

# **Paw Paw CUSD #271**

## **Wellness Plan**

### **Preamble**

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, lack of physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are the leading cause 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;

Whereas, 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;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Paw Paw CUSD #271 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 Paw Paw CUSD #271 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 in grades K-12 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; 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 practicable, all schools in our district will participate in available federal meal programs (National School Lunch Program).
- 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.

## Team Member Names and Contact Information

Name:	Title:	Phone Number:	Email:
<b>Representing School Food Authority/Child Nutrition Program</b>			
Patty Torman	Food Service Director	627-2841	
Kathy Lamb Dawn Nicholson	Cook	627-2841	
<b>Representing School Administration</b>			
Mr. Stan Adcock	Superintendent	627-2841	
Jody Wilhelm	School Nurse	627-2841	
<b>Representing School Board</b>			
Heidi McKee	School Board Member	627-9591	
<b>Representing Parents</b>			
Heidi McKee	Parent	627-9115	
Erin Gannon Oates	Parent	627-8331	
<b>Representing Students</b>			
	Student		
	Student		
	Student		
<b>Representing Staff</b>			
Mrs. Lynda LeMat	Teacher Teacher	627-2841 627-2841	

## Establishing a Timeline

Step	Date(s)		
Step 1 – Establishing a Team	August 18, 2006 and August 19, 2014		
	Meet and Discuss	Set Goals	Measure Progress
Step 2 – Nutrition Education and Standards	February 23, 2006	Ongoing	Some Improvement made
Step 3 – Physical Activity	February 23, 2006	Ongoing	On goal
Step 4 – Other School-Based Activities	February 23, 2006	Ongoing	On goal
Step 5 – Publishing Your Policy	June, 19, 2006		
Step 6 – Establishing an Implementation Timeline	August, 2006		
<p>Other Steps: (list)</p> <p>We are constantly looking into ways to get students and staff to eat healthier. We use visuals, reminders, constantly talking to students, see a change for the better in lunches and snacks brought to school by students.</p> <p>Water is more accessible to students.</p>	This is ongoing.		

## **Team Meetings**

**Meeting Date:**      **Thursday, January 26, 2006**  
                                 **August 21, 2014**

**Place/Location:**    **Paw Paw Schools Cafeteria**

**Person Presiding:**  **Patty Torman**

**Persons Present:**   **Patty Torman**  
                                 **Mrs. LeMat**  
                                 **Erin Gannon-Oates**              **Dawn Nicholson**

Discussion: Committee discussed pro's and con's of schools' Health/Wellness Plan. A round table type discussion was held with each member voicing their thoughts for a more healthy student body.

Decisions made: need to stress and implement more healthy choices. Staff expressed dismay that we had to RIF elementary p.e. teacher.

Follow-up tasks: constantly monitor students and staff, making healthy decisions, encouraging students to eat healthier. Teachers sending notes home to parents, encouraging them to send healthy lunches and snacks!

# District Wellness Plan

## Nutrition Education and Standards

1. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.
2. District health education curriculum standards and guidelines include nutrition education and physical education.
3. School menus are followed and analyzed.
4. School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program.
5. Students are offered a variety of milk, including fat-free, lowfat, flavored and unflavored, on a daily basis.
6. Water will be offered. A drinking fountain and cups are available for students who do not take milk and for any students who wished to have water with their meal.
7. Students are offered meats/poultry, fresh fruits, vegetables, and whole grains on a daily basis.
8. Candy, soda, junk food are not to be used as rewards or snacks during school time.
9. Encourage parents to send healthy snacks for birthdays, holidays, special occasions.
10. A registered dietitian or other qualified health professional is consulted as needed for special diets.
11. Vending machines will not be accessible to K-8 during the school day.
12. The vending machines will be accessible to grades 9-12, after school **only**, starting at 3:30!

## Nutrition Education and Standards

### **1. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community and media.**

Students will receive nutrition messages through bulletin boards, posters, etc. Articles, tips, healthy alternative recipes will be published in the District School Bell newsletter, and on the District website.

### **2. District health education curriculum should include nutrition education and physical education.**

Taught as part of health class in high school and junior high school. Taught as part of science class in elementary school.

### **3. Schools conduct nutrition education activities and promotions that involve parents, students, and the community.**

Teachers sending notes home, talking with students.

### **4. School menus are followed and analyzed using USDA guidelines.**

Menus will be established following the USDA guidelines.

**5. School foodservice staff is trained in the appropriate substitution of foods in order to meet the nutritional goals of the program**

School cafeteria staff will attend workshops to learn appropriate methods of substitution.

