

LCPS SCHOOL WELLNESS POLICY

A mission of Loup County Public School is to provide curriculum, instructions, and experiences in a health-promoting school environment to instill habits of lifelong learning and health. Therefore, the Board adopts the following School Wellness Policy.

- 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 in grades PreK-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages 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; will accommodate the religious, ethnic, and cultural diversity of the student body for students to eat.
- To the maximum 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 health 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:

1. Wellness Team

The school district will create, strengthen and 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, and 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.

2. Nutritional Quality of Foods and Beverages Sold and Served on Campus School Meals

Meals served through the National School Food Program will meet, as a minimum, nutrition requirements established by local, state, and federal statutes and regulations. Beef Boosters provide USDA inspected Nebraska beef as a healthy meal option.

Assurance for Reimbursable School Meals

The District gives the assurance that the District's policy for reimbursable school meals uses the NSLP Federal Regulations and guidelines.

Free and Reduced-prices Meals

LCPS 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.

A la Carte Items

- Are offered in compliance with USDA Regulations prohibiting the sale of “foods of minimal nutritional value” where school meals are served or eaten during the meal period
- Fruits are offered a la carte

Fundraising Activities

Nutrition guidelines have been selected by the District for all foods available in each school building during the school day with the objective of promoting student health and reducing childhood obesity. The guidelines 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 hour prior to the serving period for breakfast and lunch and lasting until one-half hour after the serving of breakfast and lunch. The Superintendent or designee shall establish such further nutrition guidelines as are determined appropriate to meet the stated mission.

Snacks

Snacks served during the school day will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverage. LCPS will assess if and when to offer snacks based on timing of school meals, children’s nutritional needs, children’s ages, and other considerations.

Celebrations

LCPS will limit celebrations that involve food during the school day. Due to food safety and food allergy concerns and in an effort to provide healthy foods allergy list will be provided as needed.

3. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion

Loup County Public School aims to teach, encourage, and support healthy eating by students. School should provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level to all students, including those with disabilities, special health care needs and in alternative education settings;
- Encouraged in not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;

- For the elementary classroom, the following topics are encouraged: proper hand washing; importance of drinking adequate water; food groups; trying new foods/importance of eating a variety of foods, feeling full and chewing thoroughly; serving sizes; relationship of food intake (energy input) and physical activity (energy output); nutrition facts label reading; choosing healthful foods using cafeteria meals and a la carte items as examples; foods that help keep the body healthy and foods that may contribute to poor health including oral health; and healthy body image;
- For the jr. high and high school classrooms, the following topics are encouraged: basic nutrient requirements; relationship of nutrients in food to good health and long-term risks of unhealthful foods selections; dietary guidelines and personal eating plans; importance of meals and how meal time contributes to family life; balanced and unbalanced meals in the student's own eating pattern; evaluating fad diets and healthful ways to lose/gain weight; eating disorders and evaluating health claims of food labels;
- Administrators and the wellness committee will inform teachers about opportunities to attend training on nutrition and the importance of role modeling healthful habits for students;
- Enables teachers to secure recommended nutrition resources in adequate quantities for their students; and
- Enables teachers to access nutrition resources via Nebraska Action for Healthy Kids website and the Nebraska Department of Education Nutrition Services website.

Family and Community

Parents will be invited to join students for school meals. Family members and community members are encouraged to become actively involved in programs that provide nutrition education including LCPS Beef Boosters program.

Staff Wellness

Loup County 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. Part of this plan is being partnered with the EHA Wellness Program. 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. 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.

4. Physical Activity Opportunities and Physical Education

Daily Physical Education PreK-12

- All students in grades PreK-12 including students with disabilities, special health-care needs, and in alternative educational settings, will be provided the opportunity to receive daily physical education for the entire school year.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The curriculum will be sequential and consistent with Nebraska Department of Education Physical Education Essential Learnings for PreK through grade 12.

Daily Recess

- Elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors.
- Moderate to vigorous physical activity will be encouraged verbally and through the provision of adequate space and age-appropriate equipment.

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 spend on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons;
- When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students will be given periodic breaks during which they will be encouraged to stand and be moderately active.
- School administrators will inform teachers about opportunities to attend training on physical activity/physical education and the importance of modeling healthful habits for students; and
- Teachers will be able to access physical education/physical activity resources via Nebraska Action for healthy Kids website and Nebraska Department of Education PE Health website.

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.

Use of School Facilities Outside of School Hours

School spaces and facilities should be available to students, staff and community members before, during, and after the school day, on weekends, and during school

vacations, upon request of Administration. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

Family and Community

Information will be provided to help families incorporate physical activity into the lives of all household members. Families and community members will be encouraged to institute programs that support physical activity, such as walk to school program, N-Lighten Nebraska program, and or All Recreate on Fridays program. The district will provide information about physical education and other school-based physical activity opportunities before , during, and after the school day, and support parent's efforts 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.

5. Monitoring and Policy Review

Monitoring

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The elementary and high school principal or designee will ensure compliance with those policies in their school and will report on the school's compliance to the school district superintendent or designee

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent. 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 a 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.