Louisiana Department of Education
Model School Wellness Policy
For
Office of Juvenile Justice

On June 30, 2004, Congress passed Section 204 of Public law 108-265, of the Child Nutrition and WIC Reauthorization Act of 2004. This law requires each local education agency participating in a program, authorized by the Richard B. Russell National School Lunch Act (42 U.S. 1751 et seq.), to establish a local school wellness policy by July 1, 2006.

Preamble

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

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, 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;

Whereas, more high school students should participate in sufficient vigorous physical activity attend daily physical educations classes;

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, sport 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 **Office of Juvenile Justice** 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.

In Louisiana, Act 814 passed in 2003 to require that public schools for grade K-6 provide 30 minutes each day of quality physical activity. **Act 734,** passed in 2004, revised Act 814 wording to require 30 minutes each school day of quality, moderate to vigorous physical activity for students. Implementation of Act 734 requirements began with the 2004-5 school year.

The **Office of Juvenile Justice** will:

- Promote and implement quality participation in lifelong physical activities and reaching a health enhancing level of physical fitness among all residents.
- Provide residents with a minimum of 150 minutes per week of physical activity.
- Ensure that residents participate in planned, organized, and moderate to vigorous physical activity for a minimum of 30 minutes each school day.
- Provide staff development on standards implementation for physical education instructors.
- Ensure that adequate safety policies and provisions are in place for physical activities.
- Strive toward ensuring that adequate equipment is in place to guarantee that all residents are able to be active for a minimum of 30 minutes per school day.
- Provide age-appropriate equipment and facilities for implementing quality physical activities.

Physical Activity Opportunities

In order to improve health and fitness of our students and to prevent childhood obesity, we must put increased emphasis on the importance of physical activity for students. The following recommendations are made in the best interest of students recognizing that schools, parents and communities will need to be creative in finding additional opportunities and resources for physical activity outside physical education classes.

The **Office of Juvenile Justice** will provide opportunities for physical activity:

- Recognize that daily physical activity is essential to resident's welfare.
- Encourage physical activity as well as physical education programs.
- Provide daily recess for all residents.
- Work with the staff to create ways for residents to walk, play basketball, play ping-pong, or participate in other physical activities in a safe location at times other than the school day.
- Encourage parents and guardians to support residents' participation in physical activities, to be physically active role-models, and to include physical activities in family plans.
- Encourage staff to participate in physical activities to serve as role models.

Be sure to include Louisiana Association for Health, Physical Education, Recreation and Dance (LAHPERD) as a resource.

The **Office of Juvenile Justice** has appointed **Zelma Jones, CNP Supervisor** to coordinate and assess the implementation of a wellness policy.

Therefore, it is the policy of the **Office of Juvenile Justice** 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 requirements as outlined in Bulletin 1196.
- 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 school meal programs (including the School Breakfast Program, National School Lunch Program, and Summer Food Service 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, and with related community services.

Federal and State Requirements

The **Office of Juvenile Justice** will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
- Provide school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Louisiana Department of Education, Office of School and Community Support.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are qualified according to current professional standards (Policies of Operation, Bulletin 1196).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
- Follow State Board of Education policies on competitive foods and extra food sales (refer to Bulletin 1196).
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting health and reducing obesity. (See "Other School Policies.")

Nutrition Education

The Centers of Disease Control (CDC) advocates the need for school-based nutrition education. Because a high percent of all children and adolescents are enrolled in school, the classroom environment is ideally suited to give students the skills and support needed to adopt healthful eating behaviors for life. Teachers, food service personnel, and other staff can offer their expertise and model appropriate eating behaviors. Additionally, students have opportunities to practice healthful eating behaviors at school. Collaboration among school food service staff, teachers, the community, families and institutional services is necessary.

There are two broad approaches to school-based nutrition education – traditional classroom lessons that address general knowledge, attitude, and behavior – and behavioral change programs based on social learning theory. Using both venues is recommended for optimal impact. Nutrition education can be integrated into content area instruction across the curriculum including science, mathematics, English/language arts, and social studies. The alignment of nutrition lessons with standards and benchmarks provides for easy integration of the information into routine instructional planning. Integration of nutrition information into teaching content areas should use the resources of the classroom, the school, and the community. Nutrition education also is part of health education, which enables students to acquire knowledge and skills needed to practice good health. A planned, sequential curriculum is essential.

