

## **WELLNESS POLICY**

### **Purpose and Goals**

#### **Statement of Responsibility**

The Mercer Island School Board recognizes that it is the District's role, as part of the larger community, to model and actively practice wellness. Good nutrition and physical activity are essential for students to maximize their full academic potential, reach their physical and mental potentials, and achieve lifelong health, fitness, and well-being. Many factors play a role in achieving a healthy school environment, including foods and beverages available to students while at school, nutrition education, opportunities for physical activity, and other school-based activities designed to promote student wellness. The Mercer Island School District has a responsibility to culture a school environment that helps students learn and maintain lifelong fitness, healthy eating, and other healthy lifestyle habits.

The Wellness Policy is consistent with district educational and budgetary goals, and is designed to optimize students' ability to make health-enhancing choices and fulfills the requirements of Section 204 of The Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265).

### **POLICY**

#### **1.0 Wellness Policy Mission**

##### **1.1 Mission**

The Wellness Policy shall:

- Establish standards for all foods and beverages sold and served to students on each school campus during the entire school day.
- Establish goals for student nutrition education, physical activity, and other school-based activities designed to promote student wellness.
- Establish a plan to implement, review, and evaluate Wellness Policy standards and implementation.
- Recommend all policy related standards for final approval and report findings of policy implementation evaluation to the Mercer Island School District Board of Directors.
- Establish a School Health Advisory Committee, comprised of the food service director, and administrator, teacher, parent, and student representatives.

##### **2.0 Nutritional Standards for Food and Beverages**

All foods offered to Mercer Island School District students during the school day will conform to the following standards, unless specifically noted in a following subsection:

- In Elementary School, no more than 30% of total calories contained in a single food (if offered separately) or a meal (if offered as a complete meal) will come from fat.
- In Middle School, no more than 30% of total calories contained in a single food (if offered separately or ala carte) or meal (if offered as a complete meal) will come from fat.
- In High School, no more than 35% of total calories contained in a single food (if offered separately or ala carte) or meal (if offered as a complete meal) will come from fat.
- No more than 10% of total calories from a separate food or meal will come from saturated fat.
- Fluid milk will contain 1% or less fat.
- Foods will have no more than 35% sugar by weight.
- By the end of the 2007-2008 school year, 50% of grain products served will be whole grain.
- Trans fats/hydrogenated oils and high fructose corn syrup will be minimized or eliminated.
- All school eating areas will contain free, safe, drinking water sources.

Exceptions to these nutritional standards are:

- All nuts, seeds, real cheese, fruit (fresh or dried), vegetables, and 100% fruit and vegetable juice.

### **2.1. School Meals and Ala Carte Program**

The goal of the school meals program is to ensure that the foods offered at school are wholesome, nutritious, and safe. The school meals program will operate in accordance with the National School Lunch Program standards and applicable laws and regulations of Washington State. Schools will offer varied and nutritious food choices that are consistent with the federal government's current Dietary Guidelines for Americans. Menus will be planned with input from the School Health Advisory Committee that takes into account students' cultural norms and preferences. The School Health Advisory Committee will provide guidance on menu planning and enhancement of the eating environment. Food pricing strategies and food marketing programs will be designed and used to encourage students to purchase nutritious meals.

In addition to the Nutritional Standards in section 2.0 above, meals and ala carte items served at all Mercer Island School District schools during the school day will conform to the following guidelines:

- When possible, fresh fruits and vegetables will be offered daily with seasonal and organic produce provided by local farmers.
- Nutritional content information will be available for all products offered.
- Salad bar items will be labeled so that foods and dressings are clearly identified.
- All school meals and ala carte items will feature a variety of age-appropriate healthy choices that are tasty, attractive, and of high quality.
- School meals and ala carte items will be prepared in a way that maximizes nutrient density and reduces fat and sodium.
- All beverages, with the exception of milk or water products, will be offered in a serving size of 12-ounces or less.
- Beverages will contain 15 grams or less of added sugar (e.g., corn syrup, honey, sucrose, etc.) per serving.
- All beverages, except milk, shall be priced higher than the price for bottled water for the same size serving.

Exceptions to the School Meals and Ala Carte standards are:

- Non-fat and 1% flavored milk with greater than 15 grams of added sugar per serving may be offered, if portion size is 16 ounces or less.

### **2.2 Competitive Foods and Beverages**

Competitive foods are any foods and beverages offered or sold to students other than what is served as part of the school meal programs, including but not limited to, vending machines, student stores, and food provided as part of the MIHS Bridges Program.

