

## **REGULATION - STUDENT WELLNESS**

The Galax City Public School Division is committed to providing a school environment that enhances learning and development of lifelong wellness practices. In all aspects of local wellness, the school staff will act as role models for good nutrition and physical activity behaviors.

To accomplish these goals:

- Child Nutrition Programs will comply with federal, state and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.
- All foods and beverages made available on campus (including vending, concessions, a la carte, parties and fundraising) during the school day are consistent with current Dietary Guidelines for Americans.
- All foods made available on campus adhere to food safety and security guidelines.
- The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals.
- Food is not used as a reward and physical activity is not used as a punishment.

### **Part 1 - Nutrition**

#### **SCHOOL MEALS**

##### **National School Lunch Program (NSLP) and School Breakfast Program (SBP)**

- Students have at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch. This does NOT include time spent walking to and from class or waiting in line.
- Drinking water is available for students at meal times.
- The cafeteria is clean, orderly and inviting.
- Adequate seating is available to accommodate all students served during each meal period.
- Adequate supervision is provided in the dining area.

#### **OBJECTIVES**

##### **Breakfast:**

At least 50% of pre-packaged cereals offered contain:

- Not more than 35% of weight from total sugar (or less than 9 grams per 100 calories),
- At least 1 gram fiber per serving.
- At least half (50%) of the grains offered during the school week must be whole grain.
- Fruits offered daily must be fresh; frozen without sugar; canned in light syrup; water or fruit juice; or dried.
- Milk products will be fat free (unflavored or flavored) and low fat unflavored
- Calorie ranges will be as follows:
  - Grades K-5: 350 – 500
  - Grades 6-8: 400 - 550
  - Grades 9-12: 450 – 600

##### **Lunch:**

- An entrée choice with total fat <16 grams per serving is offered at least 3 days per week.
- Fruits, offered daily, must be fresh; frozen without sugar; caned in light syrup, water or fruit juice; or dried.
- Vegetables, offered daily, must meet the weekly requirements of the 2010 Dietary Guidelines for Americans; dark green, red/orange, dry beans/peas (legumes), starchy and "other" vegetables (as defined in the Dietary guidelines).
- At least 5 different fruits and 5 different vegetables are offered monthly.
- Fresh fruits or vegetables are offered at least 3 days a week.

- Milk products will be fat free (unflavored or flavored) and low fat unflavored.
- Salad dressings contain no more than 12 grams of fat per ounce.
- Desserts with more than 5 grams of fat per serving are offered not more than 2 times per month.
- Calorie ranges are as follows:

Grades K-5: 550 – 650  
 Grades 6-8: 600 - 700  
 Grades 9-12: 750 – 850

## **A LA CARTE**

“A la carte” refers to all other food and beverage items sold by the school food service program in the school cafeteria or other locations. A la carte items comply with USDA regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period.

Definition: Foods of Minimal Nutritional Value (FMNV) are those foods as defined in federal regulations for the National School Lunch Program (7CFR Part 210) and the School Breakfast Program (7CFR Part 220). FMNV includes all soda water, water ices, chewing gum, certain candies, hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn; except for individual items in these categories that have been specifically exempted by the U.S. Department of Agriculture.

### **OBJECTIVES:**

- Fresh fruits or vegetables are offered at least 3 days a week.
- At least half of the grains offered during the school week must be whole grain-rich.
- Milk products will be fat free (unflavored and flavored) and low fat unflavored.
- Salad dressings contain no more than 12 grams of fat per ounce.
- Desserts with more than 5 grams of fat per serving are offered not more than 2 times per month.

### **A La Carte Items are Limited To:**

- The same portion size of any food item served that day in the NSLP or SBP
- Fruits or vegetables
- Low-fat or nonfat yogurt
- Other items – all items offered meet all of the following criteria per serving:

-Fat-except nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories)

-Sugar – except fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories)

-Calories – not more than 200 calories per serving unit -Water, non-caloric

-Milk products will be fat free (unflavored or flavored) and low fat unflavored 100% fruit juice

### **VENDING – Machines and School Stores:**

All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of “Foods of Minimal Nutritional Value” (see definition) where school meals are served or eaten during the meal period.

