

Montgomery
County
Schools
Wellness
Policy



Background Information:

Federal Level

President Bush signed the Child Nutrition and WIC Reauthorization Act of 2004 into a law containing a local school Wellness Policy provision, an important new tool to address obesity and promote healthy eating and physical activity through changes in school environments.

The Wellness Policy provision requires every school district that participates in the federal school meals programs to enact a Wellness Policy by the first day of the 2006-2007 school year.

Local Level

Over the past year, representatives from the school and community have met to develop a uniform School Wellness Policy. Those representatives are:

Renee Boots and Stephanie Harris, Co-Chairs
Julie Metcalf, School Nutrition Director
Dr. Richard Culross, Assistant Superintendent
Holly Canter, Camargo Elementary
Katrina Goodrich, Mt. Sterling Elementary
Sister Janet Carr, St Joe Hospital
Whitney Lee, Mapleton Elementary
Patrick Manning, Parks and Rec
Makayla Harris, Student
Carmela Fletcher-Green, SBDM High School and Mt. Sterling Clinic
Dorothy Dennie, Camargo Elementary
Chris Cobb, McNabb
Shanda Brewer, District Health Coordinator
Kevin Lawson, MCHS
Brent Whitaker, Mapleton
Bailey Cobb, Student
Stephanie Chamberlain, McNabb
Aryn Bohannon, Montgomery County Health Department
Keisha Cornett, Montgomery County Health Department
Hannah Leonard, Montgomery County Extension Office,
Dawn Cockrell, Mapleton
Brandy Holley, MSE
Amanda Heaton, MCIS

Austin Haywood, MCHS

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1. NUTRITION EDUCATION

GOAL:

To implement nutrition education from preschool through secondary school in all Montgomery County Schools

Nutrition education shall be part of a comprehensive integrative, interdisciplinary nutrition education curriculum that focuses on understanding the relationship between personal behavior, individual health and the environment impact of food choices. This interdisciplinary approach is important to nutrition education because:

- Unhealthy eating behaviors may be integrated with other health risk factors
- Nutrition education shares many of the key goals of other health education content areas

Linking nutrition and physical activity is particularly important because of the rising population of overweight youths across the nation. Nutrition education lessons shall stress the importance of combining regular physical activity with sound nutrition as part of an overall healthy lifestyle.

Policy Statement: The school cafeteria will serve as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

Steps:

- Materials used on the serving lines, bulletin boards, etc. will convey nutrition and physical activity messages.
- Promotions will be provided from the school cafeteria for both breakfast and lunch.

Policy Statement: The school classroom will also serve as a “learning laboratory” to allow students to apply nutrition education taught in the classroom.

Steps:

- Schools will be encouraged to serve healthy food items for parties and classroom activities. A suggested food items list will be on the food service web site.

Policy Statement: The school district will provide information to parents that will encourage them to teach their children about health and nutrition, and will help them plan nutritious meals for their families.

Steps:

- Nutrition education will be provided to parents in the form of handouts, postings on the district’s website (ex. monthly dinner recipes), or presentations that focus on nutritional values and healthy lifestyles.

Policy Statement: Nutrition is integrated into health education, and/or core curriculum, and program of studies.

Steps:

- All instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. Nutritional themes include, but are not limited to:
 - Knowledge of my plate
 - Healthy heart choices
 - Sources and variety of foods
 - Diet and exercise
 - Understanding calories
 - Healthy snacks
 - Healthy breakfast
 - Healthy diet
 - Food labels
 - Major nutrients
 - Multicultural influences
 - Proper sanitation

The district school nutrition director and curriculum department will collaborate to provide resources to provide teacher resources on nutrition education.

Montgomery County Staff are encouraged to model healthy behaviors.

All schools will participate in the Alliance for Healthier Generation Program.

The School Nutrition Department will utilize programs to communicate the nutrition information served to students with signage on the serving lines/areas and through the internet. Apps will be available to download onto electronic devices.

The District Wellness Advisory Committee will complete reviews to the wellness policy as needed.

2. PHYSICAL ACTIVITY

GOAL:

In the area of physical education, each school physical education program will provide a systematic instruction in grades K-12, designed to promote wellness in every child.

