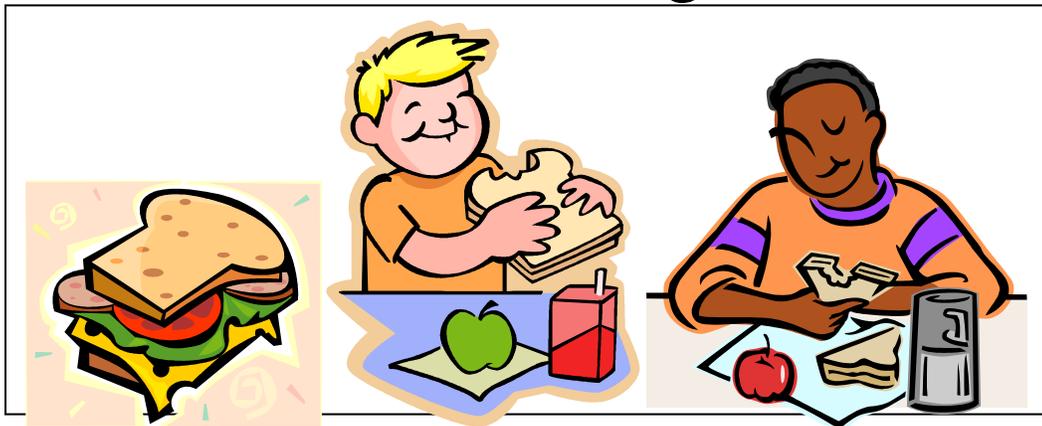


Hope Rural Nutrition and Wellness Policy





Mission Statement

Hope Rural will provide an environment that fosters maximum student potential. Nutrition influences a child's development, both physically and mentally, their health, well-being and optimal potential for learning.

Students that elect the opportunity to participate in the educational process must attend and be present in school with active minds and bodies in order to take advantage of their learning environment.

The Hope Rural Nutrition and Wellness Policy encourages all members of the school community to create and display an environment that supports lifelong healthy eating habits. We aim to reflect and encourage positive nutrition messages and healthy food choices.

Wellness Committee Roles and Responsibilities

A. Guidance, Leader of Wellness Policy.

- 1) Responsible for implementation of policy and overhead
- 2) Health Education of students and teachers
- 3) Evaluation and measuring wellness policy
 - a. Surveys
 - b. Questionnaires
 - c. Feedback

B. School Administrators – oversee evaluation/implementation of policy

- 1) **Director**
- 2) **Principal**

C. School Food Service – Food Service Manager

- 1) All guidelines for foods served or sold during school hours
- 2) All guidelines for foods served or sold during after care and other school-based activities
- 3) Assure compliance with state standards and regulations

D. Physical Education- Coach

- 1) All guidelines for physical education including: time, frequency and intensity during school hours
- 2) All guidelines for physical education including: time, frequency and intensity during after care hours and other school-based activities
- 3) Assure compliance with state standards and regulations

E. Parent

F. Student

G. School Board of Directors

H. Consultants

- 1) Nurse - Parish Nurse
- 2) Local Physicians

GOALS

- 1) Nutrition Education**
- 2) Physical Activity**
- 3) Nutrition Standards**
- 4) Other School-based Activities**
- 5) Measurement / Evaluation**



Nutrition Education



The primary goal of nutrition education, which may be defined as “learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being” (ADA 1996) is to influence student’s eating behaviors.

1) Classroom teaching: Classroom-based nutrition education that includes requirements that the subject be taught, standards are followed, and/or addresses specific learning outcomes.

2) Education and promotions outside classroom links with school:

Nutrition education will occur outside of classroom, linking classroom education to the larger school community, including school garden, posters, nutrition-themed bulletin boards, and cafeteria-based nutrition education.

Nutrition education and nutrition promotion will:

- Be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with knowledge and skills necessary to promote and protect their health.
- Be part of health education classes, as well as subjects such as math, science, language arts, social sciences, and elective subjects.
- Include enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices.
- Emphasize caloric balance between food intake and physical activity.
- Include training for teachers and other staff.

Physical Activity

The primary goal for physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within each classroom.

