

Banks School District
Health and Wellness Committee

REPORT
&
RECOMMENDATIONS

Submitted to:
Board of Directors
August 10, 2009

The Health and Wellness Committee involving parents, students, a representative of the school food authority, school administrators, and the public; discussed the following issues:

- 1. Provide the School Board and community with a report that sets forth current baseline statistical information regarding nutrition, student eating habits, and nutrition education in the District.**
- 2. Review current USDA nutritional standards and recommend if the District should implement standards beyond what USDA requires.**
- 3. Review and recommend, if warranted, changes to current practices regarding the availability of foods of minimal nutritional value (including soda) through vending machines, school stores, and school meals.**
- 4. Create a Board policy on nutrition and wellness.**

REPORT

- 1. Provide the School Board and community with a report that sets forth current baseline statistical information regarding nutrition, student eating habits, and nutrition education in the District.**

Lifelong wellness is promoted in Health and Physical Education classes, exposure to those classes varies between schools. Consider the following regarding nutrition practices in Banks schools:

Banks Food Services Department: [ADD LANCE'S UPDATE]

- Current contract with Sodexo.
- Average 600 Lunches and 70 Breakfast Meals served each day, additional ala carte items sold.
- 23% Free and Reduced lunch rate.
- Menus must meet nutrient standards when analyzed by United States Department of Agriculture (USDA) approved software.
- Healthy Initiative Changes are being implemented to reduce childhood obesity: new snack and beverage criteria, less fat and sodium, more whole grains, portion size control.

Secondary School Store

- Concession stands sell snacks and drinks at high school sporting events that are held after school hours.

Vending Machines

- There are no vending machines at the elementary schools.
- There are two vending machines at the middle school open all day. Both have only water.
- There are three vending machines at the high school open before school, during lunch, and after school only. All have zero calorie soda, juice that meets the guidelines, and water.

- The High School has a 6-year exclusive Pouring Rights Contract with Coke, 2003-2009. The contract expires 7/1/2009.

Nutrition and Wellness Education

- Nutrition education is part of the Oregon State Content Standards for Health Education, Promotion of Healthy Eating. Fitness education is part of the Oregon State Content Standards for Physical Education, Fitness for a Lifetime. All teachers are required to teach toward the standards at each grade level.
- Health education varies widely in elementary classrooms. The Curriculum Department is currently considering new elementary Health curriculum focused on state standards. Physical Education specialists teach in all elementary schools. Instruction time is tied to classroom teacher planning time and is approximately 37-55 hours per year, depending on grade level.
- Total time spent in Health classrooms during grades 7-8 is 124 hours spread over the two years. Total time spent in Physical Education classes during grades 7-8 is 124 hours every year.
- High school students are required to complete one Health credit and one Physical Education credit for graduation. On average, students graduate with two credits of physical education.

2. Review Current USDA nutritional standards and recommend if the District should implement standards beyond what USDA requires.

The school nutrition environment should promote food choices that reflect the nutrition education guidelines taught through wellness curriculum. Schools should offer varied food choices that are consistent with Federal U.S. Dietary Guidelines designed to meet nutrient requirements, promote health, support active lives, and reduce chronic disease risk.

School breakfast and lunch programs are required to meet the nutrition standards set by state and federal programs. In addition, within these programs efforts should continue to increase consumption of whole grains, fruits and vegetables, and decrease consumption of saturated fats and sugars.

3. Review and recommend, if warranted, changes to current practices regarding the availability of foods of minimal nutritional value (including soda) through vending machines, school stores, and school meals.

The USDA defines foods of Minimal Nutritional Value (FMNV) as those foods which provide less than 5 % of the Recommended Daily Allowance for each of eight specified nutrients per 100 calories and less than 5 % per serving. The eight specified nutrients are protein, vitamin A, vitamin C, niacin, riboflavin, thiamin, calcium, and iron. The USDA realizes that school food authorities may find it difficult to apply the 5 % rule to each food item sold on school premises.

Therefore, USDA has identified four categories of food items that are considered to be FMNV. The categories are: soda/carbonated beverages, water ices, chewing gum, and certain candies.

USDA regulations prohibit the sale of FMNV during student meal services. The term FMNV does not include foods such as potato chips, chocolate bars, donuts, and cookies. There are many food items considered to be poor choices that are not included in the definition of FMNV. A comprehensive wellness policy should promote student health and the prevention of childhood obesity by further restricting food items considered to be of low nutrient value.

4. Create a Board policy on nutrition and wellness.

The Board readopted the Local Wellness Program policy on 11/5/07. The district also has a Nutrition and Food Services policy adopted by the Board on 6/12/2006.

DISCUSSION OF INFORMATION SOURCES

In addition to collecting data from the District and vendors, the Health and Wellness Committee gathered information from other sources. We read sample policies such as the National Alliance for Nutrition and Activity Model School Wellness Policy and Oregon School Board Association Sample Policy. We considered features of policies set by neighboring districts, such as the elimination of all vending machines except for those dispensing water in Portland-area schools.

