

## **Crescent Public School Wellness Policy**

The Crescent Public School District wellness policy aims to improve the health and wellbeing of children in Crescent by reducing their consumption of unhealthy food, beverages and excess calories, and increasing their intake of healthy food and beverages in appropriate portions.

Therefore, effective February 2, 2015, it is the policy of Crescent Public School District that:

**At least 10 minutes for breakfast and 20 minutes for lunch will be provided from the time students are seated to allow adequate time to eat school meals**

**Students are provided only healthy food and beverage options for food beyond the school food services (e.g., all vending machines, which Crescent Schools do not have, school stores, and food/beverages for celebrations).**

**Whole foods:** Foods are fruits, vegetables, whole grains, and related combination products (contain a total of  $\geq 1$  serving fruits, vegetables, and/or whole grains), or nonfat/low-fat dairy

**High School\*\* (only after-school hours) snack foods may be offered that do not to meet whole foods standard**

**Calories:**

- Snacks are  $\leq 200$  calories per portion as packaged and
- Entrée items are  $< 350$  calories per portion as served and do not exceed calorie limits on comparable National School Lunch Program (NSLP) items

**Fat:** Snacks, foods, and beverages meet the following criteria for dietary fat per portion as packaged:

- No more than 35% of total calories from fat
- Exceptions to the standard are:
- Nuts and seeds: fat content will not count against the total fat content of the product
- Less than 10% of total calories from saturated fats
- Zero trans-fat ( $< 0.5g$  per serving)
- Sugar: Snacks, foods, and beverages provide  $\leq 35\%$  of calories from total sugars per portion as packaged

**Exceptions to the standard are:**

- 100% fruits and fruit juices in all forms without added sugars
- 100% vegetables and vegetable juices without added sugars
- $< 8$  fl oz. portion as packaged for elementary school
- $< 12$  fl oz. for middle/high school
- Unflavored and flavored nonfat and low-fat milk
- $< 8$  fl oz. portion for elementary school
- $< 12$  fl oz. portion for middle/high school

- Flavored nonfat and low-fat yogurt ( $\leq 30\text{g}$  of total sugars per 8-oz. serving)
- Sodium:
- Snacks have  $\leq 200\text{mg}$  sodium per portion as packaged
- Entrée have  $\leq 480\text{mg}$  per entrée portion as served
- Caffeine: Foods and beverages are caffeine-free, with the exception of naturally occurring trace amounts
- Water without flavoring, additives, or carbonation

Plain, potable water is available at all times for free

**\*\*High School (only after school hours)**

- At least 50% of available beverage choices must meet the criteria above
- The remaining available beverage choices must follow the criteria below:
- Sugar-free, made with nonnutritive sweeteners
- Caffeine-free
- Not vitamin- or nutrient-fortified
- 5 calories per portion as packaged
- With or without carbonation or flavoring

**Food, beverages, and candy will not be used to reward or punish academic performance or student behavior**

**Safe, unflavored, cool drinking water will be provided throughout the school day at no cost to students**

**Provision will be made for school gardens (e.g., access to land, container gardens, raised beds) and related resources (e.g., staff volunteer time, financial incentives)**

**Multiple channels will be used to promote healthy eating behaviors, including classroom, cafeteria and communications with parents**

**Training and support to food service and other relevant staff will be provided to meet nutrition standards for preparing healthy meals**

**Only health-promoting fund raising efforts are permitted from the following categories: non-food or only healthy\* food and beverage options, physical activity-related options, or community service options**

Crescent Public School District recognizes the importance of physical activity and physical education in promoting health and academic achievement, and is an important part of a student's comprehensive, well-rounded education program that will positively impact life-long health and well-being. Regular physical activity is associated with a healthier, longer life and with a lower risk of heart disease, high blood pressure, diabetes, obesity, and some cancers.

Therefore, effective February 2, 2015, it is the policy of Crescent Public School District that we support quality physical activity throughout the day by adopting the following wellness elements:

- A ban on using or withholding physical activity ( recess, physical education classes) as a punishment
- A requirement that students are moderately to vigorously physically active during the majority of time in physical education class (at least 50%)
- Availability of proper equipment and facilities (including playground equipment, physical activity equipment, and athletic or fitness facilities) that meet safety standards is ensured
- Daily recess for physical activity is included for elementary schools
- Only medical waivers/exemptions from participation in physical education are allowed
- Provision of access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities
- Implementation of a walk or bike to school initiative
- Integration of physical activity throughout the curriculum
- Provide training for all teachers for integrating physical activity into the curriculum