

GREYHILLS ACADEMY HIGH SCHOOL

LOCAL SCHOOL WELLNESS POLICY

Greyhills Academy High School'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;
- good health fosters student attendance and education;
- 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;
- heart disease, cancer, stroke, and diabetes are responsible for two-thirds of death in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;
- 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;
- only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;
- 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 juice, chips, candy, cookies, and snack cakes;
- school districts around the country face significant fiscal and scheduling constraints; and
- community participation is essential to the development and implementation of successful school wellness policies;

Thus, Greyhills Academy High School 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 Greyhills Academy High School that:

- The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades 9 – 12 will have the 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.
- 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, the school will participate in federal school meal programs (including the School Breakfast Program, National School Lunch Program (including after-school snacks), and Summer Food Service Program.
- The School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkage between health education and school meal programs, and with related community services.

TO ACHIEVE THESE POLICY GOALS:

I. School Health Council

The school will create, strengthen, or work within existing school health council to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The council also will serve as a resource to the school for implementing those policies. Members of Greyhills Academy High School's health council will consist of the following:

School Health Coordinator/PE Teacher
 Food Service Supervisor/CTE Teacher
 School Nurse
 School Principal
 School Board Member
 Food Service Employee
 STUCCO representative
 Senior class representative
 Junior class representative
 Sophomore class representative
 Freshmen class representative
 Dietician and/or Nutritionist, I.H.S.
 Support Services Director
 21st CCLC Director
 Parent

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meal: Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in a clean and pleasant setting;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- 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); and
- Ensure that all grains served are 100% whole grain rich.

The school shall engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the meal programs in order to identify new, healthful, and appealing food choices. In addition, the school should 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.

Breakfast: to ensure that children have breakfast in order to meet their nutritional needs and enhance their ability to learn:

- The school will, to the extent possible, operate the School Breakfast Program.
- The school will, to the extent possible, arrange bus schedule and utilize methods to serve school breakfast that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break.
- The school will notify parents and students of the availability of the School Breakfast Program.
- The school will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-priced Meals: The school 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-priced school meals. Toward this end, the school may utilize electronic identification and payment system, provide meals at no charge to children, regardless of income; promote the availability of school meals to all students; and or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

Summer Food Service Program: The school, which has more than 50% of students that are eligible for free or reduced-price school meals will sponsor the Summer Food Service Program for at least four weeks between the last day of the academic year and the first day of the following school year, and preferably throughout the entire summer vacation. Nutritious and appealing meals will be made available to all children from 2 years to 18 years of age free of charge.

Meal Times and Scheduling:

Greyhills Academy High School:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 a.m. and 1 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Qualifications of School Food Service Staff:

Qualified nutrition professionals will administer the school meals programs. As part of the school’s responsibility to operate a food service program, will provide continuing professional development for all nutrition professionals in the school. Staff development programs should include appropriate certification and/or training programs for Child Nutrition Director, school USDA clerk, and cafeteria workers, according to their levels of responsibility.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Sharing of Foods and Beverages: The school should discourage students from sharing their foods or beverages with one another during meals or snack times, given concerns about allergies, restrictions on some children's diet, and sanitation.

Foods and Beverages Sold Individually (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria ala carte (snack) lines, fundraisers, school stores, etc.)

- No outside vendors of burritos, tamales, breads, sweet rolls, etc. will be allowed in the school during school hours from 7 AM to 4 PM.
- No foods of minimal nutritional value (i.e., candy, soda, chips, etc.) will be allowed for sale on school campus during the school day from 7 AM to 4 PM. Fund-raiser sales during school hours must be approved through STUCCO and the School Wellness Committee and meet the following USDA smart snack guidelines.

High School: All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores, or fundraising activities) during the school day (7 a.m. to 4 p.m.), will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; sports drinks: must be 12 fluid ounces or less: unflavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- **Not Allowed:** soft drinks containing caloric sweeteners; iced teas; fruit based drinks that contain less than 50 % real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

- A food item sold individually:
 - * will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - * will have no more than 35% of its weight from added sugars;
 - * will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods, and other snack items;
 - will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice

and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities: To support children's health and school nutrition-education efforts, school fundraising activities will discourage the involvement of food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually during school hours (7AM – 4 PM). The school will encourage fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.

Snacks: Snacks served during the school day or in after-school 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. The school 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 school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, when the school provides snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards: The school will discourage the use of foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations: The school will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. The school will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored events such as (but not limited to) athletic events, dances or performances. The school will encourage that foods and beverages offered or sold at school-sponsored events during the regular school day (7 AM – 4 PM), meet the nutrition standards for meals or for foods and beverages sold individually. The school will work on a slow implementation of foods and beverages that will meet the nutrition standard for meals or for foods and beverages sold individually over a period of two years.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion: Greyhills Academy High School aims to teach, encourage, and support healthy eating by students. The school 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;
- Include 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 staff.

Integrated 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. 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; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents: The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analysis of school menus. The school should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and

foods that do not meet the above nutrition standards for individual foods and beverages. The school will provide parents a list of foods that meet the school's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the school will provide opportunities for parents to share their healthy food practices with others in the school community.

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

Food Marketing in the School: School-based marketing will be consistent with nutrition education and health promotion. As such, the school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or 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, curricula, textbook covers, school supplies, scoreboards, 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, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behavior (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruits for fundraisers; and coupons for discount gym memberships.

Staff Wellness: Greyhills Academy High School 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. The school should 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, and employee benefits specialist. (The staff wellness committee could be a subcommittee of the school health council.) The committee should 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. The staff wellness committee should distribute its plan to the school health council annually.

IV. Physical Activity Opportunity and Physical Education

Daily Physical Education (P.E.) 9 – 12: all students in grades 9 – 12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (or its equivalent of 225 minutes/week for high school students) for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities involving physical

activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

The school 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 Opportunity Before and After School. The high school will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high school will offer interscholastic sports programs. The school 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 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.

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., physical education) as punishment.

Safe Routes to School: The School 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 school will work together with local public works, public safety, and/or police departments in those efforts. The school will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements.

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.

V. Monitoring and Policy Review

Monitoring. The School Principal or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies and will report on the school’s compliance to the school’s Superintendent or designee.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent. In addition, the school will report on the most recent ADE Administrative Review (AR) review findings and any resulting changes. If the school has not received an AR from the state agency within the past three years, the school will request from the state agency that an AR be scheduled as soon as possible.

The Superintendent or designee will develop a summary report every three years on school-wide compliance with the school's established nutrition and physical activity wellness policies. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principal, and school health services personnel.

Policy Review. To help with the initial development of the school's wellness policies, the council will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled at the school 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 will review their 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 school will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

* Policy completed and approved on June 28, 2006.

School Wellness Policy approved on: _____
Date

School Board President Date

Superintendent Date

School Principal Date

- ✓ **Policy updated on 6/15/2010**
- ✓ **Policy review as of 12/18/13**
- ✓ **Policy review and update as of 2/18/14 per ADE guidelines**
- ✓ **Policy review as of 4/22/15 per ADE guidelines.**
- ✓ **Policy review and updated as 6/24/16**