

WELLNESS POLICY ON PHYSICAL ACTIVITY AND NUTRITION

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.

The Littleton Public School is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity, as well as the development of lifelong wellness practices.

In all cases Federal and State Law will take precedence over this policy.

Nutrition Education

The goals for the Littleton Public schools are:

- Educators are encouraged to incorporate nutrition and wellness education into many areas of the curriculum such as math, science, language arts and social studies.
- The school cafeteria serves as a learning laboratory to allow students to apply sound nutritional practices.
- Staff members are encouraged to participate in professional development activities to effectively deliver an accurate nutrition education program.
- The school district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.
- In all aspects of local wellness, the school staff should act as role models for good nutrition and physical activity behaviors

Physical Activity

The goals for the Littleton Public schools are that:

- Creative ways to increase physical activity will be included throughout the school day. Movement can be made a part of science, math, social studies and language arts.
- Creative Physical Education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge.

- Time allotted for physical activity will be consistent with research, national and state standards. Children should have several opportunities for physical activity.
- At the elementary level a daily recess period must be provided. Rather than having recess restricted consider alternative means when it comes to disciplinary action.
- The school provides a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted or those with physical limitations.

Other School Based Activities

- After school programs will encourage healthy habits.
- Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips).
- Support for the health of all students is demonstrated by helping to enroll eligible children in Medicaid and other state children's health insurance programs.
- The Community Health Council, school based health professionals and/or the School Councils are encouraged to advise to the wellness needs of their building's staff and students and implement and improve the nutrition, physical and wellness activities in the school environment.
- All foods made available during school hours will comply with the current USDA Dietary Guidelines for Americans:
 - Vending machines
 - A la carte
 - Beverage contracts
 - Student stores
- School parties/celebrations/birthday recognitions: Schools should limit celebrations that involve food during the school day. (For example birthdays could be celebrated on one day during the month) Each party should encourage the serving of no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The schools will disseminate a list of healthy party ideas to parents and teachers.
- Schools will not use unhealthy foods or beverages as rewards, and will not withhold food or beverages including food served through school meals as a punishment. (Exception: unless specified in Individual Education or 504 Accommodation Plan)
- All food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines.

- Hand sanitation prior to meals will be encouraged to promote good hygiene and to prevent the spread of illnesses.
- An area in each cafeteria must be designated as food allergen free. Cafeteria workers and supervisory staff must be trained by the food service director to keep the area safe, clean, and allergen free, to the best of their ability.
- Food may not be consumed or exchanged on the school bus for runs to and from school.
- Due to dietary restrictions, food allergies, and the spreading of illness students should be discouraged not to share or trade food both at snack and lunch.
- Nutrition information for products offered in snack bars, a la carte, vending and school stores will be readily available near the point of purchase.
- Children will be encouraged to bring in healthy food choices.
- Foods and beverages sold at fundraisers should include healthy choices.
- Fundraisers during the school day will not include food.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

Eating Environment

- The National Association of State Boards of Education recommends that students should be provided 20 minutes to eat lunch from the time they are seated.
- Dining areas are attractive and have enough space for seating all students.
- Rules for behavior in the cafeteria will be posted so that they can be seen by all students when entering the cafeteria.

Adopted: June 8, 2006

Resources

The resources listed are not meant to be all inclusive but are provided to assist in implementation of the Wellness Policy. If individuals find additional resources that they feel should be included in this list please forward them to the wellness committee.

General Nutrition Resources:

Making it Happen: School Nutrition Success Stories, Centers for Disease Control and Prevention, U.S. Department of Agriculture, and U.S. Department of Education
www.cdc.gov/HealthyYouth/nutrition/Making-It-Happen/

Changing the Scene: Improving the School Nutrition Environment Toolkit, U.S. Department of Agriculture
www.fns.usda.gov/tn/Healthy/changing.html

Dietary Guidelines for Americans 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture
www.health.gov/dietaryguidelines/dga2005/document/

Guidelines for School Health Programs to Promote Lifelong Healthy Eating, Centers for Disease Control and Prevention
www.cdc.gov/mmwr/pdf/rr/rr4509.pdf

Healthy Food Policy Resource Guide, California School Boards Association and California Project LEAN
www.csba.org/ps/hf.htm

Diet and Oral Health, American Dental Association
www.ada.org/public/topics/diet.asp

School Meals:

Healthy School Meals Resource System, U.S. Department of Agriculture
schoolmeals.nal.usda.gov/