Policy Statement: All physical education classes should be taught by a certified teacher who is highly qualified for physical education instruction.

Steps:

- Information will be recorded on lead reports on the professional development record
- The District will offer opportunities for physical education training for physical education teachers based on need.

Policy Statement: Schools will work with community groups to ensure that every student from grades preschool -12 will regularly receive age-appropriate quality physical activity opportunities.

Steps:

- Schools shall work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time at school facilities.
- Provide information to parents to help them encourage their children to engage in daily physical activity.
- Utilize the school district website of upcoming school and community physical activity opportunities.

Policy Statement: Schools will meet the standards as established by the Kentucky Legislation

Steps:

- Principals will set school day schedules to meet the required time of physical activity based on individual school wellness policies.
- Administration will monitor the teacher/student ration for PE.
- Curriculum will include exposure to a wide range of physical activity that teach skills to help maintain lifelong health and fitness.
- Developmentally appropriate physical fitness assessments may be utilized to evaluate students.
- Students in grades K-6 will be provided with opportunities for physical movement in and out of classrooms during the school day
- Adequate equipment and facilities will be evaluated by the individual schools based on needs.

Policy Statement: Students will be offered equitable opportunities for physical activity through a range of before and after school programs

Steps:

- Offer on-site after school programs that provide significant amounts of physical activity, as well as support for academic and positive social development.
- Provide comprehensive interscholastic sports programs which will attract the participation of comparable number of girls and boys.
- The district will offer alternate wavier requirement s for physical education grades 9-12
- Grades K-4 will address restricting physical activity per school wellness policy.

3. School Nutrition

GOAL:

To coordinate the school nutrition program with school nutrition policy to reinforce messages about healthy eating and to insure that foods offered in schools promote good nutrition and contribute to the development of lifelong, healthy eating habits.

Montgomery County Schools will provide a place for students to learn about and practice healthy eating. Foods sold in schools shall be healthy. They shall also be coordinated with nutrition education to allow students to apply critical thinking skills to food choices.

Policy Statement: The cafeteria environment will provide students with a relaxed, enjoyable climate.

Steps:

- Encourage having adequate space to eat and a pleasant surrounding.
- Adequate time for meals will be given.
- Convenient access to hand-washing facilities will be offered before meals.
- Signage will be displayed to help students select their reimbursable meal.

Policy Statement: Meals served through the National School Breakfast and Lunch Program will meet the nutrition requirements established by local, state, and federal statues and regulations.

Steps:

- The School Nutrition Program will engage students, parents, and staff through taste tests of new foods and surveys in order to identify new, healthy, and appealing food choices.
- The nutritional content of all food items will be on file in the district school nutrition office and cafeteria offices.
- Menus will contain weekly nutrition averages.

Policy Statement: All foods made available will comply with state and local safety and sanitation regulations.

Steps:

- All schools will receive 2 inspections a year by the local health department.
- Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to prevent food illnesses at schools.
- For safety and security of the food and facility, access to the Food Service operation is limited to Food Service staff and authorized personnel.
- All food service employees shall, within the first year of employment, obtain OSHA and Level One State Certification training.

Policy Statement: School menus will be planned by person with one of the following designations: School Nutrition Specialist (SNS) certification through the School Nutrition Association or SNA Level II or higher certification.

Steps:

- School Nutrition director shall obtain certification as stated in statute and attend meetings to obtain continuing education units.
- Managers will receive a minimum of 2 hours of nutrition and menu planning.

GOAL:

Improve nutrition, freshness, quality, and appeal of food served and sold in schools

Policy Statement: All food served at school during the school day shall meet (at a minimum) nutrition requirements established for school lunches by local, state, and federal statutes and regulations.

Steps:

- Serve food which is appealing and attractive to students
- Serve food in clean and pleasant settings.
- Offer a variety of fresh fruits and vegetables, sourced from local farmers when possible
- Ensure foods are available in child-friendly, appropriate portion sizes.

Smart Snack Regulation

School Day Windows:

Window 1—First window is from midnight the night before until 30 minutes after the last lunch period. While this window is open, no sale of food or beverage may take place except as part of the school breakfast or school lunch program.

