

# **GEVSD Wellness Guidelines on Physical Activity and Nutrition**

## **MISSION STATEMENT:**

The Granville Exempted School District (GESVD) Wellness Committee is committed to work cooperatively with school personnel, food service providers, students, parents and the community to enhance learning and development of lifelong wellness practices:

## **POLICY GOALS:**

### **I. NUTRITION EDUCATION:**

**Implement comprehensive nutrition education for grades K through 12 to enable students to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.**

### **II. PHYSICAL EDUCATION**

**To encourage daily or regular physical activity as a component of a healthy lifestyle.**

### **III. NUTRITION GUIDELINES**

**Ensure that all students have access to healthy food choices during the school day.**

### **IV. OTHER SCHOOL BASED ACTIVITIES**

**To involve family members and the community in supporting and reinforcing physical and nutrition education and the promotion of healthy eating and physical activity in Granville Schools.**

### **V. SAFE AND HEALTHY LEARNING ENVIRONMENT**

**To promote social and emotional wellness within the district and the community.**

# GEVSD Wellness Committee

The GEVSD Wellness committee will develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committee also will serve as a resource to school sites for implementing those policies. The GEVSD Wellness committee consists of a group of individuals representing the school and community, and should include parents, students, school administrators, teachers, health professionals, and members of the public.

## I. NUTRITION EDUCATION

**Nutrition Education and Promotion:** The Granville Exempted Village School District aims to teach, encourage, and support healthy eating by students. Therefore nutrition education:

- 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 the health education classes, and also integrated into other school subjects like math, language arts, science, and social studies;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, 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);
- teaches media literacy with an emphasis on food marketing; and
- includes training for teachers and other staff
- involves sharing information with families and the broader community

## II. Physical Activity

**Integrating Physical Activity into the Classroom Setting:** For students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will 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 as appropriate; and
- teachers will provide short physical activity breaks between lessons or classes, as appropriate.

**Physical Education (P.E.) K-12:** All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will have the opportunity to receive physical education. All physical education will be taught by a certified physical education teacher.

**Daily Recess:** All elementary school students will have at least 20 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:** The Granville Exempted Village School District will offer extracurricular physical activity 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.

**Safe Routes to School:** The Granville Exempted Village School District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

**Use of School Facilities Outside of School Hours:** School spaces and facilities should 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.

# III. Nutrition Guidelines

## School Meals:

### Meals served in the Granville Schools will:

- Be appealing and attractive to children
- Meet, at a minimum, nutrition requirements established by the current Dietary Guidelines of Americans
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- Reduce student access to foods of minimal nutritional value (foods that provide less than 5% of the USRDA per serving of protein, vitamins A & C, niacin, riboflavin, thiamin, calcium, and iron.)
- Provide information about the nutritional value for foods available upon request
- Strive to provide foods that are in compliance with the Dietary Guidelines for fats and must contain eight (8) grams of fat or less per ounce serving
- Ensure that most of the served grains are whole grain
- Contain adequate calories and a variety of foods to support growth, development and healthy weight

Schools should engage students and parents in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools may share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**Free and Reduced-priced Meals:** Granville Exempted Village School District will use an electronic identification and payment system to eliminate any social stigma and prevent the overt identification of students who are eligible for free and reduced-price school meals.

## Eating Environment:

- Provide an eating environment that is safe, comfortable and pleasing for students and staff.
- Students should have at least 20 minutes after sitting down for lunch (per National Association of State Board of Education) to eat lunch and socialize.
- Lunch periods should be scheduled appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m., times adjusted as necessary to ensure all children can eat
- Cafeterias include enough serving areas that students do not have to spend too much time waiting in line to eat.
- Tutoring, club, organizational meetings or activities should not take place during lunch, unless students may eat during such activities.
- Students will be provided the opportunity to wash their hands or use hand sanitizing before they eat meals or snacks.

**Qualifications of School Food Service Staff:** Qualified nutrition professionals will administer the school meal programs. The administrator of the program should provide continuing professional development for all nutrition professionals in schools. The staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

**Food Allergies:** Students are discouraged 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.

## Snack and Beverage Guidelines:

**Elementary/Intermediate Schools:** The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables. No student vending or beverage machines will be located in the Elementary or Intermediate Schools.

**Middle and High Schools:** In middle and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through snack lines, student vending machines, student stores, or fundraising activities) during the school day will meet the following nutrition and portion size standards:

## **Snack Guidelines**

**All items sold in student vending machines located in the Granville Middle and High Schools will contain:**

- Less than or equal to 250 calories per item
- Less than or equal to 35% of calories from sugar; excludes sugars naturally occurring as in fruit
- Less than or equal to 35% of calories from fat with the exception of seeds, nuts, nut butters and cheese
- Less than or equal to 10% of calories from saturated fat with the exception of seeds, nuts, nut butters and cheese
- Less than or equal to 250mg sodium per item

See **Appendix A** for Algorithm to assist with item selection

## **Beverage Guidelines**

**All beverage items sold within the GEVSD will contain:**

- Fat-free or low-fat 1% milk including but not limited to: chocolate milk, soy milk, rice milk and other similar dairy and non-dairy calcium fortified milks
- 100 % fruit juice less than or equal to 12 oz serving size
- Water, seltzer and flavored waters that contain no added sugar
- Sports /electrolyte beverages will be available for purchase after school hours in a specially timed vending machine to serve the middle and high school population
- No drinks should contain artificial sweeteners or caffeine, excluding low-fat or fat-free chocolate milk which contains trivial amounts of caffeine.

