

**MIDDLETON SCHOOL DISTRICT
#134 POLICY AND PROCEDURE
MANUAL
SECTION 3000 – Students
SCHOOL WELLNESS.....POLICY 3068**

In accordance with the Child Nutrition and WIC Reauthorization Act of 2010, the Middleton School District has established a school wellness policy for all schools. It includes goals for nutrition education, physical activities, and other school-based activities designed to promote student wellness; nutritional guidelines selected by the school district for all foods available on each school campus during the school day; which is from midnight to thirty (30) minutes after school ends. The guidelines assure that reimbursable school meals will not be less restrictive than federal guidelines; and establishes a plan to measure the implementation of this policy.

The Middleton School District, to assist our students in establishing life-long healthy eating and exercise patterns in order to achieve his or her full academic potential, sets forth the following goals and guidelines:

GOALS

Nutrition education goals are to:

- Provide thirty (30) minutes per week of health instruction at all elementary schools.
- Provide forty-five (45) minutes per day of health instruction for half a trimester at the middle school.
- Continue the High School implementation of one credit of health instruction required for graduation.

Nutrition Promotion goals are to:

- Provide parent nutrition education materials at each school as well as being included in Food Service’s menu/ information booklet and webpage.
- Provide parent nutrition education through the parent advisory committees at the secondary schools, which will include school lunch nutritional information upon request.

Physical activity goals:

- Phase in implementation of ninety (90) minutes per week of physical education at all elementary schools over the course of the next five (5) years.
- Continue to provide forty-five (45) minutes per day of physical activity for approximately 2 ½ trimesters at the middle school.
- Continue to require the two credits of High School physical education for graduation.
- Continue to promote involvement in physical activities during high school. That can translate into lifelong physical activity sustainable for 60 minutes, 5 times a week.

Other school-based activities goals:

- Promote school wide wellness goals.
- Encourage elementary school parents to supply healthy snacks for classroom parties through parent education.
- Provide incentives for positive behavior to students that are non-food items or that meet the nutritional guidelines as outlined in the nutritional guidelines section.
- Promote healthy or non-food fundraising items throughout the district. Food items should follow the nutritional guidelines as outlined in the nutritional guidelines section.
- Encourage participation in extra-curricular physical activities all school levels.
- Encourage student consumption of nutrient dense foods, i.e. whole grains, fresh fruits, and vegetables through posters, educational materials, and classroom education.

NUTRITIONAL GUIDELINES:

In accordance the July 1, 2016 Smart Snack standards; all foods and beverages sold to students on campus must meet the following criteria:

Food

Any food sold in schools from Midnight the night before until 30 minutes after the end of the instructional day **must:**

1. Be a “whole grain-rich” grain product: or
2. Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food: or
3. Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Foods must also meet several nutrient requirements:

1. Calorie limits:

Snack items: \leq 200 calories

Entrée items: \leq 350 calories

2. Sodium limits:

Snack items \leq 200 mg

Entrée items $<$ 480 mg

3. Fat limits:

Total fat: \leq 35% of calories

Saturated fat: $<$ 10% of calories

Trans fat: zero grams

4. Sugar limits:

$<$ 35% of weight from total sugars in foods.

- Foods and/or beverages offered at school-sponsored events outside the school day, (i.e. concessions) will be exempt from the wellness policy; but are encouraged to also offer healthy choices as well.
 - All accompaniments such as cream cheese, salad dressing and butter must also be included in the nutrient profile as part of the item sold. This will help control the amount of calories, fat, sugar and sodium that could be added to foods.
- *All fundraisers that meet the nutritional guidelines are allowed at any time. Fundraisers that happen during off school grounds are also allowed. The State of Idaho is allowing each school 10 exempted fundraisers per year.

A. Nutrition Standards for Beverages

Elementary Schools:

- Plain water or plain carbonated water (no size limit);
- Low fat milk, unflavored (≤ 8 fl oz);
- Nonfat milk, flavored or unflavored (≤ 8 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (≤ 8 fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz).

Middle School:

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (≤ 12 fl oz);
- Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (≤ 12 fl oz); and
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz)

High School:

- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored (≤ 12 fl oz);
- Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;
- 100% fruit/vegetable juice (≤ 12 fl oz);
- 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz);
- No calorie flavored and/or carbonated beverages (≤ 20 fl oz) that are labeled to contain ≤ 5 calories per 8 fl oz, or ≤ 10 calories per 20 fl oz; and
- Low calorie flavored and/or carbonated beverages (≤ 12 fl oz) that are labeled to contain ≤ 40 calories per 8 fl oz, or ≤ 60 calories per 12 fl oz.

All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. § 1779) and Sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. §§ 1758(f)(1) and 1766(a)), as those regulations and guidance apply to schools.

One (1) or more persons at each school building (currently this is fulfilled by members of the district's MCHAT committee) shall be designated to ensure that staff, club advisors, and student groups are making informed choices in compliance with the wellness policy. This person will update the Food Service Director by May 1st of each school year of any suggestions or changes from their building.

The Food Service Director and Wellness Committee members, consisting of a School Board member, Administration, a District nurse, physical education teacher(s), parent(s), and student(s), will meet annually (or more often if deemed necessary by the Food Service Director) to measure the implementation of the wellness goals as set forth in this policy. A Wellness Policy survey will be included on the Food Service Webpage to allow for public comments to be included in each year's review. The Food Service Director will provide an annual report (at the end of each school year) to the Superintendent and School Board members on the District's progress toward meeting these goals and on any further recommendations of the Wellness Committee.

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LEGAL REFERENCE:

Child Nutrition and WIC Reauthorization Act of 2004 (PL 108-265 Section 204)

ADOPTED: 1/10/06
REVISED: 4/11/06
REVISED: 8/11/09
REVISED: 2/13/12
REVISED: 10/13/14
REVISED: 10/12/15
REVISED: 12/12/16