#### **Competitive Foods**

In addition to the Nutritional Standards in section 2.0 above, competitive foods offered at all Mercer Island School District schools during the school day will conform to the following standards:

Portion sizes for individual snack food items shall not exceed the following:

- 2 ounces for cookies or cereal bars
- 3 ounces for bakery items
- 3 ounces for frozen desserts
- 1 ounce for nuts or seeds
- 8 ounces for yogurt
- 1.5 ounces for all other snacks
- All individual snack food items shall not exceed 300 total calories.
- Starting with the 2007-08 school year, items sold in snack bars, student stores and vending machines will be limited to those that are nutritionally healthful.

Vendor contracts for sales of competitive foods shall not include incentives for increasing students' consumption of foods or drinks, and vendor contracts for sales of competitive foods shall not include distribution of free products.

### **Competitive Beverages**

In addition to the Nutritional Standards in section 2.0 above, competitive beverages offered at all Mercer Island School District schools during the school day will conform to the following standards:

- All beverages, with the exception of milk or water products, will be offered in a serving size of 12 ounces or less.
- Beverages will contain 15 grams or less of added sugar (e.g., corn syrup, honey, sucrose, etc.) per serving.
- Beverages will contain no more than 30% of total calories from fat, and no more than 10% of total calories from saturated fat.
- All juice and milk products will be pasteurized.
- All beverages sold will contain no herbal extracts.
- All beverages, except milk, shall be priced higher than the price for bottled water for the same size serving.
- Beverages sold in vending machines or student stores at secondary schools must include at least 50% bottled water, low or non-fat milk and/or 100% juice products.

Exceptions to the Competitive Beverage standards are:

- 100% fruit juice may be offered (as long as the portion size does not exceed 12 ounces).
- Non-fat and 1% chocolate milk with greater than 15 grams of added sugar per serving may be offered, if portion size is 16 ounces or less.

### **2.3 Eating as a Positive Experience**

Adequate serving space will be provided and efficient methods of service will be used to ensure students have access to school meals with a minimum amount of waiting time. The dining area will be clean, orderly and inviting. Adequate seating will be available to accommodate all students served during each meal period. Adequate supervision will be provided in the dining area and this supervision will include the promotion of healthy choices with the children.

The District will provide adequate lunchtime for students to enjoy eating healthy foods and socializing, and will be scheduled as near the middle of the school day as possible. The goal of the mealtime will be to foster good eating habits, enjoyment of meals, good manners, and respect for others.

### **2.4 Food Safety**

All food service equipment and facilities will meet applicable local and state standards for safe food preparation and handling, sanitation, and workplace safety.

In accordance with Section III of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), the District will implement a food safety program for the preparation and service of school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principles, and staff will be trained accordingly.

For students with known food allergies that may interfere with or limit their ability to participate in the educational program, the District will work with parents to provide reasonable accommodations in accordance with District policies and federal law.

## **3.0 Nutrition Education**

### **3.1 Classroom**

The Mercer Island School District will provide instruction to meet the State Essential Academic Learning Requirements for Health and Fitness.

### **3.2 Cafeteria**

Attractive and current nutrition education materials will be prominently displayed in dining areas.

Competitive foods and a la carte items will be marketed to promote healthful choices over less nutrient dense items.

#### **4.0 Physical Activity**

##### **4.1 Creating a Positive Environment for Physical Activity**

Sedentary living has been identified as the "silent enemy" in the war against chronic disease. Changing the environment so that children have alternatives to sedentary behaviors is a positive way to make it easy for children to be active. Additionally, teaching skills that promote lifelong physical activity can help prevent chronic disease.

Students will be given opportunities for physical activity during the school day through daily recess periods, health and fitness classes, walking programs where appropriate, and the integration of physical activity into the academic curriculum. Schools will promote an environment supportive of physical activity.

The School Health Advisory Committee will provide input and support for Health and Fitness curriculum development and co-curricular and extra-curricular fitness activities.

##### **4.2 Physical Activity during the School Day**

Physical activity will be encouraged across curricula and throughout the school day. Movement can be made part of science, math, music, social studies, and language arts.

##### **Health and Fitness Education**

Children, from kindergarten through high school, will participate in a quality, standards-based Health and Fitness program. This program will provide the facilities, equipment, supplies and encouragement needed to deliver quality health/fitness education consistent with the state Essential Academic Learning Requirements.

##### **Daily Recess**

Elementary school students will have daily, supervised recess, preferably outdoors.

##### **4.3 Physical Activity Opportunities Before and After School**

Schools will promote active methods, such as walking and bicycling, for students to travel to and from school.

All schools in the district will provide a physical and social environment that encourages safe and enjoyable activity for all students. Schools are encouraged to provide community access to their physical activity facilities outside the normal school day.