**6. Students are offered the following milk products on a daily basis: 1% white, and 1% chocolate.**

Cafeteria staff will provide a choice of milk on a daily basis. They can choose from lowfat white or 1% chocolate.

**7. Students will be offered meats/poultry, fruits, vegetables, and whole grains on a daily basis.**

Lunch menus will reflect what is required by the USDA, on a daily/weekly basis.

**8. Candy, soda, junk food should not be used as rewards or snacks during school time.**

Encourage staff to find alternative rewards and snacks.

**9. Encourage parents to send healthy snacks for birthdays, holidays, special occasions.**

Encourage healthy treats instead of those high in fat and sugar.

We can inform parents of healthy alternatives, through the District newsletter, information at registration, Open House, and throughout the school year.

## **Nutrition Education and Standards**

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**10. A registered dietitian or other qualified health professional is consulted as needed for special diets.**

A registered dietitian will be consulted, if need be, for any student with special needs.

**11. Vending machines will not be accessible to K-8 during the school day.**

K-8 students will not be allowed to access the machines during the school day. The vending machines are in Senior Hall and have timers that students will not access them during the school day.

**12. The vending machines will be accessible to grades 9-12 before and after school.**

Change choices in pop and snack machines to items lower in sugar and fat. Timer will allow access to vending machine, before and after school.

## Nutrition Education and Standards

### Assessment Tool

#### Nutrition Education and Standards

This tool provides a structure for reviewing the status of the District's implementation of the Wellness Policy. Enter your policy statements and check off the box which best describes the status of the policy statement.

**Date of Assessment:** \_\_\_\_\_

Plan Statement	On Target	Needs Improvement	Not Yet Implemented	Due Date
Students receive consistent nutrition messages . . .		x		Ongoing
District health education curriculum should include nutrition . . .	x			
Schools conduct nutrition education activities and promotions that involve students, parents, community	x			
School menus are followed using USDA guidelines.	x			
School service staff is trained in the appropriate substitution of foods in order to meet . . .	x			
Students are offered the following milk products on a daily basis, 1% white and 1% chocolate	x			
Students will be offered meats/poultry, fruits, vegetables, and whole grains on a daily basis.	x			
Candy, soda, junk food should not be used as rewards or snacks during school time.		x		
Encourage parents to send healthy snacks . . .		x		Ongoing
A registered dietitian or other qualified health professional is consulted as needed for specific diets.	x			
Vending machines will not be accessible to K-8 during the school day.	x			
The vending machines will be accessible to grades 9-12 after 3:30 only.	x			



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# Post-Assessment Action Steps

## Nutrition Education and Standards

**Plan Statement:** Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and media.

Action Steps	Due Date
More information through the school newspaper, activities in the classroom, and more information sent home.	May, 2015

**Plan Statement:** Candy, soda, junk food should not be used as rewards, or snacks during school time.

Action Steps	Due Date
Notes home informing parents to please send healthy snacks, teachers are made aware so they find alternatives to rewards.	May 2015
Gum or candy should not used as a reward!	

**Plan Statement:** Encourage parents to send healthy snacks for birthdays, holidays, special occasions.

Action Steps	Due Date
Notes home to parents encouraging healthy alternatives. Most parents do this already, but some still send unhealthy snacks. Some send pretzels, crackers, raw vegetables, fruit.	May 2015

Action Steps	Due Date

**Plan Statement:**

Action Steps	Due Date

## Background Information

## **Nutrition Education and Standards**

Obesity rates in the United States have risen significantly, particularly among young people. According to the Centers for Disease Control (CDC), Type 2 diabetes has become more prevalent among children and adolescents as rates of overweight and obesity rise. Type 2 diabetes was formerly known as Adult Onset Diabetes but the name has been changed because of the prevalence of the disorder among young people!

Overweight children and adolescents are more likely to become overweight or obese adults. CDC reports that children who were overweight by age 8 were more severely obese as adults.

Here's the situation today as reported by CDC:

- Approximately 16% of children and adolescents ages 6-19 years are overweight.
- The prevalence of overweight among children aged 6–11 years has more than doubled in the past 20 years and among adolescents aged 12–19 has more than tripled.
- Less than 40% of children and adolescents in the United States meet the U.S. Dietary Guidelines for saturated fat.
- Nearly 80% of young people do not eat the recommended number of servings of fruits and vegetables.
- Only 39% of children ages 2 – 17 meet the USDA's dietary recommendation for fiber.
- Eighty-five percent of adolescent females do not consume enough calcium. During the last 25 years, consumption of milk, the largest source of calcium, has decreased 36% among adolescent females.
- A large number of high school students use unsafe methods to lose or maintain weight.