Window 2—Second window opens 30 minutes after the last lunch period and closes 30 minutes after the end of the official school day. While this window is open any food that is sold must meet all nutrition standards in the regulations.

Window 3—Third window opens 30 minutes after the end of the official school day and closes at midnight. During this window, there is a no nutrient standards restricting what may be sold.

Standards for Beverages are not affected by waiver, vary by grade level, identify specific types of beverages allowed and address container size.

Elementary School Beverage Options:

Water-- Plain, non-caloric, noncarbonated water. No size limit.

Milk—Lowfat (8 ounces or less) or nonfat milk, flavored or unflavored (8 ounces or less).

Juice—100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed (8 ounces or less)

No other beverages are allowed.

All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

Middle School Beverage Options:

Water-- Plain, non-caloric, noncarbonated water. No size limit.

Milk—Lowfat (12 ounces or less) or nonfat milk, flavored or unflavored (12 ounces or less).

Juice—100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed (12 ounces or less)

No other beverages are allowed.

All beverages must be caffeine free with the exception of trace amounts of naturally occurring caffeine substances.

High School Beverage Options:

Water-- Plain, non-caloric, noncarbonated water. No size limit.

Milk—Lowfat (12 ounces or less) or nonfat milk, flavored or unflavored (12 ounces or less).

Juice—100% fruit or vegetable juice or any combination of both totaling 100% with no added sweeteners will be allowed (12 ounces or less)

Calorie free Beverages—any other flavored beverages (20 ounces or less) that are labeled to contain 5 calories or less per 8 ounce, or 10 calories or less per 20 ounce ;and contains no more than ten (10) grams of sugar per serving.

Lower Calorie Beverages—any other flavored beverages (12 ounces or less) that are labeled to contain 40 calories or less per 8 ounces, or 60 calories or less per 12 ounces; and contains no more than ten (10) grams of sugar per serving.

Beverages may have caffeine.

Standards For Foods:

Apply to all grade levels, include general and specific nutrition standards, provide exemptions to nutrient standards for specific foods, and allow broader exemptions or fruits and vegetables and some NSLP/SBP foods.

General Standard for Food:

To be allowable, a food item must meet all of the competitive food nutritive standards
AND

1. Be a whole grain product; OR
2. Have as the first ingredient a fruit, vegetable, dairy products or protein food (meat, beans, poultry, etc) OR
3. Be a combination food with at least ¼ cups fruit and/or vegetable; OR
4. Contain 10% of the Daily Value on one nutrient of public health concern (only through June 30, 2016)
Calcium, potassium, vitamin D, dietary fiber

Whole Grain Rich

Must include 50% or more whole grains by weight or have whole grain as the first ingredient.

Consistent with NSPL meal pattern standards and the HUSSC whole grain requirement.

Major Food Groups

Have as the first ingredient a fruit, vegetable, dairy product or protein food (meal, beans, poultry, etc)

Combination Foods

Be a “combination food” with at least ¼ cup fruit and/or vegetable

Combination food means products that contain two or more components representing two or more of the recommended food groups: fruits, vegetable, dairy, protein or grains.

Examples: yogurt and cheese, cheese and crackers, hummus and vegetables, fruit cobbler with whole grain rich crust, etc

Total Fat

< 35% of total calories from fat per item as packaged/served

Exemptions include: reduced fat cheese, nuts and seeds and nut/seed butters, dried fruit and nuts with not added nutritive sweeteners or fat, seafood with not added fat and part skim mozzarella

Saturated Fat

<10% of total calories per item as packaged/served

Exemptions for: reduced fat cheese, part skim mozzarella, nuts/seed and nut/seed butters, and dried fruit with nuts and/or seeds with no added nutritive sweeteners or fat

Trans Fat

Zero grams of trans fat per portion as packaged/served (0.5g)

Definition of Entrée

An item that is: a combination food of meat/meat alternate and whole grain rich food, or a combination food of vegetables or fruit and meat/meat alternate or a meat/meat alternate alone, with exception of yogurt, low-fat or reduced fat cheese, nuts, seeds and nut or seed butters and meat snacks (dried beef jerky and meat sticks)

Breakfast—may include whole grain rich items and can be exempted from the standards on day of and day after service.

