

# Dayton City School District's Wellness Policy

Dayton City School Board of Education 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. The Board recognizes that schools contribute to the basic health status of students through education regarding positive lifestyle choices and through promotion of good nutrition and exercise.<sup>1</sup>

## **General Statements concerning Wellness:**

- 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 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.
- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Dietary Guidelines.
- 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.
- School districts/LEAs around the country are facing significant fiscal and scheduling constraints.
- Community participation is essential to the development and implementation of successful school wellness policies.

The Dayton City School District is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Dayton City School District that:

- DCS will engage students, parents, teachers, school nutrition 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 K-8 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.

- 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; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Foods and beverages sold individually outside of reimbursable school meals (including those sold through a la carte (snack) lines) during the school day (from midnight before to 30 minutes after the end of the official school day) must meet the standards set forth in law<sup>2</sup> or be listed in the “Competitive Foods Compliance List”, provided by the Tennessee School Nutrition Department.
- Dayton City School will participate in available federal school meal programs including the School Breakfast Program and the National School Lunch Program

### **TO ACHIEVE THESE POLICY GOALS:**

Dayton City School will embrace and model healthy lifestyle habits and will engage students, parents, teachers, school nutrition staff, Coordinated School Health staff, health professionals, and other interested community members to create, strengthen, develop, implement, monitor, review and as necessary, revise school nutrition and physical activity policies. This will be completed through the coordinated effort of three support bodies.

- **Healthy School Team:** Dayton City School will have a team that is representative of all eight components of the Coordinated School Health Program (Health Education, Health Services, Healthy School Environment, Health Promotion for Staff, Nutrition Services, Family and Community Involvement, School Counseling/Psychological/Social Services). The team will include the principal, teachers, staff, students, parents, and community members. The Healthy School Team will oversee annual completion of the School Health Index and other initiatives to create a healthy school environment.

### **Local Wellness Policy Components:**

- 1. Nutrition Education Goals**
- 2. Physical Activity Goals**
- 3. Nutrition Standards**
- 4. Other School-Based Activities**
- 5. Monitoring and Policy Review**
- 6. Plan for Measuring Implementation**

# **1. Nutrition Education Goals:**

## **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.
- will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- will include community outreach by the use of the LEAs Internet Website, paper menus and flyers, and nutrition notes from the School Nutrition Program Supervisor.
- materials are provided to USDA Team Nutrition schools. Dayton City School is a USDA Team Nutrition School.

# **2. Physical Activity Goals:**

## **Daily Physical Education (P.E.) K-8:**

- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, will be administered the President's Physical Fitness Test.
- Students in grades K-6 will receive 30-45 minutes of physical education per week.
- Students in grades 7-8 will take 9 weeks of daily concentrated physical education. Various sports and recreational activities will be explored in an effort to motivate students to a lifetime of fitness activity.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

## **Daily Physical Activity K-8:**

- Students in grades K-4 will receive supervised recess on days when physical education is not offered for a total of at least 30 minutes 3 times per week. Students in 5<sup>th</sup> grade will receive one day of supervised recess weekly in addition to weekly physical education.
- Teachers will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Students will take a 10 minute walk at some point during the school day. This walk may include but will not be limited to opportunities to take an outdoor walk to and from lunch and/or taking a longer walk to and from enrichment activities. Teachers will be encouraged in planning an age appropriate fitness break into the school day.

- A minimum of 90 minutes of physical education and/or physical activity will be provided for all K-8 students weekly. <sup>3,4</sup>

**Physical Activity Opportunities Before and After School:**

- Dayton City School will provide our 7<sup>th</sup> and 8<sup>th</sup> grade students the opportunity to exercise on equipment designed to improve their physical fitness and to understand the short and long term benefits of a physically active and healthy lifestyle. The equipment includes: ellipticals, treadmills, and a weight machine. Students will log in on the equipment and record the amount of time spent exercising. Students will be trained and supervised when using any and all equipment.
- Mornings in Motion will be offered to all students before school at least one day each week. This program is designed to help increase awareness of the importance of health and wellness by enacting a workout program prior to the school's day. Cardio vascular endurance, strength training, speed and agility training, flexibility training, core work and overall wellness will be incorporated.

