

The McCook Public School (MPS) District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the McCook Public School District that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the extent practicable, our district will participate in available federal school meal programs.
- The district 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.

TO ACHIEVE THESE POLICY GOALS:

- I. **Wellness Team:** The school district will create, strengthen, or work within the existing wellness team to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The team will also serve as resources for implementing these policies. (The wellness team consists of a group of individuals representing the school and community. It should include parents, students, representatives of the school food authority, members of the school board, school administrators, teachers, health professionals and members of the public.)
- II. **Nutrition Guidelines:** The established nutrition guidelines for foods available in each school building during the school day are as follows: (1) school breakfast and lunch programs will be offered which meet or exceed the requirements of federal and state law and regulatory authorities and (2) no foods in competition with the school lunch or breakfast program shall be sold or otherwise made available to students anywhere on school premises during the period of one-half prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch. The administration establishes the following additional nutrition guidelines and actions to meet the guidelines:
 1. Conditions for School Meals:
 - a. Free and Reduced-priced Meals: MPS 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-priced school meals.
 - b. Scheduling meals: Lunch periods will be scheduled at times when students are in need of nutrition (e.g., in the middle of their school day). Students will be provided adequate time to eat. In general students will upon arrival in the cafeteria, have at least 10 minutes to eat breakfast and 15 minutes to eat lunch.
 - c. Conditions for meals: Efforts shall be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant staff, adequate seating, enforcement of student conduct rules, and adequate supervision.
 2. Selection of School Meals:
 - a. School Meals: School meals shall at a minimum meet nutrition requirements established by state and federal law. Emphasis is to be on good menu planning principles that offer healthy food choices including lean meats, a variety of fruits and other fried vegetables daily, whole grains once a week and a low-fat or nonfat milk daily. Locate these choices where they are readily accessible to students. Limit portion sizes of desserts and fried foods.
 - b. Ala carte selections: Elementary students are to be offered balanced meals. PK-5 elementary students are not to be sold individual food or beverage selections except for limited portions of low-fat foods, low-fat milk, fruits, and non-fried vegetables. Junior High and High School students may be sold foods and beverages ala carte provided the ala carte items include fruits, non-fried vegetables, and healthy beverages (waters and 100% fruit juices).

3. Student's Meals from Home: Students will be discouraged from sharing food and be prohibited from sharing foods brought from home. Parents will be encouraged via health promotional materials to make healthy choices for student lunches.
4. Closed Campus: To encourage students to eat a nutritious lunch, students will not be permitted to leave school during the school day for the purpose of lunch. Exceptions: Students may leave at lunchtime if they will be eating lunch at home, with parent permission.

High School students may leave campus for lunch, even if they will not be eating lunch at home. Students who leave campus for lunch may bring any purchased meals or other food back to school. The administration may grant special exceptions to the closed campus rule as needed (e.g., for students with special dietary needs).

5. Vending Machines:
 - a. Vending machines will not be available for student use at any school for the period of one-half hour before and one-half hour after breakfast and lunch periods.
 - b. Elementary school students: Vending machines are not available to elementary students during the school day.
 - c. Junior High students: Vending machines will be available to use by middle school students for the period of ½ hour before and ½ hour after breakfast and lunch periods. Vending machine items will meet the Smart Snacks standards.
 - d. High School students: Vending machines will be available to use by middle school students for the period of ½ hour before and ½ hour after breakfast and lunch periods. Vending machine items will meet the Smart Snacks standards.
 - e. Promotion of Healthy Choices: If on-site vending is available, then Smart Snacks standards will be offered in at least one vending machine in the school building.
6. Foods available during the school day:
 - a. Water: Students will be allowed access to water during the school day. Water fountains are available. Educators may in their discretion allow students to bring water bottles to classes.
 - b. Food rewards: Smart Snacks will be encouraged for rewards and to be used by school staff for instructional purposes (e.g., cultural programs, FCS classes, and foods given in accordance with a special education student's IEP are exempt).
 - c. Classroom Celebrations:
 1. Staff is encouraged to offer Smart Snacks for classroom celebrations.
 2. Parents are encouraged to bring healthy foods for classroom celebrations.
7. Fund-raising:
 - a. School clubs are not to sell food for the period of ½ hour before and ½ hour after breakfast and lunch periods.
 - b. Student clubs are encouraged to include a healthy alternative or Smart Snacks as part of fund-raising efforts.
8. School activities/events:
 - a. Athletes: Student athletes serve as role models. Coaches are to encourage healthy eating habits by student athletes.
 - b. Concessions: Concession stands are encouraged to include healthy food choices. Efforts will be made to offer Smart Snacks.
9. Definition of Smart Snacks in School: For purposes of this policy, The Smart Snacks in School standards stipulate that all snack foods sold in school must be "whole grain rich," meaning they contain 50% whole grains or have whole grains as the first ingredient, or have as the first ingredient a fruit, a vegetable, a dairy product or a protein-rich food. Combination foods that contain at least ¼ cup fruit and/or vegetable or naturally contain 10% of the daily value (DV) of calcium, potassium, vitamin D or dietary fiber will also be accepted. Smart Snacks in School Fact Sheet: http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

