

## SCHOOL WELLNESS

The Allen Parish School Board is committed to the optimal development of every student. The School Board believes that for students to have the opportunity to achieve personal, academic, developmental and social success, the School Board shall strive to ensure positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

It is the School Board's desire to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, the School Board shall establish goals and procedures to ensure that:

- Students in the Allen Parish public schools have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the School Board in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The School Board establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

### SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

The School Board shall establish a *School Health Advisory Council* (SHAC) to advise the School Board on physical activity for students, physical and health education, nutrition, and overall student health. The council members shall be appointed by the School Board and shall include school Wellness Coordinators, school administrators, students, parents of students, and individuals representing the community, as well as school health and food service professionals. The *School Health Advisory Council* shall assist in implementation, periodic review, and updating of the *School Wellness* policy.

### IMPLEMENTATION

The Superintendent or his/her designee shall be responsible for assuring compliance with established district-wide nutrition and physical activity wellness policies. Every

school in Allen Parish will be required to complete an annual Centers for Disease Control and Prevention's School Health Index (SHI) assessment and update their responses at least every three years. The school health coordinator or other designee at each school is responsible for completing and updating the annual assessment and using the results to develop an action plan on the school health website that is feasible for the School Health Advisory Council to implement. After it is finalized, the school health coordinator will assemble the members of their School Health Advisory Council (including the school principal) to review SHI assessment results. The school principal or school health coordinator will provide the annual date for their updated assessment or action plan – which can be found on the Healthy Schools Program website. A signed copy of the School Health Index results will be provided to the superintendent designee no later than May 1<sup>st</sup> of the current school year. A copy of this signed report will be forwarded to the Child Nutrition Programs Supervisor. This copy will be reviewed and kept on file for four years. The Child Nutrition Programs Supervisor will discuss assessment plans with the Superintendent of Allen Parish Schools at the end of the current school year.

### TRIENNIAL PROGRESS ASSESSMENTS

At least once every three (3) years, the School Board shall evaluate compliance with the *School Wellness* policy to assess the implementation of the policy and document the assessment for each school under its jurisdiction. The *School Wellness* policy shall be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

### RECORDKEEPING

The School Board shall retain records to document compliance with the requirements of the *School Wellness* policy at the Allen Parish School Board central office. Documentation maintained in this location shall include, but not be limited to:

- The written *School Wellness* policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the *School Wellness* policy; including an indication of who is involved in the update and methods the School Board uses to make stakeholders aware of their ability to participate on the *School Health Advisory Council*;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the *School Wellness* policy;
- Documentation demonstrating the most recent assessment on the implementation of the *School Wellness* policy has been made available to the public.
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### COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

The School Board is committed to being responsive to community input, which begins with awareness of the *School Wellness* policy. The School Board shall inform parents of

the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and application procedures, and a description of and compliance with nutrition standards. The School Board shall use electronic mechanisms, such as e-mail or displaying notices on the School Board's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the *School Wellness* policy, as well as how to get involved and support the *School Wellness* policy and activities/initiatives. The School Board shall ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the School Board and individual schools are communicating important school information with parents.

#### Annual Notification of Policy

The School Board shall actively inform families and the public each year of basic information about the *School Wellness* policy, including its content, any updates to the policy and implementation status. The School Board shall make this information available via the School Board's website and/or district-wide communications.

### NUTRITION

#### School Meals

The Allen Parish School Board is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

All public schools within Allen Parish participate in the *United States Department of Agriculture* (USDA) child nutrition programs, including the *National School Lunch Program* (NSLP), the *School Breakfast Program* (SBP). All public schools within Allen Parish shall be committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

#### Water

To promote hydration, free, safe, unflavored drinking water shall be available to all students throughout the school day and throughout every school campus. The School

Board shall make drinking water available where school meals are served during mealtimes.

### Competitive Foods and Beverages

The School Board is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) shall meet the nutrition standards as outlined in 7 CFR 210.11 (Attachment C). These standards aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day shall meet or exceed the USDA nutrition standards. These standards shall apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Attachment B provides a list of Creative Fundraising Ideas.

### Food and Beverage Marketing in Schools

It is the intent of the School Board to protect and promote student health by restricting advertising and marketing in the schools to only those foods and beverages that are permitted to be sold on campus, consistent with this *School Wellness* policy and its implementation plan.

### Other Food and Beverages Provided, but not Sold, on School Campuses

The School Board has developed the following guidelines for foods and beverages which are provided, but not sold, during the school day:

1. Celebrations and parties (Attachment A). The School Board will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents (Attachment A). The School Board will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives (Attachment A). The School Board will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

### Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion shall also include marketing and advertising nutritious foods and beverages to students as well as encouraging participation in school meal programs.

