

Cameron School District Wellness-School Nutrition Guidelines

The Cameron School District is committed to the optimal development of every student. The Cameron School District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. This policy outlines the Cameron School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

School Meals

The Cameron School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams added *trans*-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. Local produce will be purchased through the Cameron School District prime vendor when available and the feasibility of additional local produce purchases will be explored. All schools within the Cameron School District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Wisconsin School Day Milk Program for our elementary students, and the Special Milk Program for our PK students. All schools within the Cameron School District are committed to offering school meals through the NSLP and SBP programs.

- All school meals are accessible to all students KG-12.
- The Cameron School District offers reimbursable school meals that meet or exceed current nutrition requirements established under the Healthy Hunger-free Act of 2010 and reflect student preferences.
- Because hydration is essential to overall health and well-being, water is recognized by the District as the beverage of choice. Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes. Water bottles must be clear in color and have secure caps. Areas where water bottles are allowed may vary throughout our schools.
- All school nutrition program staff will meet or exceed hiring and annual continuing education requirements in the USDA professional standards for child nutrition professionals.

Nutritional Standards

USDA recently published practical, science-based nutrition standards for snack foods and beverages sold to children at school during the school day. The standards, required by the Healthy, Hunger-Free Kids Act of 2010, will allow schools to offer healthier snack foods to children, while limiting junk food.

The health of today's school environment continues to improve. Students across the country are now offered healthier school lunches with more fruits, vegetables and whole grains. The Smart Snacks in School standards will build on those healthy advancements and ensure that kids are only offered tasty and nutritious foods during the school day.

Smart Snacks in School also support efforts by school food service staff, school administrators, teachers, parents and the school community, all working hard to instill healthy habits in students.

Nutrition Standards for Foods

Any food sold in schools must:

- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements:

- Calorie limits:
 - Snack or side items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
- Sodium limits:
 - Snack or side items: ≤ 200mg
 - Entrée items: ≤ 480 mg
- Fat limits:
 - Total fat: ≤35% of calories-

Exemptions: reduced-fat cheese, part skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners or fat), seafood with no added fat and eggs

- Saturated fat: < 10% of calories

Exemptions: reduced-fat cheese, part skim mozzarella, nuts, seeds, nut/seed butters, dried fruit with nuts or seeds (with no added nutritive sweeteners or fat), seafood with no added fat and eggs

- Trans fat: zero grams

- Sugar limit:
 - ≤ 35% of weight from total sugars in foods

Exemptions: dried/dehydrated fruits or vegetables without added nutritive sweeteners, dried fruit with nutritive sweeteners for processing and /or palatability, and dried fruit with only nuts/seed (no added nutritive sweeteners or fat)

Insert exemptions for the general and Nutrient standards (on the smart snacks in a nutshell)

Smart Snacks in School: USDA’s “All Foods Sold in Schools” Standards

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and “low calorie” beverage options for high school students.

- No more than 20-ounce portions of
 - Calorie-free, flavored water (with or without carbonation); and
 - Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of
- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.
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Accompaniments

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods by accompaniments, which can be significant.

Other Food Available at School

- Any groups or organizations selling food/beverage items outside of the school meal programs (i.e., “competitive” foods and beverages) during the school day must sell items which meet the USDA Smart Snacks in School nutrition standards (See attached) at a minimum, but will follow the Department of Public Instruction’s guidance to allow up to two(2) fundraiser exemptions per student organization per school year. A fundraiser cannot exceed two weeks time. An exempt fundraiser may sell foods that are not allowable under the smart Snacks rule, but may not compete directly with the sale of reimbursable meals. These standards do not apply during non-school hours, on weekends and at off-campus fundraising events.
- All groups offering but not selling food/beverage items on the school campus will be strongly encouraged to offer items which meet or exceed the USDA Smart Snacks in School nutrition standards.(exp... Celebrations and classroom snacks brought by staff or family members)
- The Cameron School District promotes a positive learning environment by providing healthy celebrations, supporting Smart Snacks in schools, and using non-food rewards. The Cameron School District will provide information regarding healthy celebrations, foods and beverages that meet the Smart Snacks nutrition standards, and non-food rewards via the Food and Nutrition Department webpage.
- Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA’s Nutrition Standards for all Foods sold in Schools rule. (see below)

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, and cafeterias. The Cameron School District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

Any foods and beverages marketed or promoted to students on the school campus during the school day must meet or exceed the USDA Smart Snacks in School nutrition standards.