Sodium:

Entrée items that do not meet NSLP/SBP exceptions of <480 mg sodium per item
Snack and side items <230 mg (until June 30, 2016) <200 mg (after July 1, 2016)

Calories: Entrée items that do not meet NSLP/SBP exception <350 calories
Snack and side items <200 calories per item

Total Sugars

<35% of weight from total sugars per item

Sugar exemptions: dried and dehydrated fruit or vegetables, dried fruits with nutritive sweeteners or processing and/or palatability (cranberries), and dried fruit with only nuts/seeds (no added nutritive sweeteners or fat)

Fruit and Vegetable Exemption

Fresh, frozen and canned fruit paced in water, 100% juice, light syrup or extra light syrup

Fresh, frozen and canned vegetables with no added ingredients except water

Canned vegetables with small amount of sugar for processing purposes

NSLP/SBP Entrée Exemption

Exemptions for entrée items only, entrée exemption for day of service and school day after, and side dishes sold as competitive food must meet all standards.

Fundraisers:

There will be no exemptions given for fundraisers.

All foods that meet the regulatory standards may be sold on the school campus from 30 minutes after lunch until 30 minutes after the school day.

The standards would not apply to items sold during non-school hours, weekends, or off-campus fundraising events.

Local District Nutrition Program Report

- (a) The School Nutrition Director will collaborate with the Curriculum Department and shall complete the assessment of the nutrition program required under KRS 158.856 and issue a report for the each school year at least sixty (60) days prior to the public forum required by KRS 158.856(5).
- (b) The school district may issue the report via posting to the district Web site.
- (c) A local district superintendent shall submit a summary of the findings and recommendations of the nutrition report as required by KRS 158.856(6) to the Kentucky Department of Education yearly.
- (1) If the Department of Education completes a review of a district's nutrition program during the school year prior to the deadline established in subsection (1) of this section, the report and recommendations of that review may constitute the district's annual assessment and report issued in accordance with subsection (1) of the section.

Student Physical Activity

- (1) A local district superintendent shall evaluate the student physical activity environment, including the amount of time and types of physical activity provided in the elementary schools, as required in KRS 160.345(11) and release the report at least sixty (60) days prior to the public forum required by KRS 158.856(5).
- (2) A local district superintendent shall submit the record on physical activity, including a summary of findings and recommendations to the Department of Education yearly.
- (3) The superintendent may release the report via posting to the district website.

4. HEALTH SERVICES

GOAL:

To have an effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers which will improve the mental and physical health of students

Policy Statement: A coordinated program of accessible health services shall be provided to students and staff.

Steps:

- Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the Montgomery County School district.
- Collaboration will continue with the Montgomery County Health Department
- Montgomery County School district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
- Services offered to students may include violence prevention, school safety, communicable disease prevention, health screening, BMI, immunizations, first aid, and other priority health education topics.

5. FAMILY, SCHOOL, AND COMMUNITY PARTNERSHIPS

GOAL:

Long term effective partnerships will improve the planning and implementation of health promotion projects and events within each school and throughout the community.

Policy Statement: Family, student, and community partners shall be included on an ongoing basis in school and district wellness planning processes.

Steps:

- Utilize the district website with upcoming school events.
- Community partnerships will continue to be developed and maintained as a resource for school and district programs, projects, activities, and events.

6. STAFF WELLNESS

GOAL:

To provide school staff in Montgomery County Schools, involved in nutrition educations and in supporting a health school environment, with adequate training that focuses on the wellness policy strategies.

Policy Statement: The district and each work site shall provide information about wellness resources and service.

Steps:

- Each school and district site shall be in compliance with drug, alcohol, and tobacco free policies.
- Each school and district site shall provide an accessible and productive work environment free from physical dangers or emotional threat that is as safe as possible and consistent with applicable occupation and health laws, policies and rules.
- Employees shall be encouraged to engage in daily physical activity during the workday as part of their work breakfast and/or lunch periods, and before or after work hours in site sponsored programs or as part of discounted membership in local fitness facilities.