School districts have a key responsibility in affecting the eating behaviors of students. The Nutrition Education Program should be designed to influence students' eating habits. Connections between nutrition theory and practice should be immediately apparent to students.

In a joint statement, the American Dietetic Association, the American School Food Service Association (now the School Nutrition Association) and the Society for Nutrition Education have stated that "comprehensive nutrition services must be provided to all of the nation's preschool through grade twelve students." Several research studies have shown that multi-faceted programs involving classroom education, parental involvement and food service changes are effective in changing student behaviors. Programs that give students the opportunity for skill-building with hands-on activities work best. Good nutrition education programs connect to the larger school environment and families. These connections should include the school foodservice program and any other food sales in school.

Fun, participatory activities will keep students' attention and will be more memorable, thus translating to action. Teacher and student friendly materials are a critical component of a good education program.

Resources for effective nutrition education programs are on the following page.

## **District Wellness Plan**

### **Physical Activity**

1. District requires physical education at all grade levels with class time allotted for it.
2. Students are regularly assessed for attainment of physical education skills.
3. Qualified teachers are hired to teach physical education and supervise physical activities in the District.
4. Resources are readily available for students and teachers about physical education.

5. District policy for physical education is consistent with State policy or guidelines.
6. District encourages physical activity outside of the school day.
7. Recreational facilities are safe, clean and accessible for all students.
8. Students in grades K-5 will have access to playground equipment such as balls, jump ropes, etc.

## **Physical Activity**

### **1. District requires physical education at all grade levels with class time allotted for it.**

All students have Physical Education class.

### **2. Students are regularly assessed for attainment of physical education skills.**

Students are regularly tested on what they have learned and how far they have progressed.

### **3. Qualified teachers are hired to teach physical education and supervise physical activities in the District.**

Sufficient staff hired to ensure that all children participate.

### **4. Resources are readily available for students and teachers about physical education/exercise.**

Libraries have books and reading material related to a healthy lifestyle and access to the internet is also available.

### **5. District policy for physical education is consistent with State policy or guidelines.**

District will continually monitor State guidelines.

### **6. District encourages physical activity outside of school day.**

District offers a variety of extra-curricular choices for students. Notices of off campus activities such as community summer baseball leagues, etc., go home with students. A new basketball court is being built and striped for various activities besides basketball, i.e. tennis, four square, etc. School gyms are available for after school and weekends, which community members can use for recreational purposes, i.e. basketball, volleyball, etc. Requests for these gyms should be made through the school principal and must not conflict with school athletics or activities.

### **7. Recreational facilities are safe, clean and accessible for all students.**

School playgrounds will be safe and hazard free for all students. Material placed around the playground equipment will be safe and suitable for young children.



## **Other School-Based Activities**

1. School dining areas have sufficient space for students to sit and consume meals.
2. School dining areas are clean, safe and pleasant environments that reflect the value of the social aspects of eating.
3. Meal times are scheduled near the middle of the day.
4. Students are given adequate time to enjoy eating healthy meals with friends.
5. Only nutritious foods are to be used as a reward.
6. Pouring-rights contracts with soft drink companies will not be allowed.
7. The existing pouring-rights contract is being reviewed and modified to allow only the sale of nutritious foods and beverages.
8. The District will explore alternate options for fundraising.
9. All in-school advertising and marketing should send positive healthy foods and physical activity messages.
10. On-going professional training and development is provided for foodservice staff and teachers in areas of nutrition and physical education.
11. Students have access to physical activity facilities outside of school hours.

## **OTHER SCHOOL BASED ACTIVITIES**

### **1. School dining areas have sufficient space to students to sit and consume meals.**

Adequate seating is available at all lunch periods. Additional seating is ordered as needed and enrollment grows.

### **2. School dining areas are clean, safe, and a pleasant environment that reflects the value of the social aspects of eating.**

Cafeteria tables are cleaned after each lunch hour.

### **3. Enough serving areas are provided to ensure student access to school meals with a minimum of wait time.**

There will be enough space at each lunch for all students to sit and eat their lunch. If there is overcrowding during a specific lunch hour, the schedule will need to be revised. This will be continually monitored as enrollment grows, and schedules changed.

### **4. Meal times are scheduled near the middle of the day.**

Lunch hours begin around 11:20 a.m. and conclude at 12:45 p.m.

### **5. Students are given adequate time to enjoy eating healthy meals with friends.**

Examine schedule to be sure all students are getting the allotted time, as required by the USDA. Twenty minutes from the time students sit down with their lunch. Scheduling needs to allow for time to enter and leave the cafeteria, with enough time for eating.

