

## **Wellness Policy Dodge County Schools**

**Nutrition Education: To teach the skills needed to encourage healthy eating habits by providing Nutrition Education opportunities**

### ***Nutrition Education Goals:***

[Dana Thomas, Jennifer Harpe, CaSandra Wright, Susan Hildebrand, Brande Vaughn, Debbie Connell, Carrie Thomas, Dena Barrows, and Jane Giddens]

1. Students in grades Pre-K - 12 will receive Nutrition Education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
2. Nutrition Education will be offered in the school dining room as well as in the classroom, with coordination between the School Nutrition Staff and teachers.
3. Nutrition Education and resources will be available through the school nurse.
4. Students will receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.
5. Students will be taught state and district Nutrition Education curriculum standards.
6. Nutrition Education will be integrated into the health education curricula and/or core curriculum (e.g., math, science, language arts).
7. Appropriate training will be available for staff that provides Nutrition Education.
8. Schools will be United States Department of Agriculture (USDA) Team Nutrition (TN) Schools. As TN schools, they will register and follow the guidelines of serving nutritious meals. They will also conduct Nutrition Education activities and promotions that involve parents, students, and the community.

### **Suggested Activities**

- Partner with Parent Informational Resource Center (PIRC) as a resource for available Nutrition Education materials for all stakeholders.
- Partner with Nutritionist/Registered Dietitian from Dodge County Health Department to provide Nutrition Education materials and counseling.
- Provide professional learning opportunities for School Nutrition Staff and teachers in developing grade level appropriate Nutrition Education activities for students.
- Provide school wide promotional days involving parents and grandparents. (Example: Pre-K Aerobics Day and Jump Rope for Heart) These days would include nutritional messages, physical activity and nutritious foods.
- Provide a Nutrition Education Program/Component to the school's Parent/Teacher Organization meetings with consideration given for participation in Department of Education's PTO Wellness Grant.
- Provide Nutrition Education in newsletters or newsletters that contain Nutrition Education to staff and parents. (Ex. Selection from School Nutrition Director in

DCS.COM, selection in classroom and school newsletters, Chronic Disease Prevention Newsletter from South Central Health District via e-mail)

- Design a collection of healthy recipes. (Ex. Pre-K Cookbook)
- Provide a “Nutrition Moment” from School Nutrition Staff on the intercom at least once a week. (Ex. “Well Wednesday” or “Wellness on Wednesday” or “Wellness Wednesday”)
- Seek additional funding from community resources and outside agencies to secure the continuation of ORGANWISE and TAKE 10 at the elementary schools.

## **Wellness Policy Dodge County Schools**

**Physical Activity: To provide opportunities, support and encouragement to all students in Pre-kindergarten through Grade 12 to be physically active on a regular basis.**

(Willis Jones, Katherine Jones, Shirley Maddox, Mark Smith)

1. Physical activity or recess is not used as reward or punishment.
2. Patterns of physical activity are encouraged in students' lives outside of physical education.
3. Physical activity/movement is integrated across the curriculum and teachers are professionally prepared to appropriately implement the curriculum.
4. Physical education is the environment where students learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge.
5. Credentialed physical education instructors teach physical education classes.
6. Student/Teacher ratios in physical education classes will be within state guidelines.
7. A recess/break period is provided daily.
8. Physical education includes instruction in individual and team competitive sports as well as non-competitive activities.
9. Adequate equipment is available for all students to participate in physical education.
10. Students in physical education classes participate in periodic fitness assessments.

### Suggested Activities

- Incorporate physical movement in the classroom through programs such as "Take 10".
- Students in physical education classes will participate in the President's Council on Fitness or similar fitness assessment.
- Encourage students to participate in after school recreation activities such as locally sponsored sports camps and recreation department programs.
- Make outdoor school facilities such as track and playground accessible after school hours.

