

Policy ADF – SCHOOL WELLNESS - PROCEDURES

The following parties jointly developed this school wellness policy and the accompanying procedures: Food & Nutrition Services, the Denver School Health Advisory Council, the Commission on School Nutrition and Physical Activity, parents, nurses, principals, teachers, students and community members.

In order to contribute to student and staff performance potential, Denver Public Schools promotes healthy schools by supporting student and staff wellness, good nutrition, and regular physical activity as part of the school environment.

The Denver School Health Advisory Council will monitor the implementation of this policy, evaluate progress on the policy goals, serve as a resource to schools, and recommend revisions to this policy as the Council deems necessary and/or appropriate.

To further the District's values stated above, Denver Public Schools adopts the following goals:

Goal #1

The District will provide a learning environment for developing and practicing lifelong wellness behaviors.

The school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition, regular physical activity and physical health. Such a learning environment will teach students to use appropriate resources and tools to make informed and educated decisions about lifelong healthy eating habits and beneficial physical activity.

This goal shall be accomplished by:

- Offering nutrition education in the school cafeteria as well as the classroom, with coordination amongst Food & Nutrition Services, staff and teachers.
- Participating in USDA nutrition programs such as "Team Nutrition" and other nutrition education activities and promotions that involve students, parents and the community.
- Actively promoting of healthy eating and physical activity to students, parents, school staff, and the community at school registration, parent-teacher meetings, open houses, staff in-services, etc.
- Encouraging teachers to integrate nutrition education into curriculum areas such as math, science, social studies, and language arts, or to teach nutrition lessons whose content and delivery reinforce the standards for reading, writing, math or science, as applicable. This includes making available staff education in how to integrate health and wellness topics in their core instruction. These educational opportunities may include, but not be limited to, the distribution of educational and informational materials and the arrangement of presentations and workshops that focus on key nutritional concepts, healthy lifestyles, health assessments, fitness activities, and other appropriate nutrition and physical activity-related topics.

- Making available to parents appropriate educational opportunities to inform them about nutrition and physical activity, including information about healthful foods and beverages to provide to their child and to bring to school activities and events. These educational opportunities may include, but not be limited to, education provided in the form of handouts, postings on the District's Web site, articles and information provided in District or school newsletters, presentations that focus on nutritional value and healthy lifestyles, and through any other appropriate means available for reaching parents.

Goal #2

The District will support and promote proper dietary habits contributing to students' health status and academic performance.

Foods and beverages available on school grounds and at school-sponsored activities shall meet or exceed the District's nutrition standards. Emphasis will be placed on foods that are nutrient dense per calorie. All schools participating in the School Breakfast and/or National Lunch Program shall comply with federal and state rules or regulations. Foods will be served with consideration of variety, appeal, taste, safety and packaging. Food sales on campus will abide by the federal and state Competitive Food Rule and Foods of Minimal Nutritional Value (USDA regulation 7CFR 210-220). The only noted exception shall pertain to the remaining life of the DPS beverage exclusivity contract, but the contract will comply with the nutritional standards outlined in Senate Bill 04-103.

This goal shall be accomplished by:

- Continuation of age-appropriate portion sizes for school meals.
- Continuation of purchasing and preparation methods that limit the amount of fat and sugar in school meals, a la carte and vending options.
- Commitment to the inclusion of high quality protein, fruits, vegetables and dairy in both snack foods and meals.
- Promoting increased consumption of fruits and vegetables through nutrition education, partnerships, special events and announcements.
- Implementation of District-wide nutritional guidelines for all foods and beverages that meet the 50% "healthy requirement in SB04-103 and in addition, restricts all foods allowed on campus to products with no more than 40 percent of calories from total fat, (excluding nuts, seeds, nut butters and reduced fat cheeses), no more than 10 percent of calories from saturated fat, and less than 35 percent of its total weight in sugar with allowable exceptions for nutrient dense foods such as flavored milk, low-fat yogurt, fresh fruits and packaged fruits in their own juice; and added sugar will not be the first ingredient. Products will provide less than 250 calories per serving, and packages will be in single serving sizes. In addition, products will contain minimal or no trans fatty acids and be minimal in sodium content. A variety of products that contain more than 2 grams of fiber per serving will be offered. These guidelines are universal and apply to a la carte, vending, school stores, fund-raisers, school parties, sporting events, festivals, family nights and concessions. As more healthy products become available, offerings will be upgraded to increased nutrition standards.
- Foods cannot be used as discipline (i.e., withheld, forced, or modified as a form of punishment) in the USDA Child Nutrition Programs, including breakfast, lunch and snacks. Foods should not be used as a discipline in classrooms or other school settings either.