## Food in the Classroom:

**Guidelines for a Healthy Classroom:** Birthday celebrations, holiday parties and special occasions at school provide a unique opportunity to help make healthful eating fun and exciting for children. Schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provide students with an opportunity for nutrition education experiences.

**Candy:** Candy is often prevalent at school parties and celebrations and used for rewards in classrooms. It is important to point out that candy can contribute to weight imbalance and cavities in children and provides no nutritional value to their diets. Candy may also displace healthier food choices. Therefore we would like to discourage the use of candy in the classroom.

**Classroom Parties:** The Granville School District can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. Every attempt should be made to serve healthy foods and beverages during classroom celebrations.

Baked "Sweet Treats": cookies, cakes, cupcakes, donuts and brownies, etc... are often associated with celebrations. In the interest of promoting healthy eating it is suggested that only one of these type items be offered at classroom parties. In addition, baked treats can be made healthier by using whole grain ingredients (whole grain chocolate chip cookies) and/or incorporating fruits (banana muffins) and vegetables (carrot cupcakes).

**Classroom Rewards:** Classroom rewards should not be food based. Food rewards provide unneeded calories and displace healthy food choices. Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues. This teaches children to eat when they are not hungry as a reward to themselves, and may contribute to the development of disordered eating.

**Birthday Celebrations:** We are encouraging only healthy snacks to celebrate student birthdays. In keeping with our goal to shift the focus of celebrations from food to the child we are encouraging parents to consider sending in non-food items to celebrate your child's special day. Some ideas include: stickers, school supplies, a book or game for the classroom.

In addition, we encourage teachers to provide a list of suggestions to parents of desired items specific to your classroom.

If you prefer however to send in a food item we encourage healthy items. The following are some suggestions:

- Fruit cup
- Cheese and crackers
- Mini or small muffins or cookies containing whole grains
- Vegetables and dip

# Non-Food Ideas for Classroom Celebrations

**CELEBRATE MONTHLY BIRTHDAY PARTIES TOGETHER:** Choose a day each month to acknowledge all the birthdays in that month. Activities could include:

- Games such as Trivial Pursuits, Pictionary, Charades, and Karaoke
- Special movie
- Arts and crafts
- Special birthday table

**ACKNOWLEDGE ACTUAL BIRTHDAYS FOR EACH STUDENT:** On the actual birthday of each student, take a few minutes to acknowledge the child in a special way. For example:

- Have the class sing “Happy Birthday” to the student.
- Display a special flag or banner each morning someone has a birthday.
- Hang a special pillowcase over the back of the child’s chair.
- Let the child pick something from a special birthday box supplied with non-food items such as small toys, stickers, and pens.
- Make a birthday throne for the child.
- Invite a parent/family member to read a story to the class or do another activity.

**BIRTHDAY Privileges:** Give the birthday student a special privilege of his or her choice.

- Have lunch with the teacher
- No homework pass
- Choose seat for the day
- Lunch with a parent
- Special class chore
- Extra recess or gym time
- Announce morning messages

**Classroom 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 water as the primary beverage. Teachers will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations. The wellness committee will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.



## IV. Other School Based Activities

**Communications with Parents:** The Granville Exempted Village School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Parents will be encouraged to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages.

Information about physical education and other school-based physical activity opportunities before, during, and after the school day will be provided to parents. Parents' efforts to provide their children with opportunities to be physically active outside of school will be supported and encouraged. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

**Staff Wellness:** The Granville Exempted Village School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school is encouraged to establish and maintain a staff wellness committee composed of at least one staff member, school health council member, local hospital representative, dietitian or other health professional, recreation program representative. The committee can develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

## V. Safe and Healthy Learning Environment

**Integrate student's social and emotional needs into the district curriculum:** The Granville Exempted Village School District will establish core standards aligning the curriculum, student support services, professional development, policies and resources covering the best practices for social and emotional education. Resources will be provided to build a caring school atmosphere in which students' emotional security and safety needs are addressed and the development of positive relationships is fostered. Specific elements of social and emotional learning instruction will be integrated into the school curriculum. A task force will identify barriers to learning and make recommendations for a comprehensive community plan.

**Maintain caring, engaging and well managed classrooms:** Professional development will be provided to help teachers and administrators better understand children's social and emotional development and how it affects academic success. Teachers will receive regular coaching and constructive feedback to improve students' connection to school and deter unhealthy disruptive behavior.

**Deal with threats to safety for a better focus on learning:** The Granville Exempted Village School District will follow national standards for building safety and establish school crisis response teams. The district will participate in communitywide crisis planning and establish communication systems. Policies and procedures will be established to resolve conflict and effectively deal with bullying, harassment, and other violent or offensive acts.

**Involve parents and families to maximize positive, healthy and safe learning environments:** Parents will be involved in well-publicized processes for influencing decisions, establishing school plans, evaluating programs, raising concerns and resolving problems. Regular and meaningful two-way communication will be established between home and school. Establish activities that welcome and engage parents and caregivers in school.

**Connect students with schools by empowering them in responsible roles:** Students will be provided with meaningful opportunities to serve on school and community committees. The students will be involved in planning youth-orientated, culturally specific ways to eliminate prejudice, racism, hate crimes, bullying, harassment and other forms of violence. The student's sense of belonging and cooperation should improve with increased involvement.

## **VI. 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 school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee.

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, parent/teacher organizations, school principals, and school health services personnel in the district.

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

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the 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.