

Carbondale Community High School District #165
Carbondale High School
Building Wellness Policy

Mission/Belief Statement

The Carbondale High School Wellness Committee recognizes the positive relationship between good nutrition and physical activity on our students' ability to reach his/her maximum potential in learning and life. Through the implementation of a coordinated approach to school health, we believe that we can promote lifelong wellness to our students through education about healthy choices and behaviors in all school venues-the classroom, extracurricular activities, family events, the lunch room and the school environment as a whole. Decisions made regarding school programming at this building will reflect and encourage a message of wellness.

Goals for Nutrition Education

Nutrition Education

Students attending Carbondale High School will:

- Receive nutrition education instruction as part of a sequential program that is coordinated within a comprehensive health education curriculum (4). The program curriculum will:
 - Be consistent with Illinois State Learning Standards for Health and Physical Education (5).
 - Provide students with the knowledge and skills necessary to adopt healthy eating behaviors.
 - Influence students' knowledge, attitudes and eating habits.
 - Integrated into the standards-based (4) lesson plans of other school subjects like math, science, language arts, physical education and social sciences.
- Classroom teachers will be encouraged to participate in professional development opportunities for nutrition education instruction through a variety of options: on-line, workshops, conferences- and sources- Regional Office of Education, Partners in Health, etc.
- Participate in enjoyable, interactive lessons and activities such as contests, promotions, taste testing, field trips and community service learning as a part of promoting nutrition education.

Nutritional Food Service

School meals shall be served in clean, safe and pleasant settings with adequate time provided for students to eat, at a minimum, in accordance with state and federal standards and guidelines. The National Association of State Boards of Education recommends that students have adequate time to eat, relax, and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch(9).

- All food service personnel shall have adequate pre-service training and regularly participate in professional development activities that:
 - Provide strategies for providing tasty, appealing and healthy school meals.
 - Nutrition education strategies including coordination of classroom and cafeteria activities during freshman orientation.
 - Effective promotional techniques to encourage healthy eating habits.
 - Provide information on safety issues and emergency preparedness (CPR/AED use, First Aid, Food Allergies, Asthma, and Diabetic Reactions).

- Natural Disasters, Bioterrorism issues, and situations requiring students or others to shelter at the school.
- Food providers shall work with suppliers to obtain foods and beverages that meet the nutrition requirements of school meals and nutrition standards for those sold individually, in the vending machines and a la carte.
- Vending machines available to students will include low fat and healthy options for purchase. Dialogue with vending supplier will be ongoing to ensure these choices are available.
- Soda vending will be less than 50% carbonated choices.
- A variety of foods including fruits and vegetables, low-fat dairy and whole grain options will be promoted and served to students (8, 10). These choices will be highlighted in the on-line and media menu to share the information with students and parents.
- Milk options available to students will include low-fat and skim milk with a variety of flavors as available.
- Salads will be offered daily to students and include options for low-fat salad dressings.
- Informational displays to provide education and promote healthy food choices will be posted in the lunchroom area.
- Non-disposable serving trays and utensils will be used to serve meals to students and staff as well as the provision of recycling bins for student participation.
- For the safety and security of food, access to any area involved in storage, preparation or service of food on the school campus shall be limited to authorized personnel (HACCB Log).

School Wide Efforts

- School personnel shall be encouraged to use nonfood incentives or rewards with students and shall not withhold food from students as punishment.
- Students, parents, school staff and community members bringing foods and beverages to school for parties/celebrations/meetings shall be encouraged to provide healthful options and shall be provided with a list of recommended food and beverage options (Attachment B).
- School based organizations shall be encouraged to raise funds through the sale of items other than food.

Goals for Physical Activity

Students attending Carbondale Community High School will:

- Participate in physical education (7) taught by a credentialed physical education teacher that meets the Illinois State Learning Standards for Physical Education and Health, promotes activities that build skills for lifelong wellness activities and integrates technology where age-appropriate. Accommodations shall be made for students with disabilities, 504 plans and other limitations.
- Participate in physical education that encourages lifelong wellness through a curriculum that integrates technology and provides numerous interactive opportunities to try a variety of activities in a safe environment.
- Participate in fitness assessments that measure their success in achieving milestones for cardiovascular fitness, muscular endurance and flexibility. This will help to increase the use of individualized fitness plans on an on-going basis.
- Participate in daily physical education that enables them to achieve and maintain a high level of personal fitness.
- Physical Education classes will have a student to teacher ratio that is comparable to those in other curricular areas.
- Engage in activity that is moderate to vigorous during 50% of PE class time. This will be periodically evaluated using the TriFit assessment system, HRM data and FitnessGram data reports.
- Find physical education class enjoyable, while learning a variety of activities to use at home and options

for activities in the community.

School Wide Efforts

- The Physical Education program will be closely coordinated with the other components of the overall school health program. Physical Education topics will be integrated within other curricular areas. The importance of physical activity and other information being provided in physical education class will be reinforced in the classroom and school environment.
- Professional development opportunities will be encouraged for physical education staff.
- All teachers and staff are encouraged to limit extended amounts of inactivity for students (i.e. during mandatory testing).
- School staff and teachers will not withhold opportunities for physical education/activity as punishment or use physical activity as a punishment.
- Students shall be provided opportunities for physical activity through a range of before-and after-school programs including intramurals, interscholastic athletics, and physical activity clubs.
- Continuous evaluation will be done on the indoor and outdoor facilities where physical education/activities are held and provide improvements or repairs as appropriate.
- Continuous evaluation of the physical education curriculum will be done to assess needed changes for teachers and students.
- Information on classroom activities that integrate physical activity throughout the school day will be provided to teachers and updated on a regular basis.

