previous pages.)

Statement is provided within the examples above and previously stated and outlined in other sections of this document.

Other Foods and Beverages

D. Other Foods and Beverages

Schools that participate in the National School Lunch Program already are prohibited from serving foods of minimal nutritional value in the food service area during meal periods. This includes all competitive foods and beverages sold through other venues. The purpose of this policy section is to establish nutrition standards for all foods and beverages sold or served to students during the school day that fall outside of the school meals program. Having nutrition standards for all foods and beverages available at school is important for sending a consistent message to students about healthful nutrition practices.

At minimum, all foods and beverages available during the school day should meet nutrition standards set by the USDA. However, schools are strongly encouraged to implement the nutrition standards for foods and beverages in schools that are set forth by the Institute of Medicine (IOM). Unlike USDA standards, the IOM standards are specifically tailored to the student population and provide the highest level of support for promoting nutrition practices that promote student health and a healthful learning environment.

Institute of Medicine Nutrition Standards for Foods and Beverages in Schools

Foods

Fruits, vegetables, whole grains, and related combination products (containing 1+ servings of fruits, vegetables, or whole grains per portion), as well as non-fat and low-fat dairy products:

- Limited to 200 calories or less per portion, as packaged
- No more than 35% total calories from fat
- Less than 10% total calories from saturated fat
- Zero trans fats (less than or equal to 0.5 g/serving)
- 35% or less of calories from total sugars (exception: yogurt, with no more than 30 g total sugars per 8 oz. portion)
- 200 mg or less of sodium per serving as packaged

A la carte entrée items must meet the fat and sugar criteria listed above and have a sodium content of 480 mg or less.

Beverages

- Water without flavoring, additives, or carbonation
- Low-fat milk in 8 oz. portions (flavored milk with less than 22 g total sugar per 8 oz. portion)
- 100% fruit juice (limit of 4 oz. portion for elementary and middle school; limit of 8 oz. portion for high school)
- Caffeine-free (w/exception of trace amounts of naturally occurring caffeine substances)
- *Source: Institute of Medicine*

<http://www.iom.edu/Leading-the-Way-toward-Healthier-Youth/FoodinSchools.pdf>

In addition to the nutrition standards outlined above, the Centers for Disease Control and Prevention²¹ and IOM²² offer these recommendations to healthful food and beverage practices:

- Discourage the use of less nutritious foods as part of school fundraising activities and class snacks and celebrations. Instead, promote the use of healthy or non-food items.
- Discourage the use of food to discipline or reward students. If schools deem that incentives are necessary, promote the use of non-food incentives.
- Place restrictions on where vending machines, school stores, etc. may be located on school campus and the times when they will be accessible.
- Place restrictions on the locations and types of marketing allowed for foods and beverages sold outside of the school meal program.

Goals

Keeping these recommendations in mind, state your goals for foods and beverages sold and served outside of the school meals program. (Note that, even if your school does not currently participate in some of the practices mentioned above, it is beneficial to state the standards you would impose should that change; or simply include language stating that your school will prohibit the practice.) Will you:

- Implement *minimum* USDA food and beverage standards.
- Implement *higher standard* IOM food and beverage standards.
- Implement a variation of the above standards.

LLRI will have a water only policy for beverage with the exception of 100% juice and/or reduced or no-fat milk.

²¹ National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health. (2010, June). "Nutrition: School Health Guidelines." Retrieved July 8, 2010, from <http://www.cdc.gov/HealthyYouth/nutrition/guidelines/summary.htm>. ²² Institute of Medicine. (2007, April). "Report Brief: Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth." Retrieved September 20, 2010, from <http://www.iom.edu/~media/Files/Report%20Files/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth/FoodinSchools.pdf>.

LLRI General Statement Guidelines:

In order to achieve your goals for other foods and beverages, discuss nutrition practices for:

School fundraisers.

Enjoy the City books only.

We have not had a school fundraiser for seven years.

School snacks.

Can not control. However, no child is allowed a BAG of chips, or a ROLL of cookies.

We encourage Healthy Food Choice each and every day.

Classroom parties and school celebrations

Yes. Once per month for the birthdays. Vegetables and Fruit will be available for students. End of the school day only. NO SUGAR DRINKS.

Use of Food to Discipline students

NO

Student rewards and incentives.

Not food – movie tickets, field trips, special books, and Kindles.

Restricting the location and times during which vending machines, school stores, etc. will be accessible.

We will not be adding vending to LLRI campuses.

Food and beverage marketing in your school.

NO

Food and beverage contracts with outside vendors.

Foods and beverages offered as part of after-school programs, field trips, or other school events.

Yes as stated above.

What, if anything, your school will do to encourage parents and families to support children's healthful eating habits and be role models for students.

As state throughout this full policy.

Example Policy Language – Other Foods and Beverages

Food and beverage guidelines

- The LLRI sets guidelines for foods and beverages in a la carte sales in the food service program on school campuses.*
- The LLRI sets guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.*
- The LLRI sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.*
- The LLRI makes decisions on these guidelines based on nutrition goals, not on profit making.*
- The LLRI will prohibit the use of food as a reward or punishment in schools.

Fundraising

Not likely – however –

- The LLRI sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities.*
- The LLRI will ensure that all schools' fundraising efforts support healthy eating.

**Schools must expand on sample language to specify the nutrition standards they will follow.*

Source: USDA Food and Nutrition Service

http://www.fns.usda.gov/tn/Healthy/wellnesspolicy_examples.html

Food and beverage contracts with outside vendors.

None at this time – however, guidelines below is possible in the future.

Example Policy Language – Vending Machine Guidelines

Guidelines for Nutritious Choices in Vending Machines

Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following:

1. Plain, unflavored, noncarbonated water;
2. Milk, as that term is defined in C.R.S. 25-5.5-101, and shall include but not necessarily be limited to chocolate milk, soy beverage, rice beverage and other similar dairy or nondairy beverages;
3. One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners;
4. An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
5. Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
6. Any other food item containing:
 - Not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and
 - Not more than thirty-five percent of its total weight in sugar.

NOTE: For purposes of this exhibit, "additional sweetener" means an additive that enhances the sweetness of a food or beverage, including but not limited to sugar. "Additional sweetener" does not include the natural sugar or sugars that are contained in any fruit juice that is a component of the food or beverage.