

# DYRS Schools Wellness Policy on Physical Activity and Nutrition

## Background

In the Child Nutrition and WIC Reauthorization Act of 2004, the U.S. Congress established a new requirement that all school districts and Residential Child Care Institutions with a federally-funded school meals program develop and implement wellness policies that address nutrition and physical activity.

## Health and Wellness

It is important for students to come to school emotionally and physically healthy. Studies have shown that student's physical well-being has a significant effect on their learning and long-term success. When students are well-rested, well-nourished, and physically fit they are more ready to learn.

## Overture

- Students in our care need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student education.
- Obesity rates have doubled in students and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity.
- Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood.
- 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes.
- Only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid.

Thus, DYRS is committed to providing environments that promote and protect student's health and well-being, the ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of DYRS to:

- DYRS will engage students, staff, teachers, food service, health professionals, and other interested staff members in developing, implementing, monitoring, and reviewing nutrition and physical activity policies.
- All students in our care will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages served at our sites 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 nutritious and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.

- To the maximum extent practical, all sites in our care will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program and after school snacks).
- The Education and Recreation units will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, school meal programs and related community services.

## **To achieve these policy goals:**

### **I. Health Councils**

We will create, strengthen, or work within other DYRS health councils to develop, implement, monitor, review, and, as necessary, revise school nutrition and physical activity policies. The councils also will serve as resources to all sites for implementing those policies. (A health council consists of a group of individuals representing the DYRS and should include staff, representatives of the school food authority, school administrators, teachers, health professionals, and the recreation department).

### **II. Nutritional Quality of Foods and Beverages Served at our Residential Child Care Institutions**

#### **Meals**

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

- be appealing and attractive to students and served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; offer a variety of fruits and vegetables daily;
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA); and
- ensure that half of the served grains are whole grain.

DYRS will engage students and staff through taste-tests of new entrees and surveys, to assist in selecting in and identifying new, healthful, and appealing food choices. In addition, DYRS will share information about the nutritional content of meals with staff and students.

#### **Breakfast**

To ensure that all students have breakfast, in order to meet their nutritional needs and enhance their ability to learn:

- DYRS will participate in the School Breakfast Program.
- DYRS will utilize methods to serve school breakfasts that encourage participation, including serving breakfast in the dining room, on the units and before going to court.

#### **Beverages**

- Allowed: water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 100% fruit juice only during breakfast and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

- Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

### **Foods**

A choice of at least two fruits and/or non-fried vegetables will be offered daily. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 100% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

### **Portions**

Limit portions of foods and beverages to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or dried fruit;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and the portion 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 non-fried vegetables are exempt from portion limits.

## **III. Meal Times and Scheduling**

### **DYRS facilities**

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- 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).

## **IV. Qualifications for School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. As part of the department's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals with DYRS. Staff development programs should include appropriate certification and/or training programs for child nutrition

directors, school nutrition managers, and food service workers, according to their levels of responsibility.

**V. Sharing of Foods and Beverages**

DYRS will discourage from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some students' diets.

**VI. Fundraising Activities**

To support student's health and school nutrition-education efforts, any fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. DYRS will encourage fundraising activities that promote physical activity.

**VII. Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to student's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. DYRS will assess if and when to offer snacks based on timing of school meals, student's nutritional needs, student's ages, and other considerations.

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

**VIII. Rewards**

- DYRS will not withhold food or beverages (including food served through school meals) as a punishment.
- Students will be able to acquire one snack, three times per week from the CBT store.

**IX. Celebrations/Level Advancement**

- DYRS will limit celebrations that involve food during the day to no more than one special activity per week.

**X. School-sponsored Events**

Food and beverages at DYRS sponsored events outside the school day will meet the nutrition standards for meals, foods and beverages, but not limited to athletic events, family engagement, or performances.

**XI. Nutrition and Physical Activity Promotion and Food Marketing**

**Nutrition Education and Promotion**

DYRS will aim to teach, encourage, and support healthy eating by students. DYRS will 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, and gardens where applicable;
- 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;
- teaches media literacy with an emphasis on food marketing; 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 complement 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.

## **XII. Communication with Parents**

DYRS will support parents' efforts whenever possible to provide a healthy diet and daily physical activity for their children. DYRS will offer healthy eating materials for parents when possible.

DYRS will provide information about physical education and other school-based physical activity opportunities and support parents' efforts to provide their children with opportunities to be physically active. Such supports will include sharing information about physical activity and physical education through parent/ treatment meetings.

## **XIII. Staff Wellness**

DYRS 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. When available, DYRS will establish and maintain a staff wellness committee composed of at least one staff member, school health member, health care representative, dietitian or other food service professional, recreation program representative, and volunteer employee (DYRS can use the volunteer coordinator and his/her staff to participate). 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.

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

##### **Daily Physical Education**

All DYRS students, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education at least 150 minutes a week 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/Free Time**

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, DYRS will give students periodic breaks during which they are encouraged to stand and be moderately active.

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

DYRS will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs and will offer interscholastic sports programs. DYRS 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.

##### **Physical Activity and Punishment**

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

#### **XV. Monitoring and Policy Review**

##### **Monitoring**

The Food Service Director or designee will ensure compliance with established nutrition and physical activity wellness policies. The principal or designee will ensure compliance with those policies in his/her school and will report on the sites compliance to the DYRS director or designee.

School food service staff, and the DYRS Food Service Director, will ensure compliance with nutrition policies within all school areas and will report on this matter to the superintendents. In addition, the food service director will report on the most recent USDA findings and any resulting changes. If the Food Service Director has not received a review from the state agency

within the past five years, the Food Service Director will request from the state agency that a review be scheduled as soon as possible.

The food service director or designee will develop a summary report every year on DYRS compliance with the states established nutrition and physical activity wellness policies, based on input from DYRS within the state. That report will be provided to the food service administer and also distributed to all school health councils, parent/teacher organizations, school principals, and school health personnel in the DYRS.

### **Policy Review**

To help with the initial development of the DYRS wellness policy, we will conduct a baseline assessment of the existing nutrition and physical activity environments and policies. The results of those assessments will be compiled at the division level to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, DYRS will review our 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. DYRS, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

## **XVI. Resources for School Wellness Policies and Physical Activity**

- Local Wellness Policy website, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
- Preventing Childhood Obesity: Health in the Balance, the Institute of Medicine of the National Academies, [www.iom.edu/report.asp?id=22596](http://www.iom.edu/report.asp?id=22596)
- Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs, Centers for Disease Control and Prevention, [www.cdc.gov/healthyyouth/publications/pdf/ten\\_strategies.pdf](http://www.cdc.gov/healthyyouth/publications/pdf/ten_strategies.pdf)
- Health, Mental Health, and Safety Guidelines for Schools, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org>