

# Litchfield Public Schools

School Wellness Guidelines

May 2022

## Mission Statement

The Litchfield Public Schools family will adopt guidelines that promote and encourage healthy eating and physical activity that provides useful knowledge about personal wellness issues to students, staff, and to the home.

### Nutrition Guidelines

Nutrition guidelines have been selected by Litchfield Public Schools for all foods available in each school building during the school day with the objective of promoting student health and increasing healthy behavior and personal lifestyle. The guidelines are as follows: 1) school breakfast and lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities; 2) no foods in competition with the school breakfast or lunch program shall be sold or otherwise made available to the students anywhere on school premises during the period of one-half hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch.

### A. Nutrition Education:

The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The following are additional goals and actions to achieve such goals:

1. **Curriculum:** Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 10. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.

2. **Display Nutrition Education Materials:** The cafeteria and other school areas shall display posters or other communications suitable to the ages of the students served that promote healthy nutrition choices. Educators are encouraged to incorporate such communications in their classrooms as well.
3. **Nutrition Health Events:** Educators are encouraged to search for and take advantage of events that promote nutrition education.
4. **Family & Community:** We recognize that extended families are a vital part of the success of the implementation of the Litchfield Public Schools Wellness Policy. Thus:
  - a. Parents are welcome to join their children at school lunch as appropriate.
  - b. Health Wellness information will be disseminated to parents and the community through the school newsletter and additional school communication venues.
5. **Staff:** Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is discouraged from eating foods or drinking beverages of minimal nutritional value during the school day in the presence of students.

## **B. Physical Activity to Promote Student Wellness:**

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The Wellness Team establishes the following additional goals:

1. **Curriculum:** Health and physical education will be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 10. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.
2. **Physical Activity during the School Day:** Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors.

3. **Punishment:** Physical activity will not be used as punishment and will not be withheld as punishment. This guideline shall not apply to extra-curricular activities. In no event will physical activity be used as a form of corporal punishment.
4. **School Communications:** Wellness ideas to parents will include information that promotes physical activity. Such communications may include information about the benefits of physical activity to children and distribution of information about youth sports programs.
5. **Staff:** Our employees are encouraged to be healthy role models for students

### **C. Other School Activities to Promote Student Wellness**

The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The Wellness Team establishes the following additional goals and actions to achieve such goals:

1. **Extracurricular Programs:** The District will offer athletic and other activity programs subject to and in compliance with, the bylaws of the Nebraska Schools Activities Association.
  - a. Coaches or sponsors of activities shall provide plans to parents, students, or food caterers regarding nutritional guidelines desired for pre-game or pre-event meals.
2. **Advertising:** The administration will monitor advertising that occurs in the school in an endeavor to limit messages that promote foods of minimal nutritional value.
3. **Professional Growth:**
  - a. Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. Professional development activities will include activities related to the integration of physical activities and nutrition education into the academic curriculum, information on how wellness impacts learning, and other wellness goals and activities.

b. The District will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.

## **D. The Wellness Team establishes the following actions to meet the nutrition guidelines:**

### **1. Meals Provided by the School**

#### **a. Conditions for school meals:**

i. Students will be provided adequate time to eat. In general students will, upon arrival in the cafeteria, have at least 10 minutes to eat breakfast and 15 minutes to eat lunch.

ii. Efforts shall be made to establish acceptable eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant adequate seating, and enforcement of student conduct rules with staff supervision.

b. **Selection of School Meals:** School meals shall at a minimum meet nutrition requirements established by state and federal law. Emphasis is to be on good menu planning principles that offer healthy food choices including lean meats, a variety of fresh fruits and non-fried vegetables daily, whole grains, and low-fat or nonfat milk daily. These choices shall be located where they are readily accessible to students and staff.

#### **c. Limit portion sizes of desserts and fried foods:**

i. Elementary students in grades PreK – 6 are to be offered balanced meals. Elementary students are not to be sold individual food or beverage selections.

ii. Junior High and High School students may be sold foods and beverages ala carte as deemed appropriate by the Wellness Team in cooperation with the Alliance for a Healthier Generation recommendation for competitive foods. All ala carte offerings shall be selected with input from students, parents, and staff

iii. Student's meals from home: Parents will be encouraged via health promotional materials to make healthy choices for student lunches when students bring their meals from home.

**2. Closed Campus:** To encourage students to eat a nutritious lunch, students will not be permitted to leave school during the school day for the purpose of lunch, unless approved by the administration for incentive purposes.

**3. Vending Machines:**

a. Elementary: Vending machines with foods of minimal nutritional value will not be available to use by elementary school students at any time.

b. Junior High/High School: Vending machines with beverages and/or snacks in the school building shall include healthy choices that are in compliance with the Alliance for a Healthier Generation's guidelines for competitive foods.

i. Students will be able to use the vending machine between the hours of 1:30 pm – 7:00 am.

**4. Foods available during the school day:**

a. **Water:** Students will be allowed access to water during the school day. Water fountains are available and water is available free of charge at all school meals. Educators may in their discretion allow students to bring water bottles to classes.

b. **Classroom Celebrations:** Parents and Staff are encouraged to find a non-food or healthy food alternative for classroom celebrations including individual birthdays and special occasions.

c. Litchfield Public Schools are a **NUT FREE** district, due to safety and food allergy concerns.

**5. Fund-raising:** School clubs are not to sell foods of minimal nutritional value for the period of one hour before and one hour after breakfast and lunch periods.

**6. School activities/events:** Concession stands at school activities and events will include healthy food choices.

**7. Definition of Healthy Foods:** For purposes of this regulation, “healthy foods” means foods that are not foods of minimal nutritional value, and that are low in fats, sodium and sugars, and high preserving in the nutrients which are needed to meet Reference Daily Intakes.