The Health and Wellness Committee considered facts concerning the status of children's health. Data from the 2008 Healthy Teens survey showed some changes from the data collected and analyzed in 2003. Below is a comparison of some data from the two surveys.

	<u>2003</u>	<u>2008</u>
Oregon eighth graders who report being overweight	23%	25%
Oregon eighth graders who eat 5 or more servings of fruits and vegetables	27%	11%
Oregon eighth graders drinking more than 7 sodas per week	34%	15%

In the United States obesity rates have doubled in children and tripled in adolescents over the past three decades. Physical inactivity and excessive calorie intake are the leading factors of childhood obesity. In 2006 the standard by which we measure vigorous physical activity changed from a recommendation of 3 x 20 minutes per week to 5 x 60 minutes per week of physical activity.

	<u>2003</u>	<u>2008</u>
Oregon high school Students NOT getting the Required 5 x 60 Physical activity	49%	49%
Percentage of Oregon high School students that do not a Have a daily physical education Class	72%	60%

Combined junior high and high school students in Oregon, only 22% consume the recommended servings of 5 or more fruits and vegetables in a day.

In the United States, obesity rates have doubled in children and tripled in adolescents over the last two decades. Physical inactivity and excessive calorie intake are the predominant cause of childhood obesity. In Oregon, 28% of high school students do not participate in sufficient vigorous physical activity (Defined as 60 minutes per day, five times per week) and 49% of high school students do not attend daily physical education classes. Only 2% of children (2 to 19 years of age) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

RECOMMENDED POLICY

While feeding children is primarily the responsibility of the family, the Board recognizes that good nutrition and regular activity are essential for students to achieve their academic potential, full physical and mental growth and lifelong health and well-being. It is the school's responsibility to provide healthful foods, physical activity and adequate health education to promote healthy growth and development to support learning.

The District's Wellness Policy is comprised of four areas: **Nutrition Education, Physical Activity, Nutrition Standards, and School-Based Wellness Activities**. Oversight of this policy is the responsibility of the district and building administrative team. The superintendent will develop administrative rules to implement the goals of this policy.

RECOMMENDED ADMINISTRATIVE RULES

Nutrition Education:

Students will receive nutrition education that aims to develop the knowledge and skills necessary for life-long nutritious eating patterns consistent with current U.S. Dietary Guidelines for Americans that prevent nutrition related health risks.

Instruction will:

- Be part of a comprehensive health program that is sequential, age-appropriate and skill based.
- Use the State Health Education Standards to develop the Common Curriculum Goals on Healthy Eating.
- Be offered every year, K – 8, with a minimum of 50 hours of direct instruction completed by grade 8,
- Be included in the required personal health courses offered in high school.

Suggested Rules:

- Classroom Instruction must promote current nutritional guidelines and skills to make choices for healthy behaviors.
 1. Direct instruction will be part of a comprehensive health program supported by integration into other appropriate curricular areas.
 2. Instruction will include application activities involving parental interaction.
- Teachers will have opportunities to receive training.
 1. Teacher Training must allow staff to be current in nutritional content and instructional methods.
 2. In-service experiences should cover topics to ensure mastery of current content, standards and methods.

Examples:

1. State In-service Day Health Education Conference, Nutrition Sessions
2. Health Education: Nutrition Education Curriculum product training.
3. District sponsored Nutrition Training.

Physical Activity:

A quality physical education program prepares all students, including those having special needs, for an active and healthy life. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. Students learn the benefits from involvement in physical activity and its contributions to a healthy life.

Instruction will:

- Be a course of study consistent with Oregon standards for physical education and with a focus on developing the knowledge and skills necessary for a lifetime of regular physical activity.

- Provide an environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge that promote lifelong fitness and health.

Suggested Rules:

- Time allotted for physical activity is consistent with research, national and state standards that indicate students need at least 60 minutes of physical activity during their entire day.
- All physical education classes are taught by state-certified physical education instructors.
- Physical education includes instruction of activities as well as team sports to encourage lifelong physical activity.
- Adequate equipment and facilities are available for all students to participate in physical education.
- Schools are encouraged to provide community access to use the school's physical activity facilities outside the normal school day.
- Schools encourage families and community members to institute programs that support physical activity, such as walk or bike to school programs.
- Oversight of the practice of this policy is the responsibility of the physical education teachers at their regularly scheduled meetings.

Nutrition Standards:

School Lunch Service

Students should, as much as possible, receive balanced nutrition from their meals at school. The guideline for the USDA Food Program has established standards seeking that nutritional balance. For that reason, the goal of the Banks School District is to increase the number of students eating well-balanced meals such as the daily USDA breakfast and lunch programs.

Schools shall offer varied food choices that are consistent with the federal U.S. Dietary Guidelines. All breakfast and lunch programs shall meet the nutrition standards required by state and federal breakfast and lunch programs while also attempting to increase consumption of whole foods, whole grains, fruits and vegetables, and decrease consumption of foods high in saturated fat, hydrogenated and partially hydrogenated fats and refined sugars within the meal items offered.

