

Clear Fork Valley Local School District

SCHOOL WELLNESS ACTION PLAN

Adopted: July 2022

The Clear Fork Valley Local School District Board of Education is committed to providing a school environment that enhances learning and development of lifelong health and wellness practices.

The Board has a responsibility through the food service program to encourage students to form healthy eating habits and enforces the standards governing the types of food sold in the schools and the time and place at which type of food is sold. Reimbursable School Meals comply with federal, state and local requirements and are accessible to all children.

School Wellness Action plan Goals:

To improve the overall health and well-being of the students at CFVLSD through the implementation of a program focusing on health, nutrition and physical activity.

School Meals

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

1. Be appealing and attractive to children;
2. Be served in clean and pleasant settings;
3. Meet, at a minimum, nutrition requirements established by local, state and federal statutes and regulations;
4. Offer a variety of fruits and vegetables;

5. Serve low-fat (1%) or less milk and
6. At least 80% of grains served in both breakfast & lunch will be whole grain.

Breakfast

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

1. Schools will operate the School Breakfast Program;
2. Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
3. Schools will notify parents and students of the availability of the School Breakfast Program and
4. Schools will encourage parents to provide a healthy breakfast for their children.

Meal Times and Scheduling

Schools:

1. Will provide students with at least 10 minutes of seated time to eat their breakfast and 20 minutes of seated time for lunch;
2. Should schedule meal periods at appropriate times, e.g.- lunch should be scheduled between 11am – 1pm;
3. Should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
4. Will provide students access to handwashing or hand sanitizing before eating meals or snacks;
5. Will schedule lunch periods to follow recess periods (in elementary schools) when able and
6. Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (orthodontia/high tooth decay risk)

Food and Beverages Sold Individually

Foods sold outside of reimbursable school meals including a la carte items, school stores, fundraising and vending machines must all follow the Smart Snack guidelines set forth by the USDA. This includes nutrition guidelines and portion size standards.

Beverages: Water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice.

Food: Food items will have limited sodium and fat content.

Portion Sizes: Limit portions sizes of foods and beverages sold individually to those listed below.

1. 1 ¼ ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
2. 1 ounce for cookies;
3. 2 ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
4. 4 fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
5. 8 ounces for non-frozen yogurt and
6. The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and vegetable are exempt from portion-size limits.

Rewards

Schools will refrain from using foods or beverages that do not meet the nutritional standards for foods and beverages sold individually (above) as rewards for academic performance, PE performance or good behavior and will not withhold food or beverages as a punishment.

Nutrition Education and Promotion

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

1. Promotes fruits, vegetable, whole grain items, low-fat and fat-free dairy products, healthy food preparation methods and health enhancing nutrition practices and
2. Emphasizes caloric balance between food intake and energy expenditure.

Physical Activity

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for this activity beyond physical education. Schools should discourage extended periods (periods of 2 or more hours) or inactivity. When activities such as mandatory school-wide testing make it necessary for students to remain indoors for long period of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

Elementary school students will have daily supervised recess, preferably outdoors, during which schools encourage moderate to vigorous physical activity.

Staff Wellness

Clear Fork School District highly values the health and well-being of every staff member and will assist in the development of activities that support personal efforts by staff to maintain a healthy lifestyle through use of available facilities.