Nutrition Education

The Cameron School District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health and wellness.

- Nutrition education will include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and school gardens.
- Nutrition education will be included in the health curriculum so that instruction is sequential and follows the National and Wisconsin Model Academic Standards for Nutrition. Nutrition education will also be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- The Cameron School District teaches students nutrition education using scientifically-based, up-to-date nutrition information consistent with the Dietary Guidelines for Americans. It is recommended that the Cameron School District will include in the health education curriculum the following essential topics on healthy eating:
 - Food guidance from MyPlate
 - Reading and using USDA's food labels
 - Balancing food intake and physical activity
 - Social influences on healthy eating, including media, family, peers, and culture
 - How to find valid information or services related to nutrition and dietary behavior
 - Resisting peer pressure related to unhealthy dietary choices and behavior
 - Influencing, supporting, or advocating for others' healthy dietary behavior

Physical Education

The Cameron School District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically-active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. All students will be provided equal opportunity to participate in physical education classes.

- All Cameron School District students will participate in physical education that meets or exceeds state standards.
 - All Cameron School District **elementary students** in each grade will receive physical education two to three times per week in a six day rotation for 30 minutes each session.
 - All Cameron School District **middle school students** will receive physical education at each grade level. Classes are 47-48 minutes in length and meet every other day for the entire school year in grades 5-8. Students in grades 5 & 6 receive between 94 and 144 minutes of physical education per week. Students in grades 7 & 8 receive between 47 and 144 minutes of physical education per week.
 - All Cameron School District **high school students** will receive a minimum of three trimesters of physical education prior to graduation. Classes are 66 minutes long and

- will meet every day for one trimester.
- It is recommended that students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
 - All physical education classes in Cameron School District are taught by licensed teachers who are certified or endorsed to teach physical education.
 - Specially designed physical education programs and/or modifications are made in order for all students to participate in physical education, regardless of their abilities or limitations.

Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

- It is recommended that all elementary schools will offer at least 20 minutes of recess on all or most days during the year to include:
 - Outdoor recess will be offered when weather is feasible for outdoor play.
 - Active recess programming will be utilized to create universal participation by offering multiple activities at recess; designate different areas of play throughout the playground; and provide equipment to decrease congestion on play structures.
 - In the event that the school or Cameron School District must conduct indoor recess, teachers and staff promote physical activity for students, to the extent practicable.
- The Cameron School District recommends teachers provide short (3-5 minute) breaks to students during and between classroom times.
- The Cameron School District offers opportunities (e.g., including activity clubs, open gym and varsity sports) for students to participate in physical activity before and/or after the school day.
- The Cameron School District will support active transport to and from school, such as walking or biking.

Other Activities that Promote Student Wellness

The Cameron School District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The Cameron School District will coordinate and integrate other initiatives related to physical activity, physical education, sleep, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

- The Cameron School District will continue relationships with its community partners, including our local hospitals, health insurers, in support of this wellness policy's implementation.
- The Cameron School District will promote to parents/caregivers, families, and the community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be invited to participate in school-sponsored events and will receive information about health promotion.
- The Cameron School District promotes staff member participation through the staff wellness committee in health promotion programs and will support programs for staff members on healthy eating/weight management.

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- When feasible, the Cameron School District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors for themselves and in the classroom and school.

Policy Monitoring/Implementation

The Cameron School District Superintendent shall implement and ensure compliance with the policy by leading a Cameron School District wellness committee that meets at least annually to recommend goals for, and oversee, school health and safety policies and programs, including development, implementation, and periodic review and update of the policy.

- The wellness committee membership will represent a diverse group at all school levels (PreK/elementary and secondary schools) and may include (to the extent possible): parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff, and mental health and social services staff); school administrators (e.g., superintendent, principal, assistant principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists).
- The Cameron School District will annually actively notify households/families of the availability of the wellness policy in the Opening of Schools Report. The wellness committee will recommend modifications of the wellness policy to the Cameron School District School Board based on the results of the triennial assessments, and/or as Cameron School District priorities change; community needs change; wellness goals are met; new health, science, information, and technology emerges; and new federal or state guidance or standards are issued. At least once every three years the committee will review the recommendations and forward their recommendations to the Cameron School Board for updates.