#### **5.0 Other School Based Activities to Promote Student Wellness**

##### **5.1 Food Sold for Fundraising Activities**

During the school day beginning in 2007-2008, the District will encourage non-food items to be sold as part of school-sponsored fundraising activities. When food is sold during the school day, it will conform to the same standards as competitive food sales (2.2). While healthy options are encouraged, this policy does not cover food sold at after school or evening events.

##### **5.2 Healthy Celebrations**

The District recognizes that celebrations are a tradition at schools at every level. Honoring the Wellness Policy, school staff and parents are encouraged to include healthy food offerings, as defined in the competitive food guidelines (2.2) at school celebrations and events to support a healthy environment throughout the district.

**5.3 Food Used as a Reward or Punishment**

School staff and outside fundraising organizations will not use food or candy as a reward or punishment for individual students.

**6.0 District and Food Service Staffs' Role in a Healthy School Environment**

Food Service staff and District staff are encouraged to model and promote healthy behaviors.

**7.0 Policy Monitoring, Reporting, Evaluation, and Policy Review**

**7.1 Implementation and Monitoring**

The School Health Advisory Committee will serve as a resource to school sites for Wellness Policy implementation and monitoring.

Annually, the Food Services Director will ensure compliance with nutrition policies within the school food service areas and will report on this matter to the Associate Superintendent of Instructional Services.

**7.2 Reporting**

At the direction of the Superintendent, the Associate Superintendent of Instructional Services and Assistant Superintendent of Business Services will report annually on the District's compliance with the Wellness Policy to the School Board.

**7.3 Evaluation and Policy Review**

To help with the evaluation of the Wellness Policy, the District will conduct an assessment of the schools' nutrition and physical activity environments and policies. The results of these school-by-school assessments will be compiled at the District level to identify and prioritize needs.

### **Supporting Documents**

Policies and documents reviewed in the development of the MISD Wellness Policy:

- \* Bellevue School District No. 405: Nutrition and Physical Fitness Policy
- \* Issaquah School District: Nutrition and Physical Fitness Policy
- \* Seattle Public Schools: Distribution and Sales of Competitive Foods Procedure
- \* Chartwells: Wellness Policy Template
- \* The Center for Ecoliteracy: Model Wellness Policy Guide
- \* National Association of State Boards of Education: Healthy Schools Sample Policies
- \* *Dietary Guidelines for Americans 2005* (US Department of Agriculture and US Department of Health and Human Services)
- \* The Washington State Nutrition and Physical Activity Plan  
([www.doh.wa.gov/CFH/NutritionPA/publications/npa\\_state\\_plan2.pdf](http://www.doh.wa.gov/CFH/NutritionPA/publications/npa_state_plan2.pdf))
- \* "Physical Fitness and Activity in Schools," *Pediatrics*, 200; 105; 1156-1157,  
([www.pediatrics.aappublications.org/cgi/reprint/105/5/1156](http://www.pediatrics.aappublications.org/cgi/reprint/105/5/1156))

### **Additional Resources on Nutrition, Physical Activity, and School Wellness**

The National Alliance for Nutrition and Activity (NANA) has a comprehensive list of resources on their website at [www.schoolwellnesspolicies.org/WellnessResources.html](http://www.schoolwellnesspolicies.org/WellnessResources.html).

### **Some additional resources recommended by the Wellness Committee:**

**Action for Healthy Kids** is working to improve children's eating habits, increase children's physical activity, and educate administrators, teachers, children and parents about how nutrition and physical activity impact children's health and academic achievement: [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

The **American Dietetic Association's** website links to nutrition professionals and provides fact sheets on nutrition topics: [www.eatright.org](http://www.eatright.org).

The **School Nutrition Association** (formerly American School Food Service Association) is a national, nonprofit profession organization working to assure that all foods and beverages available in schools are consistent with *Dietary Guidelines for Americans*: [www.schoolnutrition.org](http://www.schoolnutrition.org).

The **Active Living Resource Center** web site provides answers and resources to help make walking and bicycling part of a community's healthier lifestyle. It provides the steps to take to make neighborhoods and community places that encourage bicycling and walking, places where children can safely play or walk to and from school:  
[www.activelivingresources.org/index.html](http://www.activelivingresources.org/index.html).

**National Safe Routes to School Clearinghouse** is a centralized resource of information on successful Safe Routes to School (SRTS) programs and strategies. Users of this site will find information on how to start and sustain a Safe Routes to School program, case studies of successful programs as well as many other resources for training and technical assistance: [www.saferoutesinfo.org/](http://www.saferoutesinfo.org/).

Adopted: 06/22/06  
Revised: 04/05/07