

## **The Rome City School District School Wellness Guideline**

### *Mission*

The Rome City School District will promote healthy schools by supporting wellness, proper nutrition and regular physical activity as a part of the total learning environment.

### *Vision*

The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

### *Nutrition Education*

- 1) Students in grades pre-K through 12 will receive nutrition education incorporated through the NYS Physical Ed, Health, Family and Consumer Sciences Standards; that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- 2) Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- 3) The District integrates nutrition activities with the coordinated school health curriculum.
- 4) The schools conduct nutrition education activities and promotions that involve parents, teachers, students and the community; health fairs and after school events.

### *Nutritional Standards*

Nutrition guidelines shall be established for all foods and beverages available in the Rome City School District. The guidelines will focus on maximizing nutritional value by decreasing fat and added sugars, increasing nutritional choices and moderation of portion size of each individual food or beverage sold within the District including:

- I. Breakfast
- II. Lunch
- III. After School Snacks
- IV. Summer Feeding Program
- V. A la Carte, Vending Machines, Concession Stands & School Stores
- VI. Fundraisers

- VII. Celebrations in the classrooms
- VIII. Rewards & Discipline

### I. *Breakfast*

- a) Schools will make every effort to eliminate the social stigma attached to students who are eligible for the free & reduced price school meals. Promote the availability of school meals to all students.
- b) The District must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR part 210 and part 220.
  - i. Fruits 1 cup per day offered
  - ii. Grains 7-10 (k-5), 8-10 (6-8), 9-10 (9-12) per day offered
  - iii. Milk – 8oz – unflavored either 1% or fat free and flavored free only
  - iv. All grains are whole grain
  - v. Nutrient Levels;
    - 1. Sodium levels
      - a.  $\leq 540\text{mg}$  (K-5)
      - b.  $\leq 600\text{mg}$  (6-8)
      - c.  $\leq 640\text{mg}$  (9-12)
    - 2. Saturated Fat -  $\leq 10\%$  of total calories
    - 3. Trans Fat – zero grams
    - 4. Calories
      - a. 350-500 (K-5)
      - b. 400-550 (6-8)
      - c. 450-600 (9-12)
- c) The District will, to the extent possible, arrange bus schedules and make every opportunity available for the breakfast program.
- d) Schools will provide materials that will notify parents of the breakfast program.
- e) Provide at least 15 minutes to eat after sitting down.
- f) Students should be encouraged to start each day with a healthy breakfast.

### II. *Lunch*

- a) The District must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under 7 CFR part 210 and part 220.
  - i. Fruits and Vegetables,  $\frac{3}{4}$  cup to 1 cup offered every day,  $\frac{1}{2}$  cup required. Must take one or the other or both. Vegetables to follow the color chart, dark green, red/orange, beans/peas starchy and other.

- ii. Grains – only a minimum 8-9 (k-8) and 10-12 (9-12) is required and must be whole grain rich.
- iii. Meat – Only a minimum 8-10 (k-5), 9-10 (6-8), 10-12 (9-12)
- iv. Milk – 8oz – unflavored either 1% or fat free and flavored free only fat free
- v. Nutrient Standards
  - 1. Sodium Levels:
    - a.  $\leq 1230\text{mg}$  (k-5)
    - b.  $\leq 1360\text{mg}$  (6-8)
    - c.  $\leq 1420\text{mg}$  (9-12)
  - 2. Saturated Fat -  $< 10\%$  of total calories
  - 3. Trans Fat – zero
  - 4. Calories:
    - a. 550-650 (k-5)
    - b. 600-700 (6-8)
    - c. 750-850 (9-12)

- b) Provide at least 15 minutes for lunch after sitting down.
- c) Will schedule lunch periods to follow recess periods.
- d) All foods should be appealing and attractive to children and served in a clean and pleasant setting.
- e) There will be a variety of fresh fruits offered.
- f) Ensure that whole grain products are provided.
- g) School lunches should be scheduled as near to the middle of the day as possible.

### *III. After School Program*

- a) Will offer a variety of fresh fruits, 100% juice, low fat milk and vegetables.
- b) Ensure that CACFP requirements are followed.
- c) Post menus at participating sites.

### *IV. Summer Feeding Program*

- a) The District will sponsor a Summer Food Service program in any area that data shows is needed. 7 CFR 225
- b) The program will follow guidelines set forth by the USDA.
- c) A variety of fresh fruits and vegetables will be served.

