

## **Fargo Public Schools Wellness Policy**

### **To achieve the following policy goals:**

Fargo Public Schools (FPS) will play a critical role in creating a healthy environment. Goals for nutrition education, physical activity and other school-based activities have been designed to promote student and staff wellness. Nutrition and physical activity standards that are available on each school campus during the school day will be established with the objective of promoting student health and reducing childhood obesity.

### **District and School Wellness Councils**

The Fargo Public Schools (FPS) district wellness council and individual school wellness councils within the district will create, strengthen, and work to develop, implement, monitor, review, and, as necessary, revise the wellness policy. The District Wellness Council is composed of staff members, a school health professional, local physician, dietitian, recreation program representative, nutrition services director, and WellU. The FPS District Wellness Council will serve as a resource to school wellness councils for implementing those policies. The School Wellness councils will consist of a group of individuals representing the school and community.

### **I. Nutrition Education Goals**

The primary goal of nutrition education is to positively influence the students' eating behaviors to promote good health. Nutrition education in all FPS schools, K-12 will be:

- Interactive and teach the skills at each grade level (e.g., media awareness, menu planning, reading nutrition facts labels) that students need to adopt healthy eating behaviors
- To provide nutrition services training and staff development programs that include appropriate certification and/or training programs for the nutrition services director, school nutrition services managers, and nutrition services staff, according to their levels of responsibility
- Offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.
- Communicated in consistent nutrition messages throughout the school, classroom, staff lounge and cafeteria and promoted to parents, the community and the media
- Integrated into the comprehensive health, physical education, family consumer science (FACS) and other core curriculum
- Taught by highly qualified certified teachers with appropriate training in nutrition education
- Encouraging staff to be role models for healthy behavior
- Linked with the Coordinated School Health Program

## **II. School Meal Guidelines**

Nutrition Services offers healthy, nutritious meals, snacks and beverages in compliance with the most updated USDA guidelines and Dietary Guidelines for Americans.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children
- Be served in a clean, safe enjoyable environment
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations
- Operate the USDA School Breakfast Program in all schools and encourage parents to provide a healthy breakfast for their children to enhance their ability to learn
- Offer a variety of fresh fruits and non-fried vegetables daily
- Provide salad bars offering fresh fruit and vegetables and canned fruit at every school
- Provide whole grain bread products daily
- Provide reduced fat condiments when available
- Serve only low-fat (1%), fat-free milk or flavored milk and nutritionally-equivalent non-dairy alternatives
- Ensure that at least half of the served grains are whole grain
- Analyze meals weekly to ensure compliance to updated USDA Guidelines and Dietary Guidelines for Americans and communicate this information on the FPS website and posting in the school cafeterias

*Schools will:*

- Provide students with at least a 20 minute lunch break and a 10 minute breakfast break by providing quick and efficient serving lines
- Arrange with vending companies, arrangements with community partners or parent donations, school stores, concessions, treats brought to classrooms, celebrations, milk break snacks, sack lunches, ala carte and fundraisers will comply with the policy guidelines.
- Schedule lunch periods to follow recess periods (in elementary schools) to the extent possible
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities
- Not use food as a reward or withheld as punishment
- Provide enough space and serving areas to ensure student access to school meals to increase passage and therefore lessen wait time

- Students should not be denied participation in recess or other physical activity as a form of discipline and cancellation of recess or other physical activity time for instructional make-up time
- Provide free drinking water for students during the school day
- Ask students to provide input regarding school meals through annual activities such as Team Nutrition meetings, taste testing and the Health Fair
- Schedule morning bus routes to allow students to arrive at school in time to eat breakfast

### **Elementary Schools**

The school food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary school will be sold as balanced meals. Foods and beverages sold or served individually will be limited to low fat and non-fat milk, fruits and vegetables. Items will be made easily available to facilitate rapid passage through the lunch lines. Beverages allowed are water, 6 ounces or less of 100% fruit juice and 8 ounces of low fat or fat free milk or flavored milk. No Ala carte items or vending products are sold. Fundraising activities during the school day are encouraged to meet the policy's guidelines for nutrition and portion size standards.

