

**Regulation**

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Wellness Policy on Nutrition and Physical Activity

**TO ACHIEVE THE WELLNESS POLICY GOALS:**

All schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch program (including after-school snacks), Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program (including suppers).

Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

**I. Develop Wellness Committees**

Each individual school within the district will create, strengthen, or work within existing wellness committees to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The committees also will serve as resources to their school site for implementing those policies. (A Wellness Committee consists of a group of individuals representing the school and community, and should include parents, students, and representatives of the school food provider, members of the school board, school administrators, teachers, health professionals, and members of the public.)

**II. Nutritional Quality of Foods and Beverages Served in Schools**

**School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- have free water available for all students during lunch and preferably the entire school day;
- offer a variety of fruits and vegetables; to the extent possible, schools will offer at least two non-fried vegetable and two fruit options each day and will offer five different fruits and five

different vegetables over the course of a week. Schools are encouraged to source fresh fruits and vegetables from local farmers when practical.

- be appealing and attractive to students and be served in clean and pleasant settings;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); As recommended by the Dietary Guidelines for Americans 2010; and
- ensure that half of the served grains are whole grain; a whole grain is one labeled as a “whole” grain product or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include “whole” wheat flour, cracked wheat, brown rice, and oatmeal.

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

In addition, schools should share information about the nutritional content of meals with parents and students. Such information could be made available on menus, a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

## **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will offer all students the School Breakfast Program.
- Schools will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, as recommended by the NJ Department of Education, “Grab-and-Go” breakfast, or extend the breakfast period.
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.
- Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

## **Free and Reduced-priced Meals**

Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.

It is unethical to make others in the cafeteria aware of the eligibility status of children for free, reduced-price, or “paid” meals.

Toward this end, schools may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of school meals to all students; and/or use nontraditional methods for serving school meals, such as “grab-and-go” or classroom breakfast.

### **Meal Times and Scheduling**

Schools:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- will schedule lunch periods to follow recess periods (in elementary schools) when scheduling allows;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### **Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the school district’s responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility; School nutrition staff development programs are available through the USDA, School Nutrition Association, and National Food Service Management Institute.

### **Sharing of Foods and Beverages**

Schools should discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies, communicable diseases and other restrictions on some children’s diets.

### **“Foods of minimal nutritional value” (“FMNV”) defined**

The U.S.D.A. defines “foods of minimal nutritional value”.

*Appendix B to Part 210--Categories of Foods of Minimal Nutritional Value*

(a) Foods of minimal nutritional value--Foods of minimal nutritional value are:

(1) Soda Water--A class of beverages made by absorbing carbon dioxide in potable water. The amount of carbon dioxide used is not less than that which will be absorbed by the beverage at a pressure of one atmosphere and at a temperature of 60 deg. F. It either contains no alcohol or only such alcohol, not in excess of 0.5 percent by weight of the finished beverage, as is contributed by the flavoring ingredient used. No product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals and protein.

(2) Water Ices--As defined by 21 CFR 135.160 Food and Drug Administration Regulations except that water ices which contain fruit or fruit juices are not included in this definition.

(3) Chewing Gum--Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

(4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

(i) Hard Candy--A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

(ii) Jellies and Gums--A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

(iii) Marshmallow Candies--An aerated confection composed as sugar, corn syrup, invert sugar, 20 percent water and gelatin or egg white to which flavors and colors may be added.

(iv) Fondant--A product consisting of microscopic-sized sugar crystals which are separated by thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.

(v) Licorice--A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.

(vi) Spun Candy--A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

(vii) Candy Coated Popcorn--Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

## **Outside Foods**

During the academic day, outside foods of minimal nutritional value will be banned from entering Camden public schools. The Camden School District encourages parents, faculty and staff to follow the State of New Jersey guidelines in regards to foods of minimal nutritional value to model appropriate behavior for students.

## **Foods and Beverages Sold Individually (*i.e.* cafeteria *a la carte* items)**

Recommendations added for section titled Foods and Beverages Sold Individually (*i.e.* cafeteria *a la carte* items) should meet or exceed National School Lunch Program regulations and be based on district student health needs.

## **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or other items determined to be detrimental to the health and wellness of the community. Schools will encourage fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

## **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's overall diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water and 100% fruit juice as the primary beverages. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

## **Rewards**

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

## **Celebrations**

Any food served for holiday celebrations will meet the U.S.D.A. nutritional standards and will not contain foods of minimal nutritional value.

## **School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances)**

The Camden School District encourages that foods and beverages offered or sold at school sponsored events outside the school day will follow the State of New Jersey guidelines in regards to foods of minimal nutritional value.

### **III. Nutrition and Physical Activity Promotion and Food Marketing**

Camden City Public School District aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;
- 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/exercise);
- links with school meal programs, other school foods, and nutrition-related community services; and
- includes training for teachers and other staff.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- classroom health education will compliment physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Communications with Parents**

The district/school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district/school will offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for

individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, the district/school will provide opportunities for parents to share their healthy food practices with others in the school community.

The district/school will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. As such, schools will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually (above); The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited; Schools should not permit general brand marketing for food brands under which more than half of the foods or beverages do not meet the nutrition standards for foods sold individually or the meals are not consistent with school meal nutrition standards.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

### **Staff Wellness**

Camden City Public School District highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school will establish and maintain a wellness committee that will include staff wellness as an important component of overall wellness. The committee should develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

#### **IV. Physical Activity Opportunities and Physical Education**

Daily Physical Education (P.E.) K-12. All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical activity (or its equivalent of 150 minutes/week for elementary, middle, and family school students and 225 minutes/week for high school students, as per NJ State regulations) for the entire school year. All physical education will be taught by a certified physical education teacher.

Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

##### **Daily Recess**

All elementary school students will have at least 20 minutes a day of structured and supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment. Schools should discourage extended periods (*i.e.*, periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active; Useful self-assessment and planning tools include the School Health Index from the Centers for Disease Control and Prevention (CDC), Changing the Scene from the Team Nutrition Program of the U.S. Department of Agriculture (USDA), and Opportunity to Learn Standards for Elementary, Middle, and High School Physical Education from the National Association for Sport and Physical Education.

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

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools 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.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

##### **Physical Activity as Punishment**

Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

## **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 and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. The school district will explore the availability of federal “safe routes to school” funds, administered by the state department of transportation, to finance such improvements. The school district will encourage students to use public transportation when available and appropriate for travel to school, and will work with the local transit agency to provide transit passes for students.

## **V. Monitoring and Policy Review**

### **Monitoring**

The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report on the school’s compliance to the school district superintendent or designee.

School food service staff, at the school or district level, will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent (or if done at the school level, to the school principal). In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the district has not received an SMI review from the state agency within the past five years, the district will request from the state agency that a SMI review be scheduled as soon as possible.

The superintendent or designee will develop a summary report every three years on district-wide compliance with the district’s established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health committees, parent/teacher organizations, school principals, and school health services personnel in the district.

### **Policy Review**

To help with the initial development of the district’s wellness policies, each school in the district will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review their nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and

program elements. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## **VI. Exceptions**

In certain instances, this regulation shall not apply to:

- medically authorized special needs diets pursuant to federal regulations;
- school nurses using foods of minimal nutritional value during the course of providing health care to individual students; and
- special needs students whose Individualized Education Plan (IEP) indicates their use for behavior modification.

### **Adopted:**

### **Key Words**

Nutrition, Wellness, Obesity, School Lunch, Food Service

### **Legal References:**

*N.J.S.A. 18A:11-1*, General mandatory powers and duties

*N.J.S.A. 18A:18A-4.1 (f.- h.)*, Use of competitive contracting in lieu of public bidding; Boards of education

*N.J.S.A. 18A:18A-5*

*N.J.S.A. 18A:18A-6*, Standards for purchase of fresh milk; penalties; rules and regulations

*N.J.S.A. 18A:33-3 through -5*, Cafeterias for pupils

*N.J.S.A. 18A:33-9 through -14*, Findings, declarations relative to school breakfast programs.

*N.J.S.A. 18A:33-10*

*N.J.S.A. 18A:33-15*, Improved Nutrition and Activity Act (IMPACT Act)

*N.J.S.A. 18A:33-16*, Prohibition upon the service, sale, or give-away promotionals of certain food items on school property; snack and beverage item standards; exemptions

*N.J.S.A. 18A:54-20*, Powers of Board (county vocational schools)

*N.J.S.A. 18A:58-7.1 through -7.2*, School lunch program

*N.J.A.C. 2:36-1.1, et seq.*, Child Nutrition Programs

*N.J.A.C. 2:36-1.7*, Local school nutrition policy

*N.J.A.C. 6A:16-5.1(b)*, School safety plans

*N.J.A.C. 6A:23-2.6*, Supplies and equipment

*N.J.A.C. 6A:32-12.1*, Reporting requirements

*N.J.A.C. 6A:32--14.1*, Review of mandated programs and services

*N.J.A.C. 6A:30-1.1, et seq.*, Evaluation of the Performance of School Districts

Sec. 204 at the Federal Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265)

42 *U.S.C. 1751, et seq.*, Richard B. Russell National School Lunch Act

42 *U.S.C. 1771, et seq.*, Child Nutrition Act of 1966

7 *C.F.R. Part 210* Medically authorized special needs diets

7 *C.F.R. Part 210.10* Foods of minimum nutritional value

CHILD NUTRITION REAUTHORIZATION HEALTHY HUNGER-FREE KIDS ACT OF 2010

**Resources:**

*New Jersey Partnership for Healthy Kids - Camden*; MODEL POLICY

<http://www.state.nj.us/agriculture/> The New Jersey Department of Agriculture, Model Policy and Question and Answer resource.

[www.usda.gov/cnpp/DietGd.pdf](http://www.usda.gov/cnpp/DietGd.pdf) Dietary Guidelines for Americans.

[www.usda.gov/cnpp/pyramid.html](http://www.usda.gov/cnpp/pyramid.html) USDA Food Guide for dietary Guidelines, examples of eating patterns that exemplify these standards.

[www.nasbe.org/HealthySchools/fithealthy.mgi](http://www.nasbe.org/HealthySchools/fithealthy.mgi) Fit, Healthy and Ready to Learn, A School Health Policy Guide. This Guide lists elements such as the size of tables and chairs; seating is not overcrowded; a relaxed environment for socializing; amount of noise; rules of safe behavior, and cleanliness.

[www.fns.usda.gov/cnd/menu/fmnv](http://www.fns.usda.gov/cnd/menu/fmnv) foods of minimal nutritional value (FMNV's ) as defined by federal regulations at 7 C.F.R. Part 210.10.

**Possible Cross References:**

\*1200 Participation by the public

\*1220 Ad hoc advisory committees

\*3000/3010 Concepts and roles in business and noninstructional operations; goals and objectives

\*3220/3230 State funds; federal funds

\*3450 Money in school buildings

\*3510 Operation and maintenance of plant

\*3542 Food Service

\*3542.31 Free or reduced-price lunches/milk

\*3542.44 Purchasing

\*4222 Noninstructional aides

\*5131 Conduct/discipline

9123 Appointment of Board Secretary

9124 Appointment of business official

\*Indicates policy is included in the Critical Policy Reference Manual.