**6. Only nutritious foods are to be used as rewards.**

Encourage staff and parents to choose healthy rewards.

**7. Pouring rights contracts with soft drink companies are not allowed.**

District #271 is not in a contract with a soft drink company.

**8. The existing contracts with a soft drink company and a snack machine vendor are being reviewed and modified to allow only the sale of nutritious drinks and snacks.**

## **OTHER SCHOOL BASED ACTIVITIES**

### **Continued**

**9. The District will explore alternate options for fundraising.**

The District is constantly researching and accumulating information for more healthy alternatives. Market Day, band sales, Smencils, flowers, etc.

**10. Students have access to physical activity facilities outside school hours.**

Playground equipment is easily accessible to students. The basketball court and playground is accessible to the public.

## **Background Information**

### **Other School-Based Activities**

Implementing sound Nutrition Standards throughout the school campus is a challenge faced by many school districts. Some time ago, the United States Department of Agriculture established Nutrition Standards for the National School Lunch and School Breakfast Programs. These Standards helped School Districts improve the nutritional value of meals served as part of federally funded programs. While most school districts have made great strides in improving the nutritional quality of these meals, they have faced significant obstacles in improving the nutritional value of foods sold elsewhere on the school campus.

Parent and teacher groups often sell foods of minimal nutritional value to raise money for a variety of educational activities. In many schools food is used as a reward, for example, students are treated to a pizza party for perfect attendance; the superintendent orders in breakfast from a fast food restaurant as a treat for a student group or the classroom teacher gives candy to primary grade students as simple rewards.

Your team discussions should consider issues such as soft drinks, fund-raising activities, classroom parties and the use of foods for rewards.

It is a challenge for school districts to find a way to raise the funds needed for educational and athletic programs while adhering to the philosophy that health and nutrition are important all of the time. But many school districts are finding other ways to generate this much needed money.

A wide variety of nutritious snacks are now available for á la carte sales. Vending machines can be stocked with fruit juice and water products which are becoming increasingly popular. School districts with existing pouring contracts may be able to change their purchasing practices by buying bottled water and juice from the soft drink company. Many of these beverages are sold by the soft drink companies and it may be possible to continue to have the pouring contract.

Non-food products such as sports equipment, sports logo caps and tee-shirts, tickets to sports and performances, CDs, wrapping paper, candles and other kinds of gifts are being sold in place of candy bars for student fund raising. Creative mechanisms for providing rewards to children have also been adopted by school districts. For example, some teachers establish point systems for kids to earn reward items such as those listed above.

Creating a healthy environment across the school community may be a challenge, but you can do it! The links on the following page connect to websites with ideas for creating a healthy school environment and using innovative fund-raising and rewards techniques.



## Internet Resources

### Other School-Based Activities

The underlined terms below are links to websites. To go to a website, highlight the underlined term and hit control + click. The website will open in a new window.

- [Action for Healthy Kids](#) – Great suggestions for creating a healthy school environment for kids for Action for Healthy Kids.
- [Action for Healthy Kids – What’s Working Database](#) – Information on over 100 working approaches to improve children’s health and readiness to learn through better nutrition and physical activity.
- [APHA on Food Advertising to Kids](#) – Information on marketing to kids from the American Public Health Association.
- [Constructive Classroom Rewards](#) – Info on the food reward issue with suggestions for healthy rewards.
- [USDA's Team Nutrition](#) - Training and technical assistance for foodservice, nutrition education for children, and school and community support for healthy eating and physical activity.

## Wellness Plan Resolution

The Paw Paw CUSD #271 school district is committed to providing a school environment that enhances learning and development of lifelong wellness.

Whereas, the Child Nutrition Programs comply with federal, state, and local requirements.

Whereas, Child Nutrition Programs are accessible to all children;

Whereas, sequential and interdisciplinary Nutrition Education is promoted and provided;

Whereas, patterns of meaningful physical activity connect to students’ lives outside of physical education;

Whereas, all school-based activities are consistent with local wellness policy goals;

Whereas, all foods and beverages made available on campus (including vending, concessions, a la carte, student stores, parties, and fundraising) during the school day are consistent with the current *Dietary Guidelines for Americans*;

Whereas, all foods made available on campus adhere to food safety and security regulations; and,

Whereas, the school environment is safe, comfortable, pleasing, and allows ample time for eating meals. Food and/or physical activity is not used as a reward or punishment.

Be it resolved on the 19<sup>th</sup> day of June, 2006 by the District #271 Paw Paw Board of Education.