

# Thomas A. Wildey School

## SCHOOL AGE WELLNESS POLICY

### A. Nutrition Education

The School Age Program recognizes the importance of nutrition education to promote healthy eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. The School Age Program is committed to provide nutrition education that is appropriate and adapted to each student's individual needs.

All students will receive nutrition education that is interactive and teaches students how to adopt healthy eating behaviors.

Nutrition education will be offered throughout the school day in various settings such as the classroom and the school cafeteria.

Students will receive consistent nutrition messages throughout the school, classrooms, and cafeteria.

### B. Physical Activity

A healthy lifestyle includes physical activity. The School Age Program is committed to provide a variety of opportunities for each student to develop the knowledge and skills for physical activities to be incorporated into the daily school routine based on each student's physical ability.

Students will be given the opportunity for physical activity during the school day through Adapted Physical Education classes and recreational activities which may include; walking, biking, swimming, and independent play.

Additionally, Physical Therapy and Occupational Therapy provides additional opportunities to students with identified needs through the IEP process.

### C. Guidelines for all Foods and Beverages Available During the School Day

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards schools must also establish standards or guidelines concerning foods.

- Nutrition Guidelines for all foods made available to students, whether given away, earned, or sold, at school during the school day.
- Food Choices that is low in saturated fat and cholesterol while being moderate in total fat.

Saturated fats shall be limited to 10% of the total calories in the food product.

Total fats shall be limited to 30% of the total calories in the food product. (Nuts, seeds, fluid milk products containing 2% or less fat, and cheese or yogurt made from reduced-fat, low-fat, or fat-free milk are exempt from this standard.)

Additionally, in a positive progression to a healthier school environment, food selections shall incorporate the following guidelines:

Sodium shall be limited to no more than 600 mg of sodium per serving.

Sugars shall be limited to no more than 35% sugar by weight per serving. This percentage does not include sugars from fruits and vegetables when used as additives.

Servings will not exceed the following portion sizes:

- Chips (regular) – 1.25 ounces
- Chips (baked or no more than 5 grams of fat per ounce), crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, jerky, pretzels – 1.5 ounces

- Cookies/cereal bars (plain) – 2 ounces
- Cookies/cereal bars (with nuts, raisins, chocolate pieces and/or fruit purees) – 2.2 ounces
- Bakery items (e.g., pastries, muffins) – 3 ounces
- Frozen desserts – 4 ounces
- Fruit drinks and slushes (must contain a minimum of 50% fruit juice) – 16 ounces
- Electrolyte beverages – 12 ounces

Foods of minimal nutritional value will not be given away, sold, or used as incentives for students or student activities during the school day. The foods that are restricted from sale or 'give away' to students are classified within three categories:

**Soda Water-** any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals, and protein.

**Water Ices -** any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

**Certain Candies -** any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn.

The following items are not restricted by the Foods of Minimal Nutritional Value Policy (FMNV).

These items, however, may be restricted in usage by nutrition standards.

- Ice Cream
- Cookies
- Cupcakes
- Cakes
- Chips
- Dips
- Candy containing chocolate and/or nuts (e.g. M & M's, Snickers, Hershey's
- Kisses, Reese's Cups and Pieces, Milky Way, etc.)

Reimbursable meals provided to students under the National School Lunch Program are exempt from this policy since they are governed by Federal Regulation 7 CFR, parts 210 and 220.

The School Age Program will allow exemptions for foods that exceed the established nutrition parameters as follows:

- In observance of state or national holidays;
- For established religious observances such as Christmas, Hanukah, and Kwanza;
- School community observances, such as birthday parties;
- As part of a learning experience related to the reinforcement of established lesson plans in the classroom; this exemption, however, does not allow for an exemption toward the sale of foods as part of a business enterprise or fundraising activity.

**Other School-Based Activities Designed to Promote Student Wellness**

The School Age Program recognizes the need to create a total school environment that is conducive to healthy eating and being physically active:

- The School will allow each student adequate time to consume their lunch meal. Students will be given assistance as necessary (i.e. getting their lunch, helping the student make healthy choices, cutting up food, feeding, etc.)

- The School will provide a clean, safe, enjoyable meal environment.
- School lunch time will be as near the middle of the school day as possible.

Each student will be given the opportunity for at least 20 minutes daily of physical activity based on their physical capabilities.

The School will prohibit the use of food as a reward or punishment.

The School will not deny student participation in recess or other physical activities.

Reviewed: October 2015