## **Wellness Policy Dodge County Schools**

**Other School-Based Activities: To support and encourage healthy eating habits and physical activity in school-based activities and in the home.**

(Kerri Dopson, Jane Mazza, Regina Cranford, Katherine Harrington, Ann Lockett, Brandy Vaughn)

1. The parents of all students will have the opportunity to apply for free or reduced meal benefits in a confidential manner.
2. The possibility of the school system furnishing free snacks to Pre-K and Kindergarten children will be investigated.
3. All children will have access to school breakfast and lunch everyday.
4. Adequate time for students to enjoy eating a healthy lunch with friends, scheduled as near the middle of the school day as possible will be provided.
5. Adequate time will be allowed between breakfast and lunch.
6. School parties will be scheduled after lunch and fruit or other healthy food offered.
7. Cafeterias will be well lit and pleasantly decorated.
8. Each school should have a designated snack area outside with picnic tables, benches, and garbage cans.
9. Parents who furnish snacks should be given a list of healthy snacks to choose from.
10. Teachers who reward students should not do so with candy but offer healthy foods or nonfood items instead.
11. School fundraising activities should include selling items other than candy such as granola bars, nuts, magazines or giftware.

### Suggested Activities

- Applications for free and reduced meal benefits will be distributed to each student as they enter school.
- Free/Reduced applications will be processed by the school nutrition program staff within 10 days of receipt.
- Teachers who request snacks be sent to the classroom will provide a list of healthy snack foods including some fruits and vegetables for parents to choose.
- Locally grown seasonal items such as peaches, strawberries, peanuts, pecans could be used in a snack bar or for furnished snacks.
- Locally grown fresh fruits and vegetables could be used in the cafeteria whenever possible.

The Dodge County Board of Education recognizes that student wellness and proper nutrition are related to students' well being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes and protects student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

**Development of Wellness Policy:**

In accordance with federal law, the District has involved parents, students, representatives of school nutrition, the Board, school administrators and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the Board establishes in this policy goals to promote student wellness.

**Nutrition Guidelines:**

All schools shall participate in available federal school meal programs. All foods and beverages available on campus during the school day will be consistent with the awareness for a healthier lifestyle and will be consistent with the requirements of federal and state law. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary pursuant to the Child Nutrition Act and the Richard B. Russell National School Lunch Act, as those regulations and guidance apply to schools. The School Nutrition Director shall develop procedures for operation of school nutrition at each school during the day with the objectives of promoting school health and reducing childhood obesity. Each school shall provide meals that are consistent with the dietary guidelines and the USDA Standards for school meals.

**Nutrition Education:**

It is the intent of the Board that the district shall teach, encourage and support healthy eating by students. Schools shall provide nutrition education consistent with federal and state requirements that teach skills needed to encourage healthy eating habits by providing nutrition education opportunities.

**Physical Education:**

All students in grades PK-12 shall have opportunities, support and encouragement to be physically active on a regular basis. The district will provide physical education consistent with federal and state requirements and encourage physical activity on a regular basis by providing structured opportunities.

**Other School-based Activities:**

Each school administrator or designee shall develop procedures that support and encourage healthy eating habits and physical activity in school-based activities and in the home.

**Implementation:**

Each school will annually develop and implement the board adopted wellness goals and activities.

The Dodge County School System Wellness Policy Team shall be responsible for overseeing the implementation of this wellness policy and shall develop procedures for evaluation, including indicators that may be used to measure the schools' success in meeting the goals set forth herein. In each school, the school administrator or designee shall be charged with operational responsibility for ensuring that the school works toward meeting the goals set within the wellness policy and a report on the school's compliance shall be made available for evaluation, input and revision.

School nutrition staff at the school or district level shall monitor compliance with nutrition guidelines within school nutrition program areas.

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Dodge County Schools

## **Wellness Policy Dodge County Schools**

***Nutrition Standards for All Foods Available on School Campus During the School Day:*** To provide school meals that are consistent with the dietary guidelines and USDA standards for school meals and to make all foods and beverages available on campus during the school day consistent with an awareness for a healthy lifestyle.

(Nutrition Standards Outside the Cafeteria: Juaquita Williams, Sonya Bundick, Ashley Newman, Elvis Davis, Doug Martin, Thomas Shepherd, Amanda Carr, Darla Faulk, Michelle Miller and Dawn Rutland.

