

GREENWOOD HIGH SCHOOL

WELLNESS POLICY

INTRODUCTION

It is the belief of the Greenwood School District that proper nutrition and adequate physical activity has a major influence on a child's development, health, well-being, and potential for learning. To allow students to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. The following Wellness Policy sets goals and establishes guidelines for the entire school community to create an environment that support lifelong habits and overall wellness. While this is meant to be a comprehensive policy, it cannot cover every possible situation. It is expected that all school decisions reflect and encourage positive wellness messages.

For use in this policy, the term *wellness* is meant to include healthy practices in regards nutrition, physical activity, and other areas related to a person's overall well-being.

MAJOR GOALS

The major goals of this policy are as follows:

1. Ensure that the school breakfast and lunch programs meet or exceed the federal guidelines in providing healthy and nutritional meals to all students and staff.
2. Provide a positive school environment that promotes overall wellness.
3. Enable all students to acquire the knowledge and skills necessary to make healthy choices regarding wellness.
4. Maintain a standing Wellness Committee to oversee the effectiveness of the Wellness Policy and to plan and carry out yearly activities that promote overall wellness in the school community.

SPECIFIC RECOMMENDATIONS/NUTRITIONAL GUIDELINES

SCHOOL LUNCH AND BREAKFAST

The Greenwood School District will support the food service department in their mission to provide healthy and nutritional meals to all students and staff. The food service department will follow the mission as follows:

- Keep total fat under 30%.
- Keep saturated fat at or below 10%.
- Follow the nutritional guidelines from the USDA, DPI, and RDA.
- Offer low sodium foods.
- Educate our students, staff, and families on good nutrition choices

SNACKS

If snacks are provided for students (whether they are provided by the school, parents, or other sources) on a regular basis, information regarding the education and nutritional purpose as well as examples of appropriate snacks and recommended serving sizes should be developed and shared with everyone involved. The Food Service Director and the Wellness Committee should be as resources in developing any snack program.

INCENTIVES AND CLASS/SCHOOL PARTIES

Greenwood staff members are encouraged to utilize non-food items as incentives. If food or beverages are the choice for incentives, staff and students are encouraged to utilize healthy, nutritious food and beverage choices.

Parents, students and community members are also encouraged to utilize non-food items for birthdays, holidays, or special occasions that occur though out the instructional time of the school day. If food/beverages are choices, the Greenwood School District encourages individuals to utilize healthy and nutritious food choices that meet the nutritional guidelines of the district.

It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.

Below are examples of non-food and acceptable food items.

Examples of non-food incentives:

- Pencils
- Stickers
- Trinkets
- Preferential treatment/privileges (leader in class for the day, head of line, comfy chairs or seating, lunch early etc.)
- Balloons, party hats
- Water bottles (encourages the consumption of water intake)

Examples of acceptable food incentives:

- Raw vegetable sticks/slices with low fat-dressing or yogurt dip
- Fresh fruit
- Juice drinks that contain a minimum of 10% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail Mix (dried fruits and nuts)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Popcorn
- Angel food and sponge cakes
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products

GUIDELINES FOR FUNDRAISING ACTIVITIES, CONCESSIONS AND VENDING

To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold.

- All vending machines will be turned off in the middle and high school until after school hours. (3:20 p.m.) (except for water, sports drinks with less than 1/3 of their weight from added sugars, 100% juice, and low fat or fat free milk choices).
- No soda or artificial sweetened beverages will be sold during school hours.
- Organizations operating concessions at school functions should include some healthy food choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students. Examples: fresh fruits or vegetables, whole wheat buns, low-fat meats, dried fruits, baked chips, or low-fat granola bars.
- Any fundraising requires administrative approval. Groups that participate in fundraising activities are strongly encouraged to choose fundraising activities that offer healthy food items, non-food items (such as books, auctions, gift wraps, candles, plants, flowers, school promotional items, etc.). Groups are also encouraged to schedule service oriented fundraising activities and fundraising activities that include physical activity on the part of the student group members.

NUTRITION AND PHYSICAL ACTIVITY

The Greenwood School District will educate students in elementary throughout high school to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. The Greenwood School District nutrition curriculum supports the philosophy that the quality of life is dependent upon the student’s interaction with their total environment which includes their family, school, and community. All of these parts of the environment are important and none alone can give the students all they need in their physical, mental, and social well-being.

The Greenwood School District health curriculum deals with promoting lifelong physical activity and fitness, which includes healthy eating as a primary goal. The health benefits of good nutrition will be emphasized. These nutritional themes include but are not limited to:

- *Knowledge of food guide pyramid
- *Healthy heart choices
- *Sources and variety of foods
- *Diet and disease
- *Understanding calories
- *Healthy breakfast and snacks
- *Identify and limit junk food consumption
- *Dietary guidelines
- *Eating disorders
- *Food allergies and sensitivities
- *Guide to a healthy diet
- *Food labels
- *Major nutrients
- *Multicultural influences
- *Serving sizes
- *Proper sanitation and safety
- *Eating habits
- *Weight problems
- *Fad dieting

In addition, students receive instruction in the five health-related components of fitness (cardiovascular endurance, muscular endurance and strength, flexibility, and body composition). Body composition instruction includes proper diet and healthy eating habits.

The Greenwood School District physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities, so that students develop the knowledge and skills to be physically active for life.

The district Wellness Policy reinforces education to help students practice these themes in a supportive school environment.

MAJOR WELLNESS FOCUS TIMELINE

School Year	Wellness Focus
2006-07	<p>EDUCATION</p> <ul style="list-style-type: none"> • Educate students, parents, staff, community, etc. in regards to the Wellness Policy • Educate students, parents, staff, community, etc. on advantages of proper nutrition • Educate students, parents, staff, community, etc. on advantages of increased physical activity <p>SCHOOL LUNCH & BREAKFAST PROGRAMS</p> <ul style="list-style-type: none"> • Continue to ensure that the breakfast and lunch programs meet state and federal guidelines
2007-08	<p>IN-SCHOOL FOOD</p> <ul style="list-style-type: none"> • Vending • Parties, incentives
2008-09	<p>OUTSIDE OF SCHOOL FOOD</p> <ul style="list-style-type: none"> • Concessions • Fundraising
2009-10	<p>FOOD/BEVERAGES BROUGHT TO SCHOOL</p> <ul style="list-style-type: none"> • Food/beverages brought into school by staff students must meet the same standards as food/beverages sold at school

POLICY REVIEW/REVISION

It will be the responsibility of the Wellness Committee to review the Wellness Policy near the end of each school year to evaluate the effectiveness of the policy. Every three years the Wellness Committee will review the policy and recommendations for revisions will be presented to the Board of Education.