School Nutrition Dietary Assessment Study-II, a U.S. Department of Agriculture study of the foods served in the National School Lunch Program and the School Breakfast Program
www.cspinet.org/nutritionpolicy/SNDAllfind.pdf

Local Support for Nutrition Integrity in Schools, American Dietetic Association
www.eatright.org/Member/Files/Local.pdf

Nutrition Services: an Essential Component of Comprehensive Health Programs, American Dietetic Association
www.eatright.org/Public/NutritionInformation/92_8243.cfm

HealthierUS School Challenge, U.S. Department of Agriculture
www.fns.usda.gov/tn/HealthierUS/index.htm

Breakfast for Learning, Food Research and Action Center
www.frac.org/pdf/breakfastforlearning.PDF

School Breakfast Scorecard, Food Research and Action Center
[www.frac.org/School Breakfast Report/2004/](http://www.frac.org/School_Breakfast_Report/2004/)

Arkansas Child Health Advisory Committee Recommendations [includes recommendation for professional development for child nutrition professionals in schools]
www.healthylarkansas.com/advisory_committee/pdf/final_recommendations.pdf

Meal Times and Scheduling:

Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Management Institute (NFSMI)
www.schoolwellnesspolicies.org/resources/eating_at_school.pdf

Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute
www.nfsmi.org/Information/Newsletters/insight24.pdf

Nutrition Standards for Foods and Beverages Sold Individually:

Recommendations for Competitive Foods Standards (a report by the National Consensus Panel on School Nutrition), California Center for Public Health Advocacy
www.publichealthadvocacy.org/school_food_standards/school_food_standards/Nutrition%20Standards%20Report%20-%20Final.pdf

State policies for competitive foods in schools, U.S. Department of Agriculture
www.fns.usda.gov/cnd/Lunch/CompetitiveFoods/state_policies_2002.htm

Nutritional Integrity in Schools, Center for Science in the Public Interest
www.cspinet.org/nutritionpolicy/nutritional_integrity.pdf

School Foods Tool Kit, Center for Science in the Public Interest
www.cspinet.org/schoolfood/

Foods Sold in Competition with USDA School Meal Programs (a report to Congress), U.S. Department of Agriculture
[www.cspinet.org/nutritionpolicy/Foods Sold in Competition with USDA School Meal Programs.pdf](http://www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf)

FAQ on School Pouring Rights Contracts, American Dental Association
www.ada.org/public/topics/softdrink_faq.asp

Fundraising Activities:

Creative Financing and Fun Fundraising, Shasta County Public Health
www.co.shasta.ca.us/Departments/PublicHealth/CommunityHealth/projlean/fundraiser1.pdf

Guide to Healthy School Fundraising, Action for Healthy Kids of Alabama
www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2031%20-%20Fundraising.pdf

Snacks:

Healthy School Snacks, The John C. Stalker Institute for Food and Nutrition, Framingham State College, www.johnstalkerinstitute.org/vending%20project/healthysnacks.htm

Materials to Assist After-school and Summer Programs and Homeless Shelters in Using the Child Nutrition Programs (website), Food Research and Action Center
www.frac.org/html/building_blocks/afterschsummertoc.html

Rewards and Celebrations:

Constructive Classroom Rewards, Center for Science in the Public Interest
www.cspinet.org/nutritionpolicy/constructive_rewards.pdf

Alternatives to Using Food as a Reward, Michigan State University Extension
www.tn.fcs.msue.msu.edu/foodrewards.pdf

Prohibition against Denying Meals and Milk to Children as a Disciplinary Action, U.S. Department of Agriculture Food and Nutrition Service
www.schoolwellnesspolicies.org/resources/ProhibitionAgainstDenyingMealsAsPunishment.pdf

Guide to Healthy School Parties, Action for Healthy Kids of Alabama
www.actionforhealthykids.org/AFHK/team_center/team_resources/AL/N&PA%2032%20-%20parties.pdf

Classroom Party Ideas, University of California Cooperative Extension Ventura County and California Children's 5 A Day Power Play! Campaign
ucce.ucdavis.edu/files/filelibrary/2372/15801.pdf

Nutrition, Physical Activity and Food Marketing Promotion:

National Health Education Standards, American Association for Health Education
www.aahperd.org/aahe/pdf_files/standards.pdf