### Nutrition Education

The School Board shall teach, model, encourage and support healthy eating by all students. Schools shall provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, and other school foods and nutrition-related community services;

### PHYSICAL ACTIVITIES

#### Physical Education

The School Board shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum shall promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All School Board elementary (K-8) students shall receive physical education for at least 30 minutes per day throughout the school year. High school students are required to have a minimum of 1.5 Carnegie units in physical education to graduate.

The School Board physical education program shall promote student physical fitness

through individualized fitness and activity assessments and shall use criterion-based reporting for each student.

### Physical Activity

Students in grades K-8 are required by state law to receive at least thirty (30) minutes of physical activity per day. High school students shall be encouraged to incorporate physical activity into their day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program. Such programs reflect strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. Schools shall ensure that varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

To the extent practicable, the School Board shall ensure that its grounds and facilities are safe and that equipment is available to students to be active.

### Classroom Physical Activity Breaks (Elementary and Secondary)

The School Board recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students shall be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Teachers shall be encouraged to provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three (3) days per week. Such physical activity breaks shall complement, not substitute, for physical education class, recess, and class transition periods.

The School Board shall provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are also available through USDA and other organizations which promote health and wellness.

### Active Academics

Teachers shall be encouraged to incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The School Board shall support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers shall serve as role models by being physically active alongside the students whenever feasible.

## OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The School Board shall integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The School Board shall coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Public schools in Allen Parish shall be encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the School Board's curriculum experts.

All efforts related to obtaining federal, state or other organizational recognition for efforts, or grants/funding opportunities for healthy school environments shall be coordinated with and complementary of the *School Wellness* policy, including but not limited to ensuring the involvement of the *School Health Advisory Council*.

All school-sponsored events shall adhere to the *School Wellness* policy guidelines. All school-sponsored wellness events shall include physical activity and healthy eating opportunities when appropriate.

## TOBACCO

The Allen Parish School Board is dedicated to providing a healthy, comfortable and productive environment for students, employees and the public. Because tobacco is the leading cause of preventable death, disease, and disability, the Allen Parish School Board shall attempt to provide a tobacco-free school environment.

### Student Tobacco Use

The Allen Parish School District will prohibit students from having any tobacco products or smoking object/devices in their possession or to use tobacco products, smoke, or any smoking object/device on any property owned or operated by the Allen Parish School Board, in school facilities during the school day. This policy will also apply to school activities held in school facilities after school hours and all school functions that are held away from school. It will also apply when students are riding school buses to and from school or in any other School Board vehicle, at any time.

The Allen Parish School District will prohibit students from having tobacco products at school-sponsored functions away from school property. School Board facilities shall include any portable buildings, field houses, stadiums, equipment storage areas, vacant land, or any property owned, operated, or leased by the board. The Allen Parish School District will also prohibit tobacco advertising in school buildings, at school functions, on student clothing and in school publications.

The Allen Parish School District will enforce this Tobacco-Free Schools policy even if a student has parental permission to smoke.

#### Compliance and Enforcement

As an alternative to punishing those students who are found in violation of this Tobacco-Free Schools policy, students shall be referred to the school's healthcare provider (nurse, school-based health center, or social worker) for a tobacco intervention.

Violations shall be handled in the following manner:

- First Violation - shall warrant an office referral and student will be referred to a school healthcare provider who may enroll the student in the Fax-To-Quit Program for healthcare providers or refer the student to other appropriate counseling programs. Student may also be sent to in-school-suspension at school principal's discretion.
- Second Violation - may warrant an out-of-school suspension at the school principal's discretion.

#### Employee Tobacco Use

The Allen Parish School Board believes that it is important for school leaders to send a clear, consistent non-use message to their students, staff, and community by implementing a Tobacco-Free Schools policy. By implementing such a policy, school leaders will be countering the tobacco industry's influence with efforts to promote safe learning environments and healthy lifestyles.

The Allen Parish School District will prohibit Allen Parish School Board employees from smoking, from using any tobacco products, and from carrying any smoking object or device on all School Board property and at any school-approved event. Properties include any portable buildings, field houses, stadiums, equipment storage areas, vacant land, or any property owned, operated, or leased by the School Board. This prohibition on smoking, tobacco products, and smoking objects/devices shall also apply to all visitors and contractors that enter onto School Board property.

The Allen Parish School District will also prohibit tobacco advertising in school buildings, at school functions, and in school publications.