### **Middle and High Schools**

Beverages allowed are water, 10 ounces or less of 100 % fruit juice, 8 ounces of low fat or fat free milk or flavored milk, and 12 ounces of non- caloric drinks. Vending is not sold during school hours at middle school but will be available at the high schools except during lunch.

All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala carte lines, vending machines, student stores (high school only), or fundraising activities) during the school day, or through programs for students after the school day, are encouraged to meet the policy's nutrition standards and portion size standards.

## **III. Nutrition Standards for Competitive Foods and Other Foods and Beverages**

Foods and beverages sold individually (i.e., foods sold or served outside of reimbursable school meals, such as through vending machines, ala carte, fundraisers, school stores, celebrations, school functions, catering, etc.).

(see APPENDIX A for suggestions)

### **Beverages allowed during the school day**

- Water or carbonated water without added caloric sweeteners
- 10 ounces or less of 100% fruit and vegetable juices, 8 ounces of fat free or 1% milk or flavored milk
- 12 ounces of diet soft drinks
- Caffeinated beverages (high school and staff)

### **Food and Snacks allowed during the school day**

Items served individually will:

- Have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters that meet other guidelines), 10% of its calories from saturated fats and 0% calories from trans fats
- Have no more than 35% of its calories from added sugars
- Contain reduced sodium when possible and strive toward reducing sodium in individual snack items to not contain more than 240 mg of sodium per serving for snacks and 480 for entrees
- Be smaller in serving sizes if of lesser nutritional value (snack items)
- Be no more than 150 calories for elementary schools students and no more than 200 calories for high school students (snack items)
- Have at least half of grain items served be whole grain
- Include fresh fruits and/or vegetables where food and beverages are sold
- Be no larger than individual items sold in reimbursable school meals (food items)

### **Snacks allowed during the school day**

Schools will encourage snacks that make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

(see APPENDIX A for suggestions)

### **Rewards allowed during the school day**

Food rewards or incentives will not be used in classrooms to encourage student achievement or desirable behavior.

(see APPENDIX C for suggestions)

### **Celebrations allowed during the school day**

Schools will limit celebrations that involve food during the school day. Schools are encouraged to consider celebration activities other than food. This includes foods or snack items brought from home.

(see APPENDIX A for suggestions)

### **Fundraising Activities**

Schools will encourage fundraising activities that promote physical activity and healthy foods by regulating the nutritional quality of individual items sold. (see fund raising policy AP 7105).

(see APPENDIX B for suggestions)

### **School-sponsored Events (such as, but not limited to, athletic events, dances, or performances)**

School-sponsored events outside the school day will be encouraged to sell or serve healthy foods and beverages by regulating the nutritional quality of individual items.

(see APPENDIX D for suggestions)

## **IV. Physical Activity Opportunities and Physical Education K-12 Goals**

The primary goal of physical fitness and physical education is:

- To provide opportunities for every student to develop the knowledge and skills for specific physical activities
- To maintain physical fitness by regularly participating in physical activity

- To understand the benefits of a healthy physically active lifestyle

Effective Physical Education and times spent before, during and after school should provide a minimum of **60 minutes (1 hour) or more of physical activity each day for both children and adolescents.**

- **The 60 minutes should be mostly made up of aerobic activity; this** can include
  - Moderate-intensity aerobic activity, such as brisk walking
  - Vigorous-intensity activity, such as running.
- Vigorous-intensity aerobic activity should be included at least 3 days per week
- **Muscle strengthening activities** such as gymnastics or push-ups should be incorporated at least 3 days per week as part of the child's 60 or more minutes
- **Bone strengthening activities** such as jumping rope or running, should be included at least 3 days per week as part of the child's 60 or more minutes

#### **Physical Education Objectives**

- Shall provide adequate space and equipment and conform to all applicable safety standards at every school
- Ensure highly qualified certified physical education staff will receive professional development on a yearly base
- Ensure a written physical education curriculum for K-12

#### **Elementary School:**

At least an average of 100 minutes per week of Physical Education instruction and at least 200 minutes per week of additional physical activity including daily recess periods, walking programs, after school programs, and before and after school personal activities.

