

## **Wellness Committee Action Plan**

### **Developed in compliance with the Child Nutrition and Women, Infant and Child (WIC) Reauthorization Act of 2004**

#### **PREAMBLE**

Overweight children and adolescents have become a major public health concern within the last decade. In the United States, obesity now contributes more to chronic illness and health care costs than does smoking. Over the last two decades, rates of obesity have doubled in children and tripled in adolescents. About 16% of children and adolescents are overweight, or 1 in 6. Chronic conditions, such as type 2 diabetes, hypertension, and cardiovascular disease, which were once reserved for adults, are now appearing with increased frequency in children who are overweight.

The American diet has undergone significant change in the last 20 years. Portions sizes have increased. The average person now consumes 300 more calories per day than in 1985; this amounts to an average weight gain of about 12 pounds per year. Milk consumption in children has decreased by 39 percent. Only 2% of children (2 to 19 years) meet the USDA's five main recommendations for a healthy diet. Three out of four children consume more saturated fat than is recommended and three out of four high school students do not consume even the minimum number of fruits and vegetables each day.

Physical activity among children and adolescents has declined dramatically. Being physically active by playing outside has been replaced by the sedentary activities of technology. The typical American child spends about 44.5 hours per week using media outside of school; this includes television, computer, and video games.

Schools can play a major role in reducing the number of overweight and obese children and youth. Schools are a place where students can gain the knowledge, motivation, and skills needed for lifelong physical activity and lifelong healthy eating habits. The school environment should reinforce classroom nutrition education by modeling and supporting healthy behaviors.

Meeting a student's basic nutritional and fitness needs will increase a student's cognitive energy to learn and achieve, and, as a result, the overall educational process will be more effective.

A coordinated school wellness action plan provides the framework for ensuring that students attending schools in Weare receive nutrition and physical activity education messages that are reinforced throughout the school environment.

## WELLNESS ACTION PLAN AREA 1

### **Setting Nutrition Education Goals to Promote Student Wellness**

**Goal: To teach, support, and encourage students and staff of the Weare School District to develop healthy nutritional practices.**

**A. Efforts to meet this goal will include providing nutrition education and engaging in nutrition promotion that:**

- Is offered at each grade level and is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is supported and encouraged as part of both classroom instruction in core curriculum subjects (language arts, math, science and social studies) as well as unified arts' classrooms (family and consumer science, art, technology, music, physical education, world languages, library and music).
- Includes enjoyable, developmentally appropriate, culturally relevant, participatory activities such as cooking, promotions, contests, taste testing, farm visits, school gardens, and food establishments (including stores, bakeries, and restaurants).
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity and exercise).
- Links with school meal programs, other school foods (snacks), and nutrition-related community services.
- Teaches label reading and media literacy with an emphasis on food marketing.
- Includes training for teachers and other staff.
- Supports parents' efforts to provide a healthy diet for their children.
- Sustains the classification of Weare Middle School (WMS) and Center Woods Elementary School (CWES) as Team Nutrition schools.
- Encourages the hiring of a health teacher.

## WELLNESS ACTION PLAN AREA 2

### **Setting Physical Education and Physical Activity Goals**

**Goal: 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. Daily Physical Education (PE) for grades K-8:**

- All students in grades K-8, including students with disabilities, special health-care needs, and in alternative educational settings, should receive daily physical education (or its equivalent). The American Association for Physical Education, Health, Recreation, and Dance (AAPHRD) recommends 150 minutes of physical education per week for elementary school students and 225 minutes per week for middle school students. Currently, Center Woods students receive about 41.6 minutes of PE per week and Weare Middle School students receive 37.5 minutes per week. Keeping the above criteria in mind, administration and physical education staff on a yearly basis will review the amount of time students spend in physical education classes and will support adding time when resources are available.
- A certified physical education teacher will teach all physical education classes.
- Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirements.
- Students will spend at least 50 percent of physical education time participating in moderate to vigorous physical activity.

#### **B. Daily Recess:**

- All elementary and middle 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 and provide age-appropriate equipment and space.
- Weare schools should encourage activity throughout the school day so students are not sedentary for extended periods of time. When activities, such as school-wide testing, make it necessary for student to remain indoors and seated for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**C. Physical activity opportunities before and after school:**

- Elementary and middle schools will encourage and provide space for extracurricular physical activity programs, such as physical activity clubs or intramural programs, including Weare Athletic Club (WAC), Parent Teacher Organization (PTO), New Morning and Center for After School Activity (CASA).
- These programs will offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- The middle school will offer interscholastic sports programs.

**D. Physical activity and consequences:**

- School personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity as a discipline consequence.

**E. Safe routes to school:**

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk, bike, or skate to school. When appropriate, the district will work together with local safety departments in those efforts.
- The schools will provide a walking path/route on campus that can be used by students, school personnel, and the community for exercise.

**F. Use of school facilities outside of school hours:**

- School spaces and facilities should be available to students, staff, and community members before, during and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety and availability will apply at all times.

**G. School personnel and physical activity:**

- The schools will offer time and space for staff members to take part in physical activity.
- Each school will designate a staff member whose responsibility will be to coordinate and plan physical activity time for staff members.