#### Compliance and Enforcement

Violations shall be handled in the following manner:

- First Violation - Healthcare provider (nurse, school-based health center or social worker) may enroll the employee in the Fax-to-Quit Program, which is a referral program for healthcare providers or refer the employee to other appropriate



counseling programs.

- Second Violation - Shall be handled in accordance with School Board policy and shall be grounds for disciplinary action.

## DEFINITIONS

In accordance with 7 CFR 210.11, for purposes of this policy:

*School day* shall be defined as beginning at midnight until thirty (30) minutes after the official school day ends.

*School campus* shall be defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

Revised: June, 2009

Revised: December, 2009

Revised: June, 2010

Revised: September, 2011

Revised: September 14, 2015

Revised: June 12, 2017

Revised: September 10, 2018

Ref: PL 108-265 (*Section 204, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004*); 42 USC 1751 et seq. (*Richard B. Russell National School Lunch Act*); 42 USC 1771 et seq. (*Child Nutrition Act of 1966*); 7 CFR 210 (*National School Lunch Program*); 7 CFR 220 (*School Breakfast Program*); La. Rev. Stat. Ann. §17:17.1, 17:197.1; Board minutes, 6-8-09, 2-14-10, 9-12-11, 9-14-15, 6-12-17, 9-10-18.

## Attachment A Snack and Party Ideas

Snacks are important to provide nutrients for growing children.

1. Include a wide variety of foods that are rich in nutrients.
2. Have healthful snacks available and easily accessible. Cut up fruits and vegetables for easy eating, especially children with loose teeth or braces.
3. Try low-fat versions of milk, ice cream, crackers, and chips.
4. Avoid using food as a reward or punishment.
5. Be a good role model by eating healthful snacks with your children/students.
6. Choose fruits and vegetables as snacks so children/students can meet the goal of eating at least three or more servings of vegetables and two or more servings of fruits a day.
7. Involve children/students in planning and shopping for foods and beverages for snacks and parties.
8. Involve students in planning a party that provides healthy food choices and activities that do not focus the party on food.
9. Offer food again, even if children/students did not like it the first time, especially fruits and vegetables. Students need repeated exposure to new foods.
10. For more information, call the free American Dietetic Association Hotline at: (800) 366-1655 or visit the website at <http://www.eatright.com>.

### Alternatives to Using Food as a Reward

Using food as a reward undermines nutrition education, encourages overconsumption of extra calories, especially foods high in fat and added sugar, and teaches children to eat when they are not hungry. Some alternatives for rewarding children include:

Sit by friends Give a set of flashcards or books Reading time Extra time for art or music Hold class outside Listen to music while working Play a favorite game or puzzle Dance to favorite music	Keep a treasure box filled with non-food items Go for walks Give stickers, pencils, and other school supplies Offer dress down day Offer free time at the end of the week Eat lunch with the principal or teacher
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For more ideas, visit the following web sites:

- Michigan Department of Education Team Nutrition –  
<http://www.tn.fcs.msue.msu.edu>
- USDA Team Nutrition *Create Healthy, Active Celebrations*
  - <http://www.fns.usda.gov/eatsmartplayhardeducators/materials/>

## Attachment B Creative Fundraising Ideas

Healthy fundraising ideas promote consistent messages of practicing healthy eating and physical activity habits in the classroom, throughout the school, and at home. Listed below are some ideas for raising funds without selling food.

1. Sports tournament – Sell tickets to students and family members to attend a student volleyball, tennis, or golf tournament. Include some local celebrities to increase sales throughout the community.
2. Pledge ideas -- Walk-a-thon and fun runs – Hold a walk and or run on the school grounds. Ask for pledges to sponsor.
3. Spring yard work to local community members – Offer to rake yards and spread compost at a bargain rate.
4. Basketball tournament – Charge a team of three players \$40 for entrance and ask local businesses for prize donations. Provide tee shirts for the event and raise the entrance fee.
5. Plant sale – Sell perennials, herbs, or seeds; poinsettias during the holidays, and flowers for Valentine’s Day.
6. Community job fair – Rent booths for a fee to local companies and solicit free advertisements for local radio stations or newspapers. Charge an entrance fee.
7. Crafts fair – Local and regional crafts persons can rent booths for a fee. The school can charge a small entrance fee to the public.
8. School event planners – Sell planners at school registration. Planners include all event dates, such as sports events, national tests, dances, plays, etc. Fifty percent of the sales can be profits.
9. Sell seat cushions at sporting events – Sell advertisements on the cushions to 20 local businesses for \$50 – 100 to make even more money.
10. Administrative fun - Have money jars available for the students to make donations. The school secretary would count the money in the jars on a daily basis and post the total. At set dollar increments, the principal and/or vice- principal would have to do stunts, such as dress as a cheerleader, do cheers, etc.
11. Raffle of gift baskets assembled by students - Choose a theme such as gardening, sports, or arts and crafts. Most items for the baskets can be donated.
12. Sell candles, greeting cards, gift wrap, magazines, buttons, pins, pens, crafts, batteries, Frisbees, pet treats, and calendars.
13. Rent a special parking place.
14. Involve the community – Conduct workshops or classes, a scavenger hunt, a recycling program, a car wash for donations, a garage sale
15. Sell school spirit supplies – megaphones, shakers, plastic cups, T-shirts, school supplies, bumper stickers, cookbooks or books developed by the school
16. Host art, music, and science events such as a [read-a-thon](#), spelling bee, science fair, talent show, art show, plays, and concerts