Nutrition Standards for Foods within the Cafeteria: Connie McDaniel, Cheryl Giddens, Pam Gilbert, Kim Peterson, Carla Skipper, Lucy Allen, Debra Attaway, Gail Hollingsworth, Faye Thompson, Henrietta Webb.)

1. Child Nutrition Program complies with federal, state, and local requirements.
2. Child Nutrition program is accessible to all children.
3. Vending machines and school snack bars shall not be open in Pre-K and Elementary Schools until that time when the last class/group of students eating lunch is scheduled to return to class and in all other schools during mealtime.
4. Food or beverages within the school meal program shall not be withheld from students as a punishment.
5. Foods served in the school meal program are developmentally appropriate and encourage consumption within the time allotted.
6. A la carte food sales by the school's nutrition program shall be limited to foods offered as part of the school meal and shall be served in the same portions as served in the school meal. A reimbursable meal must be purchased in order to purchase a la carte food items.
7. A la carte beverage sales by the school's nutrition program shall be limited to milk, 100% juice, bottled water and flavored water.
8. Sanitation deficiencies cited on local inspections are corrected accordingly, including facility deficiencies.
9. Each school kitchen has at least one person certified in food safety.
10. Drinking water is available to students throughout the day.
11. School sponsored fundraisers should promote healthy lifestyles. Every effort will be made to sell, purchase, or deliver food items before or after school. Non-food items will be encouraged.

12. Beverages sold in vending machines and snack bars will consist of water, fruit juices, limited sports and juice drinks, and some carbonated drinks. Healthier items will be at eye level and the carbonated drinks will be strategically placed towards the bottom of the machine in hopes of urging the students to purchase healthier items.

Name of School	Items
South Dodge Elementary	Water, 6 oz. carbonated drinks, and 100% Juice
North Dodge Elementary	Water, 6 oz. carbonated drinks, and 100% Juice
Dodge County Middle School	Bottled water, limited sports and fruit juice drinks, 12 oz low sugar or 0 sugar carbonated drinks
Dodge County High School	Vending will include $\frac{1}{4}$ bottled water, $\frac{1}{4}$ sports and juice drinks, $\frac{1}{4}$ regular and low sugar sodas. $\frac{1}{4}$ diet soda. Poured carbonated drinks will not exceed an 8 oz serving.

Snack items sold in vending machines and snack bar will consist of items within the following categories adhering to the outlined portion sizes.

Food Item	Maximum Portion Size
Baked chips, reduced fat popcorns, pretzels, trail mix, nuts, or other baked items	1.0 ounces
Fruits and Vegetables	1 cup
Sandwich cookies/Ice Cream Cups and Ice Cream Bars	1.65 ounces/4 ounce ice cream cups or whole Ice Cream Bar
Cereal bars or granola bars	2 ounces
Sandwich crackers	1.5 ounces
Peanut Bar	2.2 ounces

13. Foods and beverages will be made available at school with awareness that only a small amount of sodium (2300mg/day) is necessary for a healthy diet.

#### **Suggested Activities**

- Parents will be encouraged to promote their child's participation in the school meal programs. If their child does not participate in the school meal program, parents will be encouraged to provide healthy alternatives.
- Students will be encouraged to start each day with a healthy breakfast.
- School Nutrition Director will promote and provide training for School Nutrition Staff related to nutrition, safety, sanitation, state and federal guidelines, customer service and employee wellness.
- Lunchroom managers will maintain Serv/Safe certification.



- School Nutrition staff will continually monitor foods and choices served daily in the cafeterias.
- When using food as a part of class or student incentive program, staff and students are encouraged to utilize healthy, nutritious food choices.
- Each school will come up with a nutritional rating scale to place on or near the vending machine, which will categorize the items by nutritional value.
- Encourage Sponsors to offer non-food items to raise funds. If food and beverages are sold as fundraisers include at least some healthy food choices. Suggestions for fundraising activities are listed in the chart

<b>Alternative Fundraising Ideas</b>
Auctions
Car Wash
Basketball Tournament
Dance
Family/Glamour Portraits
Festival
Gift Wrapping/Christmas items
Recycle Drive
Talent Show
Other sport tournaments
Fruit
Flowers/Plants