Parent Partnerships

- Because students should engage in a minimum of 60 minutes of physical activity a day, Carbondale High School shall actively engage families as partners in providing physical activity beyond the school day(8).
- Parents will be provided information to help them incorporate healthy eating and physical activity into their child's life. This information may be provided in the form of handouts, postings on the school district's website, information provided in the school's newsletter, school events and family events.

Guidelines for all foods and beverages available on school campuses during the school day

- Schools shall take efforts to promote nutritious food and beverage choices consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) such as fruits, vegetables, low-fat dairy foods and whole grain products (8,10).
- Food providers shall offer a variety of age-appropriate, appealing foods and beverage choices and employ food preparation, purchasing and meal planning practices consistent with the current Dietary Guidelines for Americans.

Guidelines for School Meals

- School meals served shall be consistent with the recommendations of the Dietary Guidelines for Americans and/or shall meet, at a minimum, the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

Measuring Implementation

- The district superintendent shall appoint a district wellness team/council that includes parents, students, and representatives of the school food authority, the school board, school administration, teachers, health professionals and the public to oversee development, implementation and evaluation of the Local Wellness Policy.
- The representatives of the wellness team/council shall evaluate policy implementation and identify areas for improvement. The evaluation team will report their findings to the school administration and develop an action plan for improvement, as needed.
- The representatives of the wellness team/council shall report to the school administration annually on the progress of the wellness team/council and the status of compliance of the Local Wellness Policy.
- The Partners in Health collaborative group will participate on the wellness team/council, provide material resources where applicable, assist in trainings and professional development for teachers and help in the planning and implementation of coordinated school health efforts at the district and building levels.

Exempted Fundraising Days

No more than nine (9) days in the school year will be designated fundraising days, where food that does not meet the guidelines may be sold by student groups during the school day. Prior to the first day of school, the Student Activities Director will designate one Friday per month from August through April as an exempted fundraising day. Faculty members and club sponsors will be notified that they may request to sell pizza or dessert during one of the nine (9) designated days. Requests are solicited during the first week of school. If the demand for requests exceeds the supply of days, a blind drawing will occur to determine which clubs will be allowed to sell pizza or dessert. Questions about the process or the specific days should be directed to Student Activities Director Brandi Jones at brandi.jones@cchs165.com.

Refer to your building's School Health Action Plan for more information on programming and planning in these other areas of Coordinated School Health:

- School Health Services
- Health Promotion of Staff Wellness
- Health Education
- Family and Community Involvement
- Healthy School Environment
- Counseling, Psychological and Social Services

Food or Beverage	<p><i>Healthier US School Challenge Nutrition Standards*</i></p> <p>These criteria focus on decreasing fat and added sugar, increasing nutrient density, and moderating portion size.</p>
Fruits and Non-fried Vegetables	<p>Fruits and vegetables may be fresh, frozen, canned or dried, and they must be found in the Food Buying Guide for Child Nutrition Programs.</p> <p>http://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf</p> <p>Examples of products that <i>cannot</i> be sold/served as a fruit or vegetable include: Snack-type foods made from vegetables or fruits, such as potato chips, and banana chips; Pickle-relish, jam, jelly; and Tomato catsup and chili sauce</p>
Approved Beverages	<p>Flavored or plain reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting State and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages; 100% full-strength fruit and vegetable juices; and Water (non-flavored, non-sweetened, <i>and</i> non-carbonated)</p>
Any Other Individual Food Sales/Service	<p>Calories from total fat must be at or below 35%**<i>, excluding nuts, seeds, and nut butters</i>. This is determined by dividing the calories from total fat by the total calories and multiplying by 100. If calories from fat are not available, multiply the grams of fat by 9 to equal calories from fat.</p> <p>Calories from saturated fat must be at or below 10%. This is determined by dividing the calories from saturated fat by the total calories and multiplying by 100. If calories from saturated fat are not available, multiply grams of saturated fat by 9 to equal</p>

Attachment A

There are no USDA approved alternative dairy beverages at this time. Public Law 108-265 (Child Nutrition Program Reauthorization) authorizes the Secretary of Agriculture to establish nutritionally equivalent non-dairy beverages by July 1, 2005. Please check with the Illinois State Board of Education for clarification.

*The above *Nutrition Standards* are criteria for sales/services of a la carte and/or vended items from the United States Department of Agriculture's *HealthierUS School Challenge*. Please be aware that these criteria are only meant to apply to individually sold foods and that foods sold as part of a reimbursable school meal may not necessarily meet these criteria although menus meet the nutrition standards set by the U.S. Department of Agriculture for school meals. Local policy makers may wish to modify the standards but should be aware that this may make schools ineligible to meet the criteria for the *HealthierUS School Challenge*.

** The *Dietary Guidelines for Americans 2005* recommend a total fat intake of 20 to 35% for school-age children.

Attachment B

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 nutrition food and beverages that are consistent with the Dietary Guidelines for Americans are listed below.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges- cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit- nectarines, peaches, kiwi, star fruit, plums, pears, mangos, apples, etc.
- Fruit salad
- Cereal and low-fat milk
- 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
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Pretzels or reduced fat crackers
- Baked chips with salsa or low-fat dip (Ranch, onion, bean, etc.)
- Low-fat muffins (small or mini), granola bars and 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

**This list is not all inclusive and is meant only to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items on this list will necessarily meet district nutrient standards (Attachment A) as items vary in sugar, fat and calorie content from brand to brand. However, all of the items in the list are believed to be consistent with the intent of the wellness policy to promote student health and reduce childhood obesity.*

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less