Adapted from *Twenty Ways to Raise Funds without Candy*, Illinois Nutrition Education and Training Program, Illinois Department of Education, Creative Financing and Fun Fundraising

for Schools, Sports, and Clubs, California Project LEAN, and WIN Wyoming, Family and Consumer Sciences, University of Wyoming Cooperative Extension Service.

## LOUISIANA GUIDE TO SMART SNACKS

<u>Snacks</u>	Applies to all foods sold outside the school meal programs, on the school campus of public schools, at any time during the school day. Private and Parochial schools use USDA standards only.		
General Standards	Any food sold in schools must: -Be a whole grain-rich grain product <i>OR</i> -Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain <i>OR</i> -Be a combination food that contains at least 1/4 cup of fruit and/or vegetable.		USDA
Calories	≤150 calories per snack item		LA
Accompaniments	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile.		USDA
Sodium	≤200 mg of sodium snack item.		USDA
Total Fat	<35% calories from fat. R.S. 197.1 does not provide for an exemption for reduced fat cheese, seafood with no added fat, or part-skim mozzarella. Exemptions are allowed for unsweetened or uncoated nuts and seeds.		USDA and LA
Saturated Fat	<10% of calories from saturated fat		USDA
Trans Fat	0% trans fat		USDA
Sugars	<30 g of sugar per serving <u>AND</u> the weight of all sugars must be ≤ 35% of the serving size weight. Dried fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seeds are exempt.		USDA and LA
Entrée Exemption	Schools may offer entrée items for sale as a la carte foods on the day they are served as part of the meal and the day after. These entrees are exempt from the nutrition standards on those days.		USDA
Fresh Pastries	Fresh Pastries may not be sold to students at or on the grounds of public elementary and secondary schools during the school day (See the definition of the school day).		LA
DEFINITIONS			
Definition of a school day	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.		USDA
Definition of school campus	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.		USDA
FUNDRAISERS			
Fundraisers	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.		LA
BEVERAGES			
	ELEMENTARY (GRADES K-5) AND MIDDLE SCHOOL (6-8)	HIGH SCHOOL (GRADES 9-12)	USDA
Water	Bottled water, <u>plain</u> -may be sold during the school day. No carbonated or sparkling water. No restriction on portion.	Bottled water, <u>plain</u> -may be sold during the school day. No restriction on portion.	USDA and LA
Milk	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. No more than a 12 fluid oz. portion.	USDA
Juice and Juice with additives	100% fruit or vegetable juices. Must have no added sugar. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12 fluid oz portion.	100% fruit or vegetable juices. Must have no added sugar. No more than a 12 fluid oz. portion.	USDA
Beverages	1. No other beverages may be sold. 2. If elementary school and middle school are located in the same building and all students have access to the middle school area, the standards for elementary school must be followed for all grades. 3. If elementary, middle, and high school students are located in the same building and all students have access to the high school area, the standards for elementary school must be followed for all grades.	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain ≤10 calories per 8 oz. The other 50% can be <u>no more than</u> : 1. 20-oz of calorie-free, flavored water; and other flavored and/or carbonated beverages that contain <5 calories per 8 fluid oz or ≤10 calories per 20 fluid oz. 2. 12 oz portions of beverages with ≤40 calories per 8 fluid ounces, or ≤60 calories per 12 fluid oz. 3. If middle and high school students are in the same building and all students have access to the high school area, the standards for middle school must be followed.	USDA AND LA
Caffeine	No Caffeine is allowed for Elementary and Middle Schools.	No Caffeine Restriction.	USDA
Pennington Biomedical Research Center	Is authorized to develop and provide to interested persons, schools, or school systems, publications relating to foods which can be sold on public elementary and secondary school grounds in compliance with the provisions of this Section. The Pennington Biomedical Research Center may provide assessments of nutritional value of individual food items contemplated for sale on public school grounds.		LA

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