### *V. A la Carte, Vending Machines, Concession Stands & School Stores*

- a) The sale of sweetened foods which consists of sweetened soda water, chewing gum, candy, including hard candy, jellies, marshmallow candies, fondant, licorice, spun candy, candy coated popcorn and water ices will be prohibited.
- b) Only beverages that contain 100% juice may be sold.
- c) Water will be offered throughout the District.
- d) 8oz beverages will be available for grades K-4.  
12 – 16oz beverages will be made available for grades 5 – 12.  
20oz beverages will be offered grades 7 -12.
- e) No soda will be served in any school at any time.
- f) A variety of snack type items may be offered only if they are sold as a single serving.
- g) Nutrient levels
  - a. Whole Grain rich products
  - b. First ingredient be fruit, vegetable, dairy, protein or combo of fruit/vegetable
  - c. Calorie:
    - i. Snack  $\leq$  200 calories
    - ii. Entrée  $\leq$  350 calories
  - d. Sodium:
    - i. Snack  $\leq$  200mg
    - ii. Entrée  $\leq$  480mg
  - e. Fat:
    - i. Total Fat  $\leq$  35% of calories
    - ii. Saturated Fat  $\leq$  10% of calories
    - iii. Trans Fat – zero
  - f. Sugar -  $\leq$  35% of weight from total sugars in foods
- h) A variety of choices of nutritious foods, such as fruits, vegetables and low fat dairy products will be made available for sale.
- i) Beverages; Water may be sold at all levels, milk and Juice may be sold at 8oz at any level. Only at the high school low and no calorie may be sold. 40 calories per 8fl.oz. and 60 calories per 12 fl.oz. for low calorie drinks and 10 calories for 20 fl. oz.

#### *VI. Fundraisers*

- a) Candy sales cannot occur during the school day. However, they may sell these items outside of the school day. ½ hour after school.
- b) If food is used for fundraising events the foods should have some nutritional value and reinforce the importance of healthy choices.

#### *VII. Celebrations in the Classroom*

- a) Classroom snacks should try to reflect the importance of healthy choices.
- b) We will continue to encourage parents to offer healthier choices for special occasions.

### *IX. Rewards*

- a) Foods that are used for rewards should be done in moderation and encouraging proper nutrition.
- b) Candy should not be used as a reward.

### *Physical Activity*

- 1) Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students and the integration of physical activity into the academic curriculum. Ex. 5 jumps 2 times a day, walking program and brain gym.
- 2) Students are given opportunities for physical activity through a range of before and/or after school programs including, but not limited to, intramurals, interscholastic athletics and physical activity clubs.
- 3) The District encourages parents and guardians to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- 4) The District provides training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.

### *Other School Based Activities*

#### *Integrating Physical Activity*

- 1) Encourage parents, teachers, school officials, students, foodservice professionals and community members to serve as role models in practicing healthy eating and physical activity, both in school and at home.
- 2) Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.
- 3) Discourage sedentary activities.
- 4) Promote physical activity in after school programs.

#### *Communication with Parents*

- 1) Offer and promote healthy eating seminars throughout the community.
- 2) Encourage parents to pack healthy lunches and snacks by providing nutritional data or lists.
- 3) Post nutrition tips in the school paper, web site, District news letter and District calendar.
- 4) Offer web sites, links and nutritional data to parents and to the community.

#### *Community Involvement*

- 1) Identify and promote farmers markets and farm stands.
- 2) Provide physical activity throughout the community. Examples are summer rec programs, sports leagues and adult classes.
- 3) Help foster development of bike trails, playgrounds and walking paths.

*Miscellaneous*

- 1) Provide clean, safe and enjoyable meal environment for students
- 2) Promote positive behavior
- 3) Drinking fountains are available in schools, so that students can get water at meals and throughout the day.

*Monitoring and Evaluation of the Wellness Policy*

Evaluation and feedback are very important in maintaining this policy. The School Lunch Manager and the Wellness Committee will be charged with the operational responsibility to:

- 1) Periodically assess how well the policy is being managed and enforced.
- 2) Reinforce the policy goals with school staff if necessary.
- 3) Assess student, parent, teacher and administration satisfaction with the new policies.

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