The sale of FMNV is not allowed on school property in areas accessible to students until after the end of the school day.

### **OBJECTIVES:**

**VENDED FOODS:** at least 50% of items offered meet all of the following criteria per serving.

Fat – except nuts, seeds, and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories).

Sugar – except fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories).

Calories – not more than 200 calories per serving unit.

**VENDED BEVERAGES:**

Water, non-caloric  
Milk <360 calories  
100% juice

Electrolyte replacement beverages that contain no more than 48 grams of sweetener per 20 ounce selling unit may be offered in drink machines located near high school athletic training centers.

**SCHOOL DAY ACTIVITIES:**

Meals from home  
Classroom Parties and Celebrations  
Classroom Rewards  
Fundraisers  
Intramural Events

All vended foods and beverages are sold in compliance with USDA regulations prohibiting the sale of “Foods of Minimal Nutritional Value” (see definition) where school meals are served or eaten during the meal period.

**OBJECTIVES:**

Students are allowed individual water bottles in the classroom.  
Foods and beverages for classroom parties and celebrations will: Meet the same guidelines for a la carte foods  
Not be provided until at least one hour after the end of the last lunch period.  
At least 50% of fundraising activities will not involve the sale of food and/or beverages.  
Fundraising activities involving the sale of food or beverages will not take place until after the end of the last lunch period.  
Refreshments provided for students participating in school events adhere to the guidelines for vended foods and beverages.  
Parents, teachers and organizations are informed about the guidelines and are encouraged to follow them.

**AFTER SCHOOL PROGRAMS**

Snacks served under the USDA After School Care Snack Program complies with all applicable federal regulations and state policies.

**OBJECTIVES:**

“Snack” means 2 or more items that are served as a unit.  
On at least 3 days of the week, snacks meet the following standards:  
Fat -except nuts, seeds, and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories).  
Sugar – except fruit without added sugar, not more than 35% of weight from total sugar (or less than 9 grams per 100 calories).

**Part 2 – Nutrition Education**

**OBJECTIVES:**

Nutrition education will be integrated into other areas of the curriculum such as math, science, language arts, and social studies.

Staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits.

The school cafeteria serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.  
Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.  
The school district will provide information to families that encourage them to teach their children about health and nutrition; and to provide nutritious meals for their families.  
Students will be encouraged to start each day with a healthy breakfast.

### **Part 3 – Physical Activity**

#### **OBJECTIVES:**

Physical activity will be integrated across curricula and throughout the school day.

Movement can be made a part of science, math, social studies, and language arts.

Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills, and knowledge.  
Policies ensure that state-certified physical education instructors teach all physical education classes.  
Policies ensure that state physical education classes have a student/teacher ratio similar to other classes.

Time allotted for physical activity will be consistent with research, national and state standards.

Provide a daily recess period, which is not used as punishment or reward.

Physical education includes the instruction of individual activities as well as competitive and non-competitive sports to encourage life-long physical activity.

Adequate equipment is available for all students to participate in physical education. Physical activity facilities on school grounds will be safe.

The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Information will be provided to families to help them incorporate physical activity into their student’s lives.

Schools are encouraged to provide community access to and encourage students and community members to use the school’s physical activity facilities outside of the normal school day.

Schools encourage families and community members to implement programs that support physical activity.

### **Part 4 – Other School Based Activities**

#### **OBJECTIVES:**

After school programs will encourage physical activity and healthy habit formation.

Local wellness policy goals are considered in planning all school based activities (such as school events, field trips, dances, and assemblies).

Support for health for all students is demonstrated by hosting health clinics, health screenings, and helping enroll eligible students in Medicaid and other state children’s health insurance programs.

Schools organize local wellness committees comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.