- Food should not be used as a reward for student accomplishment unless the reward is an activity that promotes a positive nutrition message (guest chef, field trip to a farm or farmers market, etc.); all foods used as a reward will meet the district nutritional standards (fruits and vegetables are great food choices). Staff are encouraged to use non-food items as rewards for student accomplishment, fund-raisers, school events or other purposes. Non-food alternatives can be found at: <http://web1.msue.msu.edu/fnh/tn/foodrewards.pdf> and at www.cspinet.org/nutritionpolicy/constructive_rewards.pdf.
- An assurance that the school cafeteria is as pleasant an eating environment as possible.
- District management recommends that schools offer recess before lunch in order to improve students' nutritional intake during the lunch period. Where recess follows lunch, the District recommends that schools prohibit students from leaving the cafeteria until a designated time, which will be at least 30 minutes after the lunch period begins.
- Encourage staff and families to participate in the school meal programs.
- Operate all Child Nutrition Programs with school foodservice professionals who are properly trained and qualified according to current professional standards as outlined in the School Nutrition Associations "Keys To Excellence."
- Establish food safety as a key component of all school foodservice operations and ensure that all HACCP and state and local health codes are strictly enforced.
- Provide information regarding healthy choices at all points of purchase, including the cafeteria, vending machines and school stores, on the web site, through newsletters and community forums.
- Make nutritional guidelines (and a list of sample healthy foods) available to students, parents, teachers and community members for foods and beverages brought into the school.
- Provide adequate time for students to eat and enjoy school meals – a minimum of 15-20 minutes for breakfast and 25-30 minutes for lunch. "Time to eat" does not include standing in line or serving time. Since there are many different cafeteria sizes and configurations in the district, it is suggested that individual schools assess the adequate time required for students in the age/grade groups in their school to enjoy and consume a complete school meal.
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.
- Provide nutrition information for parents, including nutrition analysis of school meals and offer resources to help parents to improve food that they serve at home.
- Food and Nutrition Services can provide assistance in identifying foods that meet the nutrition standards described in this policy.
- Faculty and staff are encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty and staff consuming food and beverages that do not align with the school policy.
- Schools should eliminate frying as a method of on-site preparation for foods served as part of the school meals, a la carte, and snack lines. This does not include stir fried or sautéed foods. Foods that have been flash-fried by the manufacturer may be served but should be baked or heated by another method.

- Portion sizes will not exceed the serving size of food served on the school meals program.
- At least 50% of grains offered will be whole grains.
- Students will be an active part of menu planning through regularly scheduled meetings and taste tests.
- It is suggested that food brought from home comply with the aforementioned District nutritional guidelines and HACCP (Hazard Analysis and Critical Control Point by the FDA) guidelines. Fresh fruits and vegetables are excellent food choices.

Goal #3

The District will provide more opportunities for students to engage in physical activity.

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-kindergarten through 12. Physical activity should include regular instructional physical education, in accordance with the District's content standards, as well as co-curricular activities and recess.

This goal shall be accomplished by:

- Encouragement of students to select physical education where it is an elective, and participate in physical activities after school.
- Encouragement that schools require at least 90 minutes per week of physical education for elementary students; and two semesters for students over the three years of middle school.
- Increased opportunities for physical activity through a range of after-school programs including intra-murals, interscholastic athletics, and physical activity clubs, in order to help curb childhood obesity, reduce physical aggression, and improve pro-social behavior.
- Increased opportunities for physical activity during the school day through daily recess periods, elective physical education classes, and walking programs.
- Incorporation of physical activity into the academic curricula and classroom activities whenever possible.
- An encouragement that schools follow the recommendations of the National Association of Sport and Physical Education (NASPE), which guide students through a process that enables them to achieve a high personal level of fitness.
- Encouragement that secondary schools administer a health-related fitness assessment to students to help them determine their own level of fitness and create their own fitness goals and plans.
- Encouragement that beginning at an early age, schools introduce developmentally appropriate components of a health-related fitness assessment to students, such as the FitnessGram made possible for middle-schools students through the PEP grant.
- The promotion of walking or bicycling to and from school using programs such as Walking School Bus and Bike Train. Exploration of resources to overcome environmental barriers to walking or biking to school, including public works projects, stranger safety programs, and helmet and pedestrian education.
- The availability of health-promotion activities and incentives for students, parents and staff that encourage regular physical activity, such as recreational demonstrations, walking clubs and climbing walls.