- 1) **Physical Education:** students will receive a minimum of 90 minutes per week of physical education.
- 2) **Physical education (time, frequency, and intensity):** students are moderately to vigorously active at least 50% of the time while participating in physical education classes.
- 3) **Teacher-to-student ratio:** age-appropriate teacher-to-student ratio is adhered and not to exceed 1:20.
- 4) **Standards and requirements:** adhere to state-developed standards for physical education.
- 5) **Staff training and certification:** following State standards
- 6) **Physical activity for outside of physical education –**
Recess: minimum of 30 minutes per day total, outdoors as weather permits

Physical education will:

- Be three times per week:
(2 classes during regular school hours, 1 class during after care)
- Include all students for the entire school year.
- Be taught by a certified physical education teacher.
- Include students with disabilities and with health-care needs.
- Engage students in moderate to vigorous activity 50% of the time

Recess

- At least 20 minutes a day.
- Outdoors, weather-permitting.
- Encourage moderate to vigorous activity verbally and through provision of space and equipment.
- Discourage extended periods of inactivity (periods of 2 or more hours).

Physical Activity and Punishment

- Employees will not use physical activity (running laps, pushups) or withhold opportunities for physical activity (recess and physical activity) as a punishment.

Physical Activity Opportunities after School

- After-school child-care and enrichment programs will provide and encourage daily periods of moderate to vigorous physical activity for all participants.



Nutrition Standards

The primary goal of the Nutrition Standards component is that all food and beverages made available on school campus during the school day are consistent with the current Dietary Guidelines.

1) Meals:

- Be appealing and attractive to children
- Served in clean and pleasant surroundings
- Meet or exceed minimum nutrition/regulation requirements by law
 - guidelines for reimbursement of school meals shall not be less restrictive than regulations of the USDA
 - will have no more than 35% of its calories from fat excluding nuts, seeds, peanut butter
 - will have no more than 35% of its weight from added sugars
- Offer variety of fruits and vegetables
- Serve only low fat and/or fat-free milk
- Make sure $\frac{1}{2}$ of served grains are whole grain

2) Meal Times:

- Provide student with at least 10 minutes to eat breakfast
- Provide student with at least 20 minutes to eat lunch
- Schedule meals between 11:30am and 12:15pm
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks

3) School Sponsored Events & Celebrations:

- Foods and beverages offered will meet the nutrition standards

4) Food Safety

- All foods available uphold the food safety and security guidelines
- All food made available comply with the state and local food safety and sanitation regulations.
- For safety and security of the food and facility, access to the food service operations are limited to nutrition staff and authorized personnel only.



Other School-Based Activities

Policies will create a school environment that provide consistent wellness messages and is conducive to healthy eating and being physically active.

- 1) **Access to school nutrition programs:** all children requiring food are able to obtain it
- 2) **Time and scheduling for meals:** mealtime is scheduled with bus schedules and other events so that all students are serviced
- 3) **Surroundings for eating:** cafeteria will be clean and pleasant, picnic tables outside for afternoon snacks, etc.
- 4) **Sustainable food practices:** use of locally grown and seasonal foods, use of trays and silverware that are non-disposable
- 5) **Access to facilities for physical activities after school hours:** campus available to school students during adult supervised after-care
- 6) **After-school programs:** snacks based on nutrition guidelines and physical education classes as part of the after-care schedule
- 7) **Coordinated school health approach:** assembly times to focus on school health with entire school
- 8) **School health councils:** entire faculty is involved
- 9) **Community and family involvement:** distribution info on health topics and discussions held at parenting meetings
- 10) **Staff wellness:** health and fitness topics discussed

Integrating Physical Activity into Classroom Settings

Students will receive the nationally recommended amount of regular daily physical activity and therefore need opportunities for physical activity beyond physical education class.



Goals for Measurement and Evaluation

The Director, Principal and Food Manager of Hope Rural School will make a sustained effort to assure that the Wellness Policy is:

- 1) Faithfully implemented
- 2) Assessed by how well the policy is being managed and enforced
- 3) Reinforced by the policy goals with school staff as necessary
 - a. at beginning year orientation
 - b. throughout the year
- 4) Prepared to update or amend the policy as the process moves on

**Celebration of policy success milestones
will be strongly encouraged!**

Year-end assessment tools for Hope Rural's Wellness Policy will include the following:

- Did the number of students participating in nutrition education change?
- Did the students have a different number of minutes of physical activity?
- Did the school change available food options?
- Did participation in the National School Breakfast/Lunch Program change?
- Did the policy and implementation address the issues identified in the needs assessment?
 - Is it making a difference?
 - What's working
 - What's not working?
- How can the impact of the policy be increased to enhance its effect on student health and academic learning?

A report of this assessment will be given at the May School Board Meeting.

