

Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established during childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints;

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus the Chillicothe City School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating, and physical activity in a safe environment. Our school shall also prepare students to take responsibility for their own health and to adopt health enhancing attitudes and behaviors. Therefore it is the policy of the Chillicothe City School District that:

- ☛ The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district wide nutrition, and physical activity policies.
- ☛ All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.

- All teachers are encouraged to incorporate physical activity in the learning environment.
- Health, nutrition, and social services shall be provided either at the school site or in cooperation with other community agencies.
- Foods and beverages sold through the school food service program will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent possible, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program.)
- Schools will provide essential knowledge and skills to foster lifelong habits needed to maintain optimal health and well being.
- All schools shall be a safe and healthy place for students and staff. Schools shall work with the community to create an environment that is safe and supportive of students' community to and from school.

I. School Environment

A school health advisory committee will meet four times a year to review health policies and health concerns.

Written school health policies will be updated and reviewed every three years. The superintendent or designee will ensure compliance with the established district-wide policies. The school food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent.

The Health Procedure Manual which is available at all schools will be updated and reviewed as needed.

All schools shall be operated under the guidelines of the same emergency medical plan.

All students and staff shall have access to restrooms equipped with adequate toileting and hand-washing facilities.

Play areas, labs, and classrooms shall meet safety standards.

Staff and students shall be provided a pleasant eating area with adequate time for unhurried eating.

All tobacco products shall be prohibited on school grounds.

All forms of tobacco and alcohol related advertising shall be prohibited on school grounds.

Staff and students shall be informed and provided guidelines when communicable diseases are reported.

Staff shall be provided with opportunities to promote optimal wellness.

Students and staff with medical concerns shall be identified and appropriate services provided when a physician's statement is presented.

Students identified with a social or emotional need shall be referred to/or provided with appropriate services.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

Foods Sold or Distributed Outside the School Meal

Foods low in nutritive value shall be prohibited as rewards at school; non-food rewards shall be encouraged. A list of alternative rewards will be provided to teachers.

Foods low in nutritive value shall be discouraged or limited to one item per school party. A list of healthful snacks will be provided to teachers.

Food shall never be withheld as a form of punishment.

Alternatives to candy as fundraisers shall be pursued. A list of ideas will be made available.

School Meals

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

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;

- Offer a variety of fruits and vegetables;¹
- Serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- Ensure that half of the served grains are whole grain.^{2 3}

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

Breakfast. To 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:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals. Schools will make every effort to eliminate any social stigma attached to, and prevent to overt identification of, students who are eligible for free and reduced-price school meals.⁴ Toward this end, schools may utilize electronic identification and payment systems.

Meal Times and Scheduling. Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;

¹ To the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practicable.

² As recommended by the *Dietary Guidelines for Americans 2005*.

³ A whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat bread, or oatmeal.

⁴ It is against the law to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

- Should schedule meal periods at appropriate time, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will attempt to schedule lunch periods to follow recess periods (in elementary schools);
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Qualifications of School Food Service Staff. Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Sharing of Foods and Beverages. Schools should discourage students from sharing their foods and beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

Elementary Schools. The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, food in elementary schools should be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

Beverages

- Allowed: water or seltzer water⁵ without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);
- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

⁵ Surprisingly, seltzer water may not be sold during meal times in areas of the school where food is sold or eaten because it is considered a “Food of Minimal Nutritional Value” (Appendix B of 7 CFR Part 210).

Foods

- A food item sold individually:
 - Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
 - Will have no more than 35% of its weight from added sugars;⁶
 - Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

- A choice of at least fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).⁷

Portion Sizes:

- Limit portion sizes of foods and beverages sold individually to those listed below:
 - One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water,
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

⁶ If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from *total* sugars (in place of the percentage of weight from *added* sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.

⁷ Schools that have vending machines are encouraged to include refrigerated snack vending machines, which can accommodate fruits, vegetables, yogurts, and other perishable items.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. Chillicothe City School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Emphasizes caloric balancing of food intake and energy expenditure (physical activities);
- Teaches media literacy with an emphasis on food marketing;
- Includes training for teachers and other staff.

IV. Physical Activity Opportunities and Physical Education

Physical Education (P.E.). All students in grades K-10, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education during the school year. Physical education programs shall be adapted as needed when a Doctor's statement is provided. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Physical Activity Opportunities. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

Daily Recess. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity. Schools should discourage extended periods

(*i.e.*, periods of two or more hours) of inactivity. When activities make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Joint school and community recreation activities shall be promoted.

- Parents shall be informed of community based recreational activities through written media.

