

The Union Springs Central School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Union Springs School District that:

The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.

- All students in grades Pre-k-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food and beverages sold or served at school will meet the nutrition recommendations of the *Healthy, Hunger Free Kids Act of 2010*.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- All schools in our district will participate in available federal school meal programs, including the School Breakfast Program, and National School Lunch Program .
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

To Achieve These Policy Goals

The school district and/or individual schools within the district will create, strengthen, or work to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies.

I. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Offer low-fat) and fat-free milk and cheeses and 100% of the ice cream offered be low-fat and meet the smart snack guidelines.
- Ensure that half of the served grains are whole wheat, increasing the % of whole wheat and whole grain products offered.

Schools should engage students, through taste testing servings to select foods sold through the school meal programs in order to identify new, healthful and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, place cards, other point-of-purchase materials or by contacting the cook/manager.

Breakfast

To ensure that all children have the opportunity to have breakfast, at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will operate the School Breakfast Program.

- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced Priced Meals

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced price school meals. Toward this end, schools may utilize electronic identification and payment systems, provide meals at no charge to all children, regardless of income; promote the availability of schools meals to all students.

Meal Times and Scheduling

- Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch when practical;
- School should schedule meal periods at appropriate times;
- Schools should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Schools should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff

As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. Child nutrition regulations shall be followed as per the table below :

New and Current Managers

Each year, at least 10 hours of annual continuing education/training.
Includes topics such as:

- ☐ administrative practices (including training in application, certification, verification, meal counting, and meal claiming procedures)
- ☐ the identification of reimbursable meals at the point of service
- ☐ nutrition, health and safety standards
- ☐ other topics, as specified by FNS

New and Current Staff (other than the director and managers) that work an average of at least 20 hours per week Under 20 hours 4hours of training

Each year, at least 6 hours of annual continuing education/training.
Includes topics such as:

- ☐ free and reduced price eligibility
- ☐ application, certification, and verification procedures
- ☐ the identification of reimbursable meals at the point of service
- ☐ nutrition, health and safety standards
- ☐ other topics, as specified by FNS

Sharing of Food and Beverages

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

All Foods Sold in School During the school day (12am -3:00pm)

Nutrition Standards for Foods

●Any food sold in schools must:

- Be a “whole grain-rich” grain product; 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 ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

●Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: < 350 calories

- Sodium limits:
 - Snack items: $\leq 200\text{mg}^{**}$
 - Entrée items: $\leq 480\text{mg}$

- Fat limits:
 - Total fat: $\leq 35\%$ of calories
 - Saturated fat: $< 10\%$ of calories
 - Transfat: zero grams

- Sugar limit:
 - $\leq 35\%$ of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria.

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item



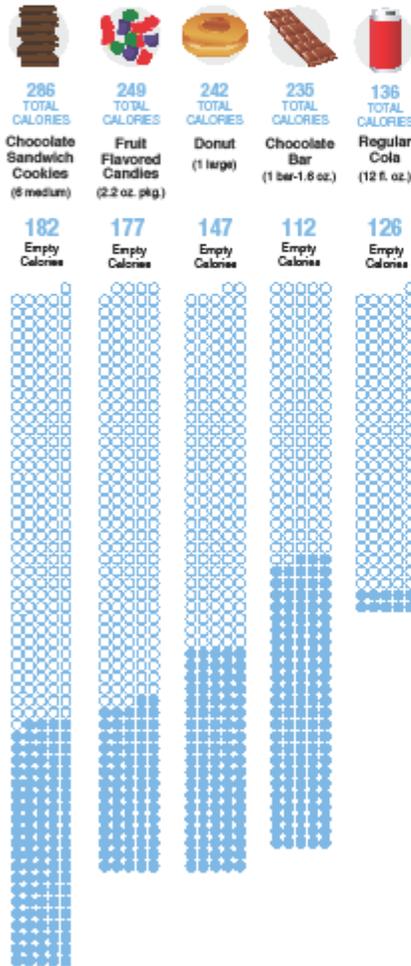
United States Department of Agriculture

SMART SNACKS IN SCHOOL

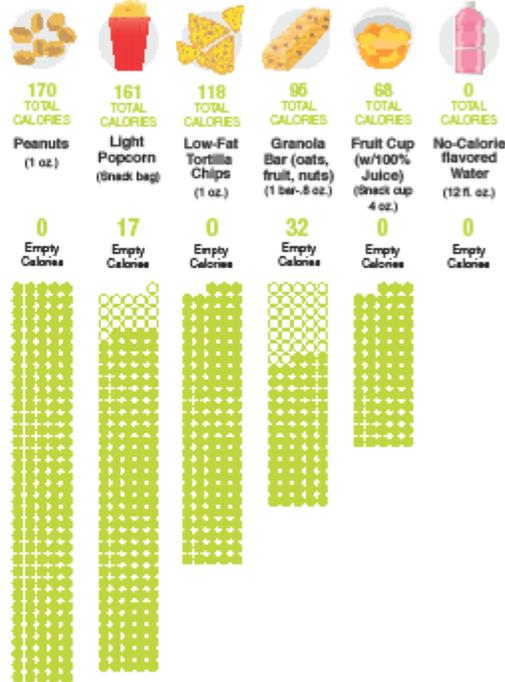
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

● Equals 1 calorie ○ Shows empty calories*

Before the New Standards



After the New Standards



*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.

USDA is an equal opportunity provider and employer.



Elementary Schools

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat dairy products, milk, fruits, vegetables, and orange juice.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will be challenged, when food products are involved, to move towards foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Schools will encourage fundraising activities that promote physical activity such as jump rope , dodgeball tournaments. The school district will make available a list of ideas to help in this implementation.

Snacks

All schools may sell:

Plain water (with or without carbonation)

Unflavored low fat milk

Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP

100% fruit or vegetable juice and

100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice.

There is no portion size limit for plain water.

Beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students.

No more than 20-ounce portions of

Calorie-free, flavored water (with or without carbonation); and

Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤

10 calories per 20 fluid ounces

No more than 12-ounce portions of
Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Snacks served during the school day or in after-school care or enrichment programs run by Union Springs School District will make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards

Schools will limit the use of foods or beverages, especially those that do not meet the Smart Snack guideline, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment. The district encourages physical activity based rewards in place of foods when appropriate.

Celebrations

Parties should limit the use of food or beverage that does not meet Smart Snack guidelines. The district will post on the website an annual notice concerning guidelines set by the Wellness Counsel regarding classroom celebrations.

II. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Union Springs Central School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered as part of sequential, comprehensive, standards based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting

For students to receive the state recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons;
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The district/schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/schools will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/schools will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/schools will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/schools will provide information and physical education and other school based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for food and beverages sold individually (above). School based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; education incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons, and food sales through fundraising activities.

Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a-la-carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness

Union Springs Central School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will establish and maintain an employee assistance program. The district should establish and maintain existing programs such as flu shots and mobile mammograms. The Wellness Committee should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff. The staff wellness committee should distribute its plan to the school health council annually.

III. Physical Activity Opportunities and Physical Education

Daily Physical Education K-12

All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive Physical Education aligned with state mandates. All physical education will be taught by a certified physical education teacher. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

When possible, elementary school students should meet the state guidelines concerning supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

The district will offer extra-curricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range

of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical education as punishment.

Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for student to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff, and community members, before, and after the school day, on Saturdays, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs when fiscally prudent and logistically possible. School policies concerning safety will apply at all times.

.

IV. Policy Review

A Wellness Committee, established at the discretion of the Superintendent, will review and update the existing Wellness Policy as necessary.