

PLAZA ELEMENTARY SCHOOL DISTRICT

Student Health and Wellness  
Policies and Regulations

2014-2015

## **Table of Contents**

Plaza Health and Wellness Policy Introduction	Page 3
Nutritional Standards	Page 4
Nutritional Standards-Public Notice	Page 6

### Appendix

BP 0200 Goals for the School District
BP 3550 AR 3550 Food Service/Child Nutrition Program
BP 3550 AR 3553 Free and Reduced Price Meals
BP 3554 AR 3554 Other Food Sales
BP 6142.7 Physical Education and Activity

# **Plaza Elementary School District's Wellness Policies on Physical Activity and Nutrition**

## **Introduction**

The Plaza Elementary School District 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. To do this the district understands:

- Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;
- Good health fosters student attendance and education;
- Obesity rates have doubled in children and tripled in adolescents over the last two decades due primarily to excessive calorie intake and physical inactivity.

Therefore, it is the policy of the Plaza Elementary School District that:

1. The school district will engage all stakeholders in developing, implementing, monitoring, and reviewing all district nutrition and physical activity policies.
2. All students will have opportunities, support, and encouragement to be physically active on a regular basis.
3. Food or beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for each grade level.
4. Students will be provided with access to a variety of affordable, nutritious, and appealing foods and will be provided with a clean, safe, and pleasant settings and adequate time to eat.
5. The school will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

## **School Health Council**

The Plaza School Site Council, under the direction and support of the school administrator will develop, implement, monitor, review, and as necessary revise school nutrition and physical activities policies. An annual review of these policies will be conducted by the SSC. The school administrator will report on the results of this review to the Plaza Board of Trustees at a regularly scheduled meeting. The school administrator will also inform the public about the policies and their implementation.

## **Food and Beverages Sold and Served on Campus**

### **School Meals**

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to children

- Be served in clean and pleasant surroundings
- Meet, at a minimum, nutrition requirements established by state, local, and federal statutes and regulations
- Offer a variety of fruits and vegetables
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives
- Ensure that half of the served grains are whole grain

### Breakfast

The district will ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn by:

- Operate the School Breakfast Program
- Arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- Notify parents of the availability of the School Breakfast Program
- Encourage parents to provide a healthy breakfast for their children

### Free and Reduced Meals

All parents will be notified of the availability of free and reduced meals and the eligibility requirements for them. The school will make every effort to prevent the identification of those children to eliminate any social stigma attached to this program.

### Food and beverages sold outside of the reimbursable meals for fund raising:

All sales of food or beverages sold outside the regular school lunch program will be pre-approved by the school administrator or designee and will comply with all applicable nutritional standards. The organization must agree to the following conditions:

- The organization shall sell only one food item per sale
- The sale does not begin until the close of the regularly scheduled midday food service
- The food is not prepared on the premises
- There are no more than four such sales per year
- The food sold is a dessert-type food
- The food sold is not one sold by the district's food service program that day

Beverages that are allowed to be sold include:

- Fruit-based drinks that are composed of at least 50% fruit juice and have no added sweetener
- Vegetable-based drinks that are composed of at least 50% vegetable juice and have no added sweetener
- Drinking water with no added sweetener
- Two-percent-fat milk, one-percent-fat milk, non-fat milk, soy milk, rice milk, and other similar non dairy milk

- An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20 ounce serving

Snacks that are allowed to be sold shall meet the following standards::

- Not more than 35% of its total calories shall be from fat. This does not apply to nuts, eggs, or cheese packaged for individual sales
- Not more than 10% of its calories shall be from saturated fat. This does not include eggs or cheese packaged for individual sale
- Not more than 35% of its total weight shall be composed of sugar.
- No more than 250 calories per individual food item

### **Nutrition and Physical Activity Promotion**

The Plaza Elementary School aims to teach, encourage, and support healthy eating by students. The school will offer nutrition education at each grade level not only as health education but also classroom instruction in all core and elective subjects. Activities such as farm visits, promotions and other interactive programs will be offered each year. Students will learn the need to balance caloric intake with physical expenditure through physical activity and exercise.

Students will receive at least sixty minutes per day in physical activity. The school day will include a morning recess, noon time, and a physical education period for each grade level. Teachers will provide other breaks as appropriate throughout the school year.

Plaza Elementary School District  
Nutritional Standards-Public Notice

These Standards, in accordance with Board Policy and Administrative Regulations #3550, adopted November 16, 2011 shall be posted in public view within the cafeteria.

1. The only food that may be sold to students during breakfast and lunch periods is food that is sold as a full meal. However, fruits, non-fried vegetables, legumes, beverages, dairy products or grain products may be sold as individual food items if:
  - a. Not more than 35 percent of the total food calories, excluding nuts or seeds, are from fat.
  - b. Not more than 10 percent of the food items total calories are from saturated fat.
  - c. Not more than 35 percent of the total weight of the food item, excluding fruits and vegetables, is comprised of sugar.
  - d. Its total calories do not exceed 175 calories.
2. Any individual food item sold to students during morning or afternoon breaks shall meet the standards in #1 above.
3. Regardless of the time of day, the only beverages that may be sold to elementary students are water, milk, and 100 percent fruit juices, fruit-based drinks that are comprised of no less than 50 percent fruit juice and have no added sweeteners, or vegetable-based drinks that are comprised of no less than 50 percent vegetables and have no additional sweeteners.
4. The only beverages that may be sold to middle school students (students in grades six through eight) from one half hour before the start of the school day until the end of the last period are:
  - a. Fruit based drinks that are comprised of no less than 50 percent fruit juice and have no added sweeteners.
  - b. Drinking water
  - c. Milk, including but not limited to chocolate milk, soy milk, rice milk, and other similar dairy or non-dairy milk.
  - d. An electrolyte replacement beverage that contains no more than 42 grams of added sweetener per 20 ounce serving.

## **Appendix**

Board Policy 0200-Goals For the School District  
Board Policy 3550-Food Service/Child Nutrition Program  
Board Policy 3553-Free and Reduced Price Meals  
Board Policy 3554-Other Food Sales  
Board Policy 3555-Nutrition Program Compliance  
Board Policy 6142.7-Physical Activity and Education