U.S. Department of Agriculture Team Nutrition website (lists nutrition education curricula and links to them)

www.fns.usda.gov/tn/Educators/index.htm

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions, U.S. Food and Drug Administration and U.S. Department of Agriculture's Food and Nutrition Service

www.fns.usda.gov/tn/resources/power_of_choice.html

Nutrition Education Resources and Programs Designed for Adolescents, compiled by the American Dietetic Association

www.eatright.org/Public/index_19218.cfm

Brain Breaks, Michigan Department of Education

www.emc.cmich.edu/brainbreaks

Energizers, East Carolina University

www.ncpe4me.com/energizers.html

Pestering Parents: How Food Companies Market Obesity to Children, Center for Science in the Public Interest

www.cspinet.org/pesteringparents

Review of Research on the Effects of Food Promotion to Children, United Kingdom Food Standards Agency

www.foodstandards.gov.uk/multimedia/pdfs/foodpromotiontochildren1.pdf

Marketing Food to Children (a report on ways that different countries regulate food marketing to children [including marketing in schools]), World Health Organization (WHO)

whqlibdoc.who.int/publications/2004/9241591579.pdf

Guidelines for Responsible Food Marketing to Children, Center for Science in the Public Interest

cspinet.org/marketingguidelines.pdf

Commercial Activities in Schools, U.S. General Accounting Office

www.gao.gov/new.items/d04810.pdf

Academy for Eating Disorders

www.aedweb.org

National Eating Disorders Association

www.nationaleatingdisorders.org

Eating Disorders Coalition

www.eatingdisorderscoalition.org

School Staff Wellness, National Association of State Boards of Education
www.schoolwellnesspolicies.org/resources/SchoolStaffWellness.pdf

Healthy Workforce 2010: An Essential Health Promotion Sourcebook for Employers, Large and Small, Partnership for Prevention
www.prevent.org/publications/Healthy_Workforce_2010.pdf

Well Workplace Workbook: A Guide to Developing Your Worksite Wellness Program, Wellness Councils of America
www.welcoa.org/wellworkplace/index.php?category=7

Protecting Our Assets: Promoting and Preserving School Employee Wellness, (forthcoming), Directors of Health Promotion and Education (DHPE)

Physical Activity Opportunities and Physical Education:

Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People, Centers for Disease Control and Prevention
www.cdc.gov/mmwr/preview/mmwrhtml/00046823.htm

Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control and Prevention and President's Council on Physical Fitness and Sports
www.healthypeople.gov/document/HTML/Volume2/22Physical.htm#_Toc490380803

Physical Fitness and Activity in Schools, American Academy of Pediatrics
pediatrics.aappublications.org/cgi/reprint/105/5/1156

Substitution for Instructional Physical Education Programs, National Association for Sport and Physical Education
www.aahperd.org/naspe/pdf_files/pos_papers/substitution.pdf

Blueprint for Change, Our Nation's Broken Physical Education System: Why It Needs to be Fixed, and How We Can Do It Together, PE4life
www.pe4life.org/articles/blueprint2004.pdf

Recess in Elementary Schools, National Association for Sport and Physical Education
www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf

Recess Before Lunch Policy: Kids Play and then Eat, Montana Team Nutrition
www.opi.state.mt.us/schoolfood/recessBL.html

Relationships of Meal and Recess Schedules to Plate Waste in Elementary Schools, National Food Service Management Institute
www.nfsmi.org/Information/Newsletters/insight24.pdf

The American Association for the Child's Right to Play
www.ipausa.org/recess.htm

Guidelines for After School Physical Activity and Intramural Sport Programs, National Association for Sport and Physical Education

www.aahperd.org/naspe/pdf_files/pos_papers/intramural_guidelines.pdf

The Case for High School Activities, National Federation of State High School Associations

www.nfhs.org/scriptcontent/va_custom/vimdisplays/contentpagedisplay.cfm?content_id=71

Rights and Responsibilities of Interscholastic Athletes, National Association for Sport and Physical Education

www.aahperd.org/naspe/pdf_files/pos_papers/RightandResponsibilities.pdf

Safe Routes to Schools Tool Kit, National Highway Traffic Safety Administration

www.nhtsa.dot.gov/people/injury/pedbimot/bike/saferouteshtml/

KidsWalk to School Program, Centers for Disease Control and Prevention

www.cdc.gov/nccdphp/dnpa/kidswalk/

Walkability Check List, Pedestrian and Bicycle Information Center, Partnership for a Walkable America, U.S. Department of Transportation, and U.S. Environmental Protection Agency

www.walkinginfo.org/walkingchecklist.htm