Food of minimal nutrition value (FMNV)* as defined by the USDA shall not be sold or served on school premises during the school day. Food sales of an occasional nature must have prior approval by the school principal or designee.

Food Service providers will share available information about the nutritional content of meals with parents and students. Such information will be provided on menus, a website, on cafeteria menu boards, placards or other point-of-purchase materials.

Suggested Rules for the USDA Breakfast and Lunch Program:

- Foods and beverages sold or served at school will meet the nutrition recommendations of the current U.S. Dietary Guidelines for Americans (USDGA).

- When practical, all schools in our district will participate in available federal school meal programs.
- 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.
- Only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives will be served.
- Nutrition analysis were completed by the food service department using production records to monitor consumption patterns, and compare them to USDA nutrient standards for the National School Lunch Program. Adjustments were made, where necessary, so that by the year 2009, 90% of individual meal offerings meet USDA nutrient standards.
- Decrease consumption of total fat to the recommended 30% per meal, with no more than 10% from saturated fat, with minimal or trace amounts of trans fat.
- Efforts shall be made within the meal program to increase consumption of whole foods, whole grains, offer a wide variety of fruits and vegetables, and decrease consumption of foods high in saturated fat, hydrogenated and partially hydrogenated fats, and refined sugars.

Policy: Food and Beverages sold individually (vending machines, school stores, and ala carte sales)

Foods offered in vending machines (snack items and beverages) ala carte offerings and student store sales, must meet guidelines set forth in rules and be consistent with portion sizes and pricing offered in the school lunch program.

Elementary Schools:

- The school food service program will approve and provide all food and beverage sales to students in elementary school with the exception of water. Snack vending machines will not be available to students.
- The Elementary Principals will determine rules for foods outside of normal meal times (celebrations, classroom incentives, fund raising events).

Middle Schools:

- Foods offered (snacks, school store and beverages) will meet the guidelines for nutrition and serving size set forth in rule (below).

High Schools:

- Foods offered (snacks, school store and beverage sales) will meet guidelines for nutrition and serving size set forth in rules below.

Suggested Rules for Food and Beverages sold individually (vending machines, school stores, and ala carte sales)

Foods:

- FMNV will not be available for purchase beginning in September of 2010. During the 2006-2007 school year, a plan was developed to eliminate all FMNV from the offerings sold. Over the years from 2007 – 2010, 25% of all FMNV will be eliminated each year and replaced with nutritional snacks and beverages.
- All items will be sold in single serving size.

- No more than 30% of calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of calories from saturated fat and trans-fat combined.
- No more than 35% of its weight from added sugars.
- Will contain no more than 230 mg. of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg. of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- Fresh fruits and vegetables will be offered whenever applicable.

Beverages:

- Water (without added caloric sweeteners), fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat (1%) or fat-free milk and nutritionally-equivalent nondairy beverages; maximum of 150 calories per serving. Rice, soy or nut milk must be enriched with calcium to at least 30% of the RDA for 8 oz., 40% for 11 oz.
- Caffeinated coffee will not be sold to students during the school day beginning in September of 2008.
- Only water and 100% juice for elementary school students: no soft drinks
- Provide nutritious and /or lower calorie beverage choices to middle school students including water, 100% juice, sports drinks, dairy-based beverages, and low-calorie juice drinks.
- A wide variety of beverage choices to high school students including water, dairy-based beverages, sports drinks, 100% juice, juice drinks and zero calorie soft drinks. No more than 50 % of the beverages offered will be soft drinks. This standard will be re-visited at the end of the current contract with Coke in July 2009.

School Wellness Climate:

All students will have access to food at the appropriate mealtime with a minimum of 25 minutes for students to receive and consume meals. Meal periods should be uninterrupted time that is long enough for students to eat and socialize.

Schools will work to ensure that lunch is served at a time when students are hungry and mealtime will occur close to the mid point of the student day.

Water fountains, restrooms, facilities for washing hands and brushing teeth should be available for students who wish to use them before, during, and after lunch.

The eating environment will be pleasant and attractive with sufficient space for students to eat lunch at a table and in a chair. Creative and innovative methods should be used to keep noise levels appropriate. Attention devices should NOT be used to distract student's attention away from eating.

Suggested Rules:

- Lunch lines will be organized to provide adequate time for students to eat. Elementary schools should be creative in displaying food choices for the day prior to entering the cafeteria or at the location of where the lunches are served.
- Nutrient and food contents should be posted at the location where lunches are served.
- Recess in Elementary Schools could occur **before** lunch. Research shows this produces less distraction and allows the students to slow down their eating. This option will be discussed by the elementary school.
- Students should be encouraged to eat more fruits and vegetables.
- School based marketing should be consistent with the District Wellness Policies.

Policy Evaluation:

The School Board will review this policy biannually. The Superintendent is responsible for ensuring the District meets the goals outlined in this policy, including oversight for individual school sites to conduct biannual school wellness assessments.

CONCLUSION

The foundation of good nutrition is balance, variety, and moderation combined with adequate time to eat a meal. Overall wellness joins good nutrition and physical activity to result in long-term personal health and wellbeing.