V. Communication Plan

The wellness policies will be distributed to all staff annually.

CREATIVE FINANCING AND FUNDRAISING

Alternatives/Examples to Selling Candy

- Candles
- Spirit/seasonal flags
- Holiday wreaths
- Flowers, bulbs, poinsettias
- Cookbooks
- T-shirts, sweatshirts
- Books, calendars
- Football seats
- Plants
- Christmas ornaments
- School spirit gear
- First aid kits
- Emergency kits for cars
- Brick, stone, tile memorials
- Pocket calendars
- Raffle donations
- Coffee cups/mugs
- Rent a special parking space
- Foot warmers
- Spirit/seasonal flags
- Bumper stickers
- License plates or holders w/school logo
- Yearbook covers
- Music, videos, CD's
- Christmas trees
- Giant coloring books
- Hats/caps
- Jewelry
- Monograms
- School art drawings
- Newspaper space, ads
- Stationery
- Stadium pillows
- School Frisbees
- Garage sale

Healthy Food Items

- Fruit smoothies
- Frozen bananas
- Trail mix
- Fruit and nut baskets
- Lunch box auctions
- Fruit and yogurt parfait

Things that Support Academics

- Read-a-thon
- Science fair
- Spelling bee

Things that Promote the School

- Cookbook made by school (parents, teachers, kids)
- T-shirt/sweatshirt sales
- Bumper stickers and decals
- School logo air fresheners
- Calendars

Things to Do

- Gift wrapping
- Fun runs
- Walk-a-thons
- Bike-a-thons
- Jump-rope-a-thons
- Rent-a-teen helper (rake leaves, lawns, walk dogs)
- Car wash (pre-sell tickets as gifts)
- Read-a-thons
- Carnivals (Halloween, Easter)
- Dances (kids, father, daughter, family, Sadie Hawkins)
- Skate night/skate-a-thon
- Auction (teacher does something for kids)
- Magic shows
- Family glamour portraits
- Treasure hunt/scavenger hunt
- Tennis/horseshoe competition
- Raffle (movie passes, theme bags)
- Workshops/classes
- Festivals
- Recycling cans/bottles/paper
- Golf Tournament
- Bowling night/bowl-a-thon

For more information see:

<http://www.agr.state.tx.us/foodnutrition/newsletter/NonFoodRewards.pdf>

Resource Ideas (not endorsements)

<http://stone.yahoo.com>

www.fundraisingdepot.com

www.creativelearning.cc

www.boonewayfarms.com

Nudayfundraising.com

www.common-threads.com

www.123fundraising.com

www.giftfriends.com

www.westernfund.com

www.partnersforkids.com

www.currentfun.com

www.fundraisingbatteries.com

www.treasurebooksandgifts.com

www.vistamark.com/schools/index

Healthy Snacks for Classrooms and/or Class Parties

Munch, Munch, Munch

To snack or not to snack...

How important are snacks for children? Studies have shown that nutritious snacks can boost a child's mental and physical skills. This is especially important when children are involved in after school activities. Hunger usually sets in between lunch and dinner. Usually children do not eat enough food to last until dinner. Factors such as socialization, recess, or schoolwork may prohibit children from eating their entire lunch. For those reasons, a nutritious midday snack can aid them in meeting their caloric needs for extracurricular activities and homework.

Snacks have received a bad rap because they are often packed with calories from fat and/or sugar. Snacks often include chips, soft drinks, cookies, and candy. To help promote a healthy school environment, offer nutritious snacks at classroom parties, celebrations, and social events. Provide your students and their parents with a list of nutritious and delicious snacks for classroom events (see next page). Or contact your foodservice director to coordinate food preparation and service.

Nutritious snacks give children the energy they need without the added fat and sugar and help them meet their daily nutrient needs. These items may cost more or take more time to prepare, but when it comes to growing healthy bodies, isn't it worth it?

Healthy Snacks for Classrooms and/or Class Parties And Alternatives to Food Rewards in the Classroom

Healthy Snacks

- Pretzels
- String cheese
- Vegetables and dip
- Yogurt
- 100% fruit juice
- Bottled water
- Low-fat milk
- Snack mixes (pretzels, cereals raisins, dried fruit)
- Fresh fruit
- Sunflower seeds
- Oatmeal raisin cookies
- Pumpkin cookies
- Crackers
- Graham crackers
- Popcorn
- Animal crackers
- Granola bars
- Peanut butter crackers

Alternatives to Food Rewards

Elementary School:

- Physical activity
- Pencils
- Stickers
- Erasers
- Balls
- Jump ropes
- Rings
- Crayons
- Chalk
- Tattoos (washable)
- Toothbrushes
- Teacher reads book of child's choice
- Play money (to purchase items and/or use toward special privileges and/or choose from treasure box)

Middle School:

- Allow music
- 5 minute chat break
- Computer time
- Reduced homework
- Pencils
- Erasers
- Note pads
- Balls
- Jump ropes
- Physical activity time
- Drawings for donated prizes

Healthy Foods for Food Concessions

- Popcorn
- Pretzels
- Honey mustard pretzels
- Dried fruits
- Bottled water
- Cheese and crackers
- Yogurt
- Frozen yogurts
- 100% fruit juice
- Sparkling waters
- Raisins
- Trail mixes without nuts
- Smoothies
- Icees
- Sandwiches (pita for bread)
- Vegetables and dip
- Fresh fruit
- Beef jerky (95% fat free)
- Low-cal iced tea
- Baked chips
- Granola bars
- Peanut butter crackers
- Cheese sticks
- Bagels with cheese

Medical Emergency Response Plan

Purpose: To establish procedures for the administration of emergency first aid services in the schools; including first aid and emergency treatment.

- ☒ Emergency response plan and first aid procedures are reviewed by all staff annually.
- ☒ A list of staff certified in CPR is updated annually.
- ☒ Students and staff with medical conditions are identified annually.

Minor Emergencies: (defined as medical emergencies not needing immediate physician or EMS care).

- ☒ Notify office.
- ☒ Designated school staff will administer first aid as indicated by the nature of the accident.
- ☒ Parents are notified if necessary.
- ☒ Staff witnessing the accident should complete an accident report if needed.

Major Emergencies: (defined as medical emergencies needing immediate physician or EMS care).

- ☒ Notify office via intercom/walkie talkie or by sending a student runner (provide office with location, student or staff's name, and type of medical emergency (AWAKE or UNCONSCIOUS).
- ☒ If victim is reported AWAKE office will send a staff person to emergency site to assist as needed. Office will call 911 (EMS system). Another staff person will be contacted to watch the caregiver's class as needed. Office will notify parents or available emergency card contact. First aid will be provided until EMS arrives.
- ☒ If victim is reported UNCONSCIOUS, office will all-call page "Code Blue" and give location. Staff trained with CPR and AED will respond to the area. The first person to pass the AED cabinet will obtain the AED and emergency equipment. Office will call 911. Any staff/student not needed will return to their designated area. A staff person will be contacted to watch the caregiver's class as needed. Office will notify an available emergency card contact. Care will be provided until the EMS arrives.

If AED is needed, follow steps per training:

- ☒ Assure unresponsiveness, don protective equipment (gloves).
- ☒ Notify office (UNCONSCIOUS).
- ☒ Check airway, clear as needed, head tilt, chin lift.
- ☒ Assess breathing, look, listen, and feel. Start rescue breathing.
- ☒ Assess carotid pulse; if none, begin chest compressions. Insure AED is being brought to location.
- ☒ As soon as AED is available, apply pads to patient's bare chest, turn unit ON.
- ☒ Stop CPR and rescue breathing while machine analyzes rhythm; follow prompts from machine.

- ☞ If machine advises to shock, insure that everyone is clear and NOT TOUCHING THE PATIENT IN ANY WAY. When the machine advises to “shock,” insure all are clear, state “CLEAR” and then deliver shock by pressing button.
- ☞ Follow the voice prompts from the machine and administer 2 more shocks as indicated, for a total of 3. At this point, either continue CPR, rescue breathing, or place victim in recovery position if pulse and breathing have returned.
- ☞ Remain with the victim and leave AED attached until arrival of EMS. Follow their directions from this point on.

Allergic Reaction Emergencies: (breathing problems, swelling of the tongue or face).

- ☞ Notify the office via intercom, walkie talkie, or via student runner.
- ☞ Office will send a person with the Epi-pen if available for that student (unless student is able to come to the office).
- ☞ Administer the Epi-pen if available; stay with the student until EMS arrives. If no Epi-pen, try to calm student, stay with the student until EMS arrives.
- ☞ Another staff person will contact 911.
- ☞ Parent or available emergency care contact will be notified.

Field Trip Plan:

- ☞ Carry emergency care release forms with phone numbers to call in case of an emergency.
- ☞ Carry first aid kit (include list of staff certified in CPR).
- ☞ Have accessibility to phone.
- ☞ If the injury is minor, provide basic first aid.
- ☞ If the injury or medical emergency is major, have one staff person provide first aid. Another staff person will contact 1) 911; 2) notify the school office; and 3) notify the parent or available emergency contact.