### **WELLNESS ACTION PLAN AREA 3**

#### **Establishing Nutrition Standards for all Foods Available on Campus during the School Day**

**Goal: To coordinate school food service with school nutrition action plan to reinforce messages about healthy eating and to insure that foods offered in Weare Schools promote good nutrition and contribute to the development of lifelong, healthy eating habits.**

##### **A. Access to school nutrition programs:**

- The school lunch program will comply with all federal, state and local nutrition standards.
- Access to Free and Reduced Lunch Program will meet all federal guidelines.
- All foods and beverages available through the school lunch program will contribute toward eating patterns that are consistent with the Dietary Guidelines for Americans.
- The school lunch program will include fresh fruits and vegetables and whole grain products in planning school menus.
- A la carte food choices will gradually be transitioned to meet or exceed the nutrition standards set in Section B for all foods served on the school campus. This transition will be complete by the beginning of the 2007-08 school year.
- Lunch menu items may vary from the standards set in Section B to allow for a weekly balance.
- Portion sizes served in the school lunch program will comply with the Dietary Guidelines for Americans.
- All milk servings will be 2% or less, including flavored milks.
- All food service staff will be provided with continuing professional development.

##### **B. Standards for all foods and beverages served on campus during the school day, including Family and Consumer Science Class, snack carts, and vending machines:**

- Every student will have access to a sufficient number of functioning water fountains in accordance with local building codes, or other means that provide students with sufficient water.

- Soda will not be available on the school campus.
- Candy will not be available on the school campus.
- All campus food items will comply with the following guidelines:
  - Total fat content will be less than or equal to 8 grams per serving, excluding nuts, seeds, peanut butters and other nut butters.
  - Saturated fat will be no more than 2 grams per serving.
  - Sugar content will be no more than 18 grams per serving. Natural fruits and fruit juices are excluded.
  - Moderate sodium content will be encouraged.
  - Juice will be 100% fruit or vegetable and in a 12 ounce container or less.
  - Water may include flavored waters with no added sugar.
- Foods offered at all after-school programs, such as CASA, and school events, including dances, will follow the above guidelines.
- Family and Consumer Science menus may occasionally include items that do not fit into the above standards.

**C. School fundraising activities will use only foods that meet the above nutrition standards. The school will encourage fundraising activities that promote physical activity.**

**D. Guidelines for school parties, celebrations, special activities and meetings:**

- All classroom activities involving food should include no more than one food or beverage that does not meet the above nutrition standards.
- If the classroom activity includes only one food and it does not meet the school nutrition standards, an alternative healthy choice must be offered.
- Celebration ideas that do not include food, but promote physical activity will be encouraged. The school will provide a list of these ideas to parents and teachers.

## WELLNESS ACTION PLAN AREA 4

### **Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

**Goal: To create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.**

#### **A. Time and scheduling for meals and recess:**

- Students will be provided with adequate time for lunch and/or snack.
  - Students will have at least 25 minutes scheduled for lunch.
  - Eating in the middle of the day is preferable and will be considered by the scheduling team.
- School events, when possible, will not interfere with time allotments for student lunch or recess.
- When feasible, the students' recess times will be in conjunction with lunch times and preferably, directly before the lunch period.
- Staff will be encouraged to use alternate consequences for behavior issues to avoid taking recess time away.

#### **B. Surroundings for eating and marketing of food and/or beverages:**

- Students will be provided adequate physical space to eat lunch.
- The school will provide educational materials directly related to the health and nutrition of the students in the cafeteria.
- The school will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards of Area 3.

#### **C. Weare Schools will not use food or beverages as rewards for academic performance or good behavior, and will not withhold food or beverage as a punishment.**

- Certain behavioral and academic programs will be exempt from this requirement.

#### **D. Community/Family Involvement:**

- Monthly and/or quarterly nutrition newsletters will be sent home via students, as well as posted on each school's website.

- Each school will notify parents that their child's Body Mass Index (BMI) would be available upon request.

**E. Staff wellness:**

- The schools will provide and encourage outside school activities (i.e., kickboxing, volleyball, walking clubs, Weight Watchers, YMCA, summer programs) that are specifically for staff. We will also share communication from local businesses that offer wellness activities.

**WELLNESS ACTION PLAN AREA 5**

**Setting Goals for Implementation, Measurement, and Evaluation**

**Goal: To ensure that the components of this Wellness Action Plan are implemented, actions and results are measured and evaluated, so that the action plan becomes a working part of the philosophy of the Weare School District.**

**A. Evaluation of the present status of wellness practices in the district:**

- Each school in the district will conduct a baseline assessment of the school's existing nutrition and physical activity environment using the assessment tool provided by Team Nutrition by December 15, 2006.
- The results of this assessment will be provided to the school board, administration, staff, students, parents, and community members.

**B. Plan for implementing the action plan:**

- Each school will maintain a Wellness Team, consisting of an administrator, physical education teacher, health teacher, nurse, guidance counselor, cafeteria supervisor, grade level teachers, students, and community members. The team will meet quarterly and will be responsible for educating staff and students about the Wellness Action plan, brainstorming and implementing ideas, and researching grant opportunities.
- The Wellness Action plan will be distributed as part of the staff handbook at the beginning of each year. A member of the Wellness Team will present an overview of the action plan at the initial staff meeting.
- Implementation of the action plan will occur over a 3-year period. The first year will include the baseline assessment and the education of staff and students about the action plan. The second year will include full implementation of the action plan, and the third year will include reassessment and evaluation.

**C. Long-term assessment and evaluation:**

- Assessments will be repeated every three years to help review action plan compliance, assess progress, and determine areas in need of improvement. The Wellness Team Chairperson will initiate these assessments.
- A report of the evaluation will be provided to the school board, administration, staff, students, parents, and community members.
- The building principal will be responsible for addressing areas of noncompliance.