

# WELLNESS POLICY ON NUTRITION



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## **VANGUARD SENTINEL CAREER & TECHNOLOGY CENTERS WELLNESS POLICY**

The Vanguard Sentinel CTC Board of Education is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To meet this goal, the Vanguard Sentinel CTC Board of Education adopts this school wellness policy with the following commitment to nutrition education, physical activity, nutrition guidelines, and other school-based activities.

### **A. Nutritional Quality of Foods Served on Campus**

1. Other School Based Activities
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# VANGUARD SENTINEL CAREER & TECHNOLOGY CENTERS

## WELLNESS POLICIES ON PHYSICAL ACTIVITY AND NUTRITION

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risks for type 2 diabetes, cardiovascular disease and many other chronic diseases. Schools have a responsibility to help students learn, establish and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school.

Thus, the Vanguard Sentinel CTC System 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,

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school-wide nutrition and physical activity policies.
- All students in grades 9-12 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*.
- 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; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, school meals programs, and with related community services.

### A. Nutritional Quality of Foods Served on Campus

#### Other School Based Activities:

Support for the health of all students will be fostered by school nurses, who provide vision and hearing screenings with parental consent, and scoliosis screening at appropriate grade levels with parental consent and/or referrals and help to obtain financial assistance for students who are determined to have a problem. Programs such as hand washing, dental screening, blood pressure screening, and body awareness will be offered to appropriate grades by school nurses. School nurse will also be available to develop health care plans and offer student health education on a one-to-one basis when needed.

In addition, schools will make available the menus, on a website, on cafeteria menu boards, placards, or other point-of-purchase materials.

**Breakfast.** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

**Free and Reduced-Priced Meals.** Schools 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-price school meals. Toward this end, schools may utilize electronic identification and payment systems.

**Qualifications of School Food Service Staff.** Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility. Food service managers will achieve the Serve Safe certification.

**Sharing of Foods and Beverages.** Students are asked not to share their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

**Foods and Beverages Sold Individually** (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, fundraisers, school stores, etc.)

Vanguard Sentinel CTC focuses on decreasing fat and sugar and salt, increasing nutrient and moderating portion sizes for snack foods and beverages in school.

### **Nutrition Implementation Guidelines Schools Settings (Cafeteria and Vending Machines)**

Vanguard Sentinel CTC will provide a consistent environment that is conducive to healthful eating behaviors during school hours. The school campus shall reflect healthy nutrition environments. Schools must not establish policies.

Healthy and appealing foods shall be available through cafeteria meals and a la carte items. Foods served and/or sold through the cafeteria shall adhere to the Smart Snacks in School standards.

Schools should offer whole grain-rich breakfast and lunch items, having one percent or less fat milk as the standard beverage, and increasing fruit and vegetables preferably using freshly grown. Preparation of foods in the cafeteria must use cooking techniques to reduce fat, sugar, and sodium in school meals.

### **The Healthy Snacks Standards**

**High Schools** (Grades 9-12) The selections available in vending machines or for sale in school stores are to be non-carbonated flavored or unflavored water, 100% fruit juices, milk, tea, or sports drinks. 100% juice should not exceed 20 ounce and must be calorie free. Sports drinks, or teas, 20 ounces and contain no more than 0 calories. Carbonated beverages must be no/low calorie beverages not to exceed 20 ounces and contain no more than 10 calories. Bottled water, flavored or unflavored with 0 calories may be sold in any size after meal service times. The school day is defined as the period of time that children arrive at school until 30 minutes following the end of the last scheduled class.

## **Smart Snacks in Schools Guidelines as Established by the USDA:**

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least 1/2 cup of fruit and/or vegetable; or

Foods must also meet several nutrient requirements:

- Calorie Limits
  - Snack items: 200 calories or less
  - Entree items: 350 calories or less
- Sodium Limits
  - Snack items: 230 mg or less\*\*
  - Entree items: 480 mg or less
- Fat Limits
  - Total fat: 35% of calories or less
  - Saturated fat: Less than 10% of calories
  - Trans fat: zero grams
- Sugar Limit
  - 35% or less of weight from total sugars

\*\*Snack items must contain 200 mg sodium or less per item.

### **Accompaniments**

- Must be included in the nutrient profile as part of the food item sold to help control the amount of calories, fat, sugar, and sodium added to foods.
- Examples include: cream cheese, salad dressing, catsup, mustard, pickles, pickle relish, dips, sauces, and butter.

### **Beverages Portion Sizes**

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/ SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Portion size limitations by school categories:

- There is no portion size limit for plain water.

Additional "no calorie" and "lower calorie" beverage options for high school students:

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain less than 5 calories per 8 fluid ounces or 10 calories or less per 20 fluid ounces.
- No more than 12-ounce portions of beverages with 40 calories or less per 8 fluid ounces, or 60 calories or less per 12 fluid ounces.

## **B. Nutrition and Physical Activity Promotion**

Vanguard Sentinel CTC aims to teach, encourage, and support healthy eating by students. Schools should provide nutrition education and engage in nutrition promotion that:

- Classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes activities, such as contests, promotions, taste testing, and school gardens;
- 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

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

- We have Drug free Clubs to promote to students how to live a drug free life.
- Our Community Garden promotes community comradery, learning to grow healthy foods, and learning all the different healthy types of food, and how to harvest/prepare healthy choices.
- Our students are also educated and certified in CPR/First Aid Training.

## **D. Monitoring and Policy Review**

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district 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. The district, and individual schools within the district, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

Cafeteria

Vanguard Sentinel CTC