Behavior change can be enhanced through social learning theory, as well. Social learning theory may include a parent component for younger students and peer involvement for older students. School activities such as Family Nutrition Night can promote the social learning theory. Additionally, the cafeteria can be used as part of the total educational system for modeling behavior.

The **Office of Juvenile Justice** will:

- Promote and implement nutrition education that promotes lifelong healthful eating practices;
- Use lessons that are age-appropriate, behaviorally focused content that is developmentally appropriate and culturally relevant;
- Use lessons that are sequential and are correlated with standards, benchmarks, and grade level expectations;
- Provide hands-on activities that are fun;
- Provide repeated opportunities for residents to taste foods that are low in fat, sodium and sugars and high in vitamins, minerals and fiber;
- Focus on positive aspects of healthful eating behaviors; and
- Promote social learning techniques such as role modeling, providing incentives, developing social resistance skills, overcoming barriers to behavioral changes and goal setting.
- Strive toward hiring qualified, certified health education teachers.
- Provide staff development for teachers.

Physical Education

Both regular physical activity and nutrition mutually contribute to healthy citizens and reduce the incidence of diabetes, cardiovascular diseases, depression, obesity, and other chronic health problems. Federal Dietary Guidelines for Americans recommend that children and teenagers be physically active for an accumulation of at least 60 minutes daily. Since children spend the majority of their time at school during weekdays, it is imperative that schools provide students with the means to participate in physical activity.

When examining Physical Education programs, ask the question, "Does the physical education program help every students attain the knowledge, skills, and attitudes needed for them to lead an active, productive life and maintain a health-enhancing level of physical fitness?" Quality physical education programs include the following components:

1. Emphasizes knowledge and skills that promote a lifetime of physical activity.
2. Is based on standards that define what students should know and be able to do.
3. Keeps students active for most of the class time.
4. Provides many different physical activity choices.
5. Meets needs of **all** students, especially those who are not athletically gifted.
6. Features cooperative, as well as competitive, games.
7. Develops students' self-confidence and eliminates practices that humiliate students.
8. Assesses students on their progress in reaching goals, not on whether they achieve an absolute standard.
9. Promotes physical activity outside of school.
10. Teaches self-management skills, such as goal-setting and self-monitoring.
11. Actively teaches cooperation, fair play, and responsible participation in physical activity and is an enjoyable experience for students.
12. Focuses, at the high school level, on helping adolescents make the transition to a physically active adult lifestyle.

School District Policies

The **Office of Juvenile Justice** will provide:

- Adequate time for breakfast and the recommended 30 minutes for lunch.
- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards.
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100 percent fruit and vegetable juice.
- Nonfat, **reduced fat,** low-fat, plain and/or flavored milk and yogurt, nonfat, **reduced fat** and/or low-fat real cheese.
- Nuts, nut butters, seed, trail mix, and/or soybean snacks.
- Healthy food preparation techniques for lean meat, poultry, and fish.
- School meals accessible to all residents with a variety of delivery strategies, such as breakfast in the pod area, grab-and-go meals, or alternate eating sites.
- A cafeteria environment conducive to a positive dining experience, with socializing among residents and between residents and adults; with supervision of eating areas by adults who models proper conduct and voice level; and with adults who model healthy habits by eating with the residents.

Other School Policies

The **Office of Juvenile Justice** will:

- Eliminate use of foods as **rewards** for resident's accomplishment. (See appendix A for reward alternatives.)
- Encourage serving healthy food at residents parties. Notices shall be sent to church volunteers reminding them of the necessity of providing healthy treats for residents and/or encouraging the use of non-food treats for parties or celebrations. (See appendix B for healthy parties.)
- Strongly encourage nutritious and appealing options (such as fruits, vegetables, nuts, beef jerky, reduced-fat milk, reduced-fat yogurt, reduced-fat cheese, 100% juice and water) whenever foods/beverages are sold or otherwise offered **after school** at sporting and academic events, celebrations, social events, after school care, and other school functions.