**Physical Activity and Punishment:** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### **3. Nutritional Guidelines of Foods and Beverages Available on Campus**

**Nutrition guidelines are implemented for a la carte, vending and other foods available on the school campus effective July 1, 2006. The State Nutrition Standards/A La Carte Law will be followed by Dayton City School.**

**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 regulations;
- offer a variety of fruits and vegetables daily; A fresh fruit or vegetable will be offered daily;

- serve a variety of milk, including 1%, skim, fat free flavored (including fat free chocolate) and seasonal flavored, on a daily basis.;
- ensure that 51% or more whole grain items are served daily

Dayton City School will engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify acceptable new, healthful, and appealing food choices. In addition, DCS will share information about the nutritional content of meals with parents and students. Such information will be made available through menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**Students/Parents are not allowed to bring commercial food or soft drinks into the cafeteria area.**

**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, Dayton City School will:

- to the extent possible, operate the School Breakfast Program.
- notify parents and students of the availability of the School Breakfast Program.
- encourage parents to provide a healthy breakfast for their children through the Cafeteria web page, take-home materials monthly newsletter information to teachers.
- offer free breakfast to every student as funds are available year to year.

### **Meal Times and Scheduling:**

Dayton City School:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 10:30 a.m. and 1 p.m.;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

## **4. OTHER SCHOOL BASED ACTIVITIES:**

### **Cafeteria Atmosphere:**

- School dining areas have sufficient space for students to sit and consume meals.
- School dining areas are clean, safe and pleasant environments that reflective the value of the social aspects of eating. The DCS Alternative School teacher will be encouraged to be a presence during meal times to reduce noise and to deter misbehavior.
- Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.
- Students are given adequate time to enjoy eating healthy meals with friends. Attention will be given to noise reduction to avoid a negative effect to students' hearing.
- Activities will compliment and expand the efforts of the Coordinated School Health Program.<sup>5</sup>

**Fundraising Activities:** To support children's health and school nutrition-education efforts, foods that do not meet nutrition and portion size standards for foods and beverages sold individually will not be used for school fundraising activities.

**Rewards:** DCS will not use foods or beverages, especially those that do not meet the nutrition standards, 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:** DCS will limit celebrations that involve food during the school day to no more than two parties per class per year. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. Coordinated School Health will disseminate a list of healthy party ideas to parents and teachers. When celebrations occur, parents **will be encouraged** to bring non-homemade pre-packaged foods that are nutritious and safe.

**Communications with Parents:** Dayton City School will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will post nutrition tips on school websites menus which are sent home monthly with students. DCS will 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. Coordinated School Health will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.

## **Monitoring and Policy Review**

**Monitoring:** The Dayton City School Principal will ensure compliance with established nutrition and physical activity wellness policies. School nutrition staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the School Nutrition Supervisor.

**Policy Review:** To help with the review of the Dayton City School Wellness Policy the School Health Index will be used to assess the school's existing nutrition and physical activity environments and policies. The results of this assessment will be used to identify and prioritize needs.

The assessment will be repeated each year to review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school will review our nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. Dayton City School, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

**The School Health Index Assessment Tools will be used to conduct the assessment. The top three priorities for each module will be incorporated into the Wellness Policies Goal if not already a part of the goals.**

## **Plan for Measuring Implementation**

The director of schools or designee will ensure compliance with nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies and will report on the school's compliance to the director of schools or designee. Information collected through Coordinated School Health annual reporting mechanisms and School Health Index improvement plans will be utilized to evaluate the effectiveness of the wellness policy's implementation. This may include the following indicators:

- BMI data
- School Health Index Scorecards
- School nursing logs of student contacts
- Academic performance
- Incidence of student behavior infractions
- Coordinated School Health Progress reports
- Physical Activity/Physical Education reports

<sup>1</sup>Public Law 108-268, Section 204, Child Nutrition and WIC Reauthorization Act of 2004

<sup>2</sup>State Board of Education, 0520-1-6-04, Minimum Nutritional Standards for Individual Food Items Sold or Offered for Sale to Pupils in Grades Pre-Kindergarten through eight (PreK-8) as required by TCA 49-6-2307

<sup>3</sup>TCA 49-6-1021 Opportunities for Physical Activity

<sup>4</sup>State Board of Education, Policy 4.206, Physical Activity

<sup>5</sup>TCA 49-1-1001-1006 Coordinated School Health Improvement Act