10. Definition of Healthy Foods: For purposes of this policy, 'healthy foods' means foods that are low in fats, sodium and sugars, and high per serving in the nutrients which are needed to meet Nutrition Standards for Foods:
http://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf

III. Nutrition Education Activities to Promote Student Wellness: The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Nutrition education should be integrated into other subjects to complement, but not replace the health and nutrition education curriculum that is provided in accordance with NDE Rule 10. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.
2. Display Nutrition Education Materials: The cafeteria shall display posters or other communications suitable to the ages of students served that promote healthy nutrition choices (e.g., display food pyramid). MyPlate Educators are encouraged to incorporate such communications in their classrooms as well.
3. Nutrition Health Events: Educators are encouraged to search for and take advantage of events that promote nutrition education. Activities may include but are not limited to:
 - a. Health fairs
 - b. Traveling health exhibits
 - c. Field trips to farm or food production facilities
 - d. Health speakers (school assemblies or class speakers on nutrition)
4. Family:
 - a. Parents are to be welcomed to join their children at school lunch as appropriate.
 - b. School communications to parents should include information about healthy nutrition, such as by including information about healthy snacks for children.
 - c. If a lunch is sent to school, parents are encouraged to pack healthy lunches and snacks.
5. Staff: Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff is discouraged from eating foods or drinking beverages of minimal nutritional value during the school day in the presence of students.

IV. Physical Activities to Promote Student Wellness: The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The administration established the following additional goals and actions to achieve such goals:

1. Curriculum: Health and physical education should be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 10. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.
2. Physical Activity During the School Day:
 1. Recess: Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are to be encouraged by supervising staff to engage in physical activity. Daily minimums are the requirements of the Department of Education standards.
 2. Middle School and High School students will have the opportunity for physical activity during their lunch period. The gym or outside facilities will be open to use during lunch when possible.
 - a. Class Time: Physical activity within class periods (e.g. stretching breaks when students are at task for more than 50 minutes) will be encouraged.
 3. Physical Activity To/From School:
 - a. To encourage biking or walking to school, the administration will work with law enforcement and as appropriate volunteer parent safety monitors to provide safe routes to school. Bike racks will be established commensurate with need.

- b. In establishing bus pick up/drop off sites, the fact that students will have to walk farther from a particular site will not necessarily be considered as a negative factor.
 - 4. As Punishment: Physical activity (recess, etc.) will not be used as punishment and will not be withheld as punishment. This guideline shall not apply to extra-curricular activities. Educators may use appropriate professional discretion to make exceptions to this guideline. In no event, however, will physical activity be used as a form of corporal punishment.
 - 5. Display Physical Activity Educational Materials: The cafeteria, gym, and health classrooms are encouraged to display posters or other communications suitable to the ages of students served that promote physical activity and non-sedentary lifestyles (e.g., display sports posters, walking fitness posters). Educators are encouraged to incorporate such communications in their classrooms as well.
 - 6. Physical Activity Health Events: Educators are encouraged to search for and take advantage of events that promote physical activity education. Activities may include but are not limited to:
 - a. Health fairs
 - b. Traveling health exhibits
 - c. Field trips to physical activity centers
 - d. Physical activity speakers (school assemblies or class speakers representing sports figures, medical people)
 - 7. Family:
 - a. External school property is available for use by families/public for physical activity after school hours (playgrounds, etc.).
 - b. School communications to parents will include information that promotes physical activity. Such communications may include information about the benefits of physical activity to children and the distribution of information about youth sports programs.
 - 8. Staff Wellness: McCook 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. This wellness team will 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. MPS staff members are encouraged to serve as healthy role models for students. School employees serve as positive role models by adhering to vending guidelines adopted for students.
- V. Other School Activities to Promote Student Wellness:** The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The administration establishes the following additional goals and actions to achieve such goals:
- 1. Extracurricular Programs: The District will offer athletic and other activity programs subject to and in compliance with the bylaws of the Nebraska School Activities Association.
 - 2. Advertising: The administration will monitor advertising that occurs in school and endeavor to promote Smart Snacks standard choices.
 - 3. Staff Development:
 - a. Training opportunities, when available, will be offered to staff members responsible for supervising recess and lunch. The focus of the training may include nutrition information, physical activity and appropriate equipment use.
 - b. The District will, in conjunction with their food services team, support ongoing training and development for food service staff related to nutritional and wellness goals and activities.
 - 4. Community Resources: the Wellness Committee may coordinate the school wellness program efforts with those available from medical and other community organizations.

VI. Monitoring/Review: The Wellness Committee will review the wellness policy annually and will make revisions as necessary. The Wellness Committee will report to the Superintendent to ensure compliance with district-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report to the Wellness Committee and superintendent.

Approved: May 20, 2015

Reviewed: _____

Revised: _____