

Cassidy School Wellness Policy

Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Lunch. Foods and beverages sold or served at school, specifically school meals, will meet the nutrition recommendations as required by KRS 158.854(1)/702KAR 6:090 and federal laws and regulations. These standards apply to our food program and to other food and beverages served during school hours. *Refer to the following link for FCPS district guidelines:* <http://www.fcps.net/administration/departments/food-service/wellness-plan/quality>.

- *Students are asked not to bring canned, carbonated, soft- drinks, fast food or anything in glass containers for lunch (as stated in the Directory/Handbook).*

Fundraising Activities. To support children's health and school nutrition-education efforts, school fundraising activities involving food/beverages should take place 30 minutes after the last lunch period. Such fundraising activities should include nutritional options. In addition, school will encourage activities that do not involve food or use only foods that meet the nutrition and portion size standards for foods and beverages sold individually. The school will encourage fundraising activities that promote physical activity. *Reference: FCPS Wellness Plan Foods Sold on Campus*

Snacks. Snacks served during the school day or in after-school care or enrichment programs should 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.

Rewards. School will significantly limit the use of food and/or drink as a reward and only use when other options are not effective. *Refer to the following link for alternatives to food as a reward or the list on page 8:* <http://www.fcps.net/administration/departments/food-service/wellness-plan/appendix>

- In situations where classrooms are earning a group reward *involving food*, teachers are strongly encouraged to emphasize the accomplishment or activity, rather than having the food be the primary focus or title of the reward.

Celebrations. School strongly recommends healthy food choices for celebrations. When more than one food item is offered, every effort should be made to balance a non-nutritious item with a nutritious option. *Refer to the following link for FCPS district guidelines:* <http://www.fcps.net/administration/departments/food-service/wellness-plan/quality> and pages 6 and 7.

School or PTA sponsored Events. The School strongly encourages healthy food options for activities and events sponsored by PTA. Refer to the following link for FCPS district guidelines: <http://www.fcps.net/administration/departments/food-service/wellness-plan/quality>

Nutrition Promotion

Nutrition: School will teach, encourage, and support healthy eating by students. School 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.
- Promotes fruits, vegetables, whole grain products, low-fat dairy products, healthy food preparation methods, and health-enhancing nutrition practices.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-12. All students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical activity as required by the state. Students will spend at least 20 minutes of a 30 minute physical education class period participating in moderate to vigorous physical activity. *Refer to the following link for district guidelines:*
<http://www.fcps.net/administration/departments/food-service/wellness-plan/physical-activity>

Daily Recess. All students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which the School shall encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

The School discourages 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, school shall give students periodic breaks during which they are encouraged to stand and be moderately active.

Teachers shall make every reasonable effort to avoid removing recess as a consequence for behavior or academic performance.

Physical Activity Opportunities. The School encourages extracurricular physical activity programs, such as physical activity clubs or intramural programs when feasible that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

- After-school child care and enrichment programs are encouraged to provide daily periods of moderate to vigorous physical activity for all participants.
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Teachers and other school and community personnel will not use *hard* physical activity (e.g., running laps, pushups) as a consequence for behavior or academic performance. As a consequence teachers may use movement opportunities as an alternative to free play if necessary.

Health Education

The School shall address health and wellness in a comprehensive approach promoting personal responsibility and modeling best practices.

- Health education at every grade level to promote development of children that are knowledgeable, motivated, engaged, and connected to healthy living.
- Focus on development and practice of personal and social skills such as effective communication and decision-making.
- Focus on behavior that have the greatest effect on health, especially those related to nutrition; physical activity; violence and injury – emphasizing short-term and long-term consequences.

Personal Hygiene and Prevention of Disease Transmission

The School shall address the full Core Content as it relates to personal hygiene and prevention of disease transmission and encourage students to make healthy choices by:

- providing students access to hand washing or hand sanitizing before they eat meals or snacks
- taking reasonable steps to accommodate the tooth-brushing regimens of students. (e.g., orthodontia or high tooth decay risk).
- discouraging students from sharing their foods or beverages with one another during meal or snack times, given concerns about disease transmission, allergies and other restrictions on some children's diets.

Monitoring and Policy Review

Monitoring. The SBDM approves this wellness policy and is responsible for approving any future updates.

Policy Review. The school wellness policies shall be reviewed and updated to ensure consistency with district policies.

- 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. The school, will, as necessary, revise the wellness policies and develop work plans to facilitate implementation.

Healthful Food and Beverage Options for School Functions

At any school function (parties, celebrations, meetings, etc.) healthful food options should be made available to promote student, staff, and community wellness. Examples of nutritious food and beverage that are consistent with the Dietary Guidelines for Americans listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges - cantaloupe, honeydew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit-nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- Frozen fruit wedges-cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits - raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk or yogurt
- Lean meats and reduced fat cheese sandwiches(use light or reduced fat mayonnaise in chicken/tuna salads)

- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins(small or mini), cookies(graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese. Single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Pure ice cold water

Kentucky Teachers' Suggestions for Alternatives to Food Rewards for Elementary School Students

- Make deliveries to office
- Teach class
- Sit by friends
- Eat lunch with teacher
- Play favorite game
- Stickers
- Fun video
- Extra recess
- School supplies
- Trip to treasure box filled with non-food items
- Paperback book
- Show-and-tell
- Teacher reads special book to class
- Bank system; earn play money to be used for privileges
- Teacher performs special skill: cart wheel, guitar playing

Adopted 2-22-10