#### **Middle and High Schools:**

At least an average of 250 minutes per week of Physical Education instruction and at least 50 minutes of additional physical activity including additional elective physical education classes, walking programs, the integration of physical activity into the academic curriculum, after-school programs including intramurals, interscholastic athletics, competitive sports, and physical activity clubs. Schools should work with the community to create an environment that is safe and supportive of students' having the opportunity to be physically active when commuting to and from school.

(High school has 50 minutes every day for 1 semester and the middle school has 50 minutes every other day for the year.)

#### **Daily Recess**

All elementary school students will have at least a 20 minute supervised recess break daily, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

#### **Physical Activity Opportunities Before and After School**

All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools, and middle schools as appropriate, will offer interscholastic sports programs. Schools will offer a range of activities that meet the needs, interests, and abilities of all students.

After-school child care and enrichment programs will provide and encourage – verbally and through the provision of space, equipment, and activities – daily periods of moderate to vigorous physical activity for all participants.

#### **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) as a punishment. Teachers and other school and community personnel will not withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.

#### **Safe Routes to School**

The school district will assess and make needed improvements to make it safer and easier for students to walk and bike to school. The district will work together with local public works, public safety, and/or police departments in those efforts. The school district will encourage students to use public transportation. The school will support the efforts in the development and implementation of walking or biking to school.

#### **Use of School Facilities Outside of School Hours**

The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

#### **Integrating Physical Activity into the Classroom Setting**

Classroom education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities. Classroom teachers will provide short physical activity breaks between lessons, classes or standardized testing as appropriate.

### **V. Communication and Promotion**

#### **Staff Wellness**

FPS will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will address staff wellness in all wellness councils. The district wellness council will partner with the district insurance wellness committee and WellU (see APPENDIX E). The committee will develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan will 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.

#### **Food Marketing in Schools**

Schools will use marketing activities that promote healthful behaviors including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships for staff. Only logos and brand names promoting healthy options are allowed on vending machines and are not allowed on books or curricula, textbook covers, school supplies, scoreboards, school structures and sports equipment or any incentive programs that provide food as a reward or market unhealthy food items.

#### **Communications with Parents**

The district/school recognizes the importance of communicating with the parents and will support parents' efforts to provide a healthy diet and daily physical activity for their children. Shared information will support and include nutrition education, nutrition

information for menus, physical activity and physical education through the school website, newsletters, or other take-home materials and special events. (APPENDIX F)

**Monitoring and Policy Review**

The superintendent and the district leadership teams will ensure compliance with established district-wide wellness policy. Individual school wellness councils will ensure compliance with the wellness policy and report to the district wellness council on the school's compliance.

The district wellness council will submit a summary report annually on district-wide compliance with the district's established nutrition and physical activity wellness policies, based on input from schools within the district. That report will be provided to the school board and also distributed to all school health councils, parent/teacher organizations, school principals, and school health services personnel in the district.

Monitoring will be repeated annually to help review policy compliance, assess progress, and determine areas in need of improvement and or revisions.

Measurable outcomes;

- School Health Index
- Body Mass Index
- Breakfasts served
- School meal participation
- YRBS data
- School store sales
- Cardiovascular fitness
- Other as determined by individual school wellness councils

(see APPENDIX G for evaluation form)

Adopted: 8/2006  
Revised: 2/1010  
Revised: 12/2010  
Revised: 1/2011

## **Appendix A**

### **Suggestions for Healthy Snack Items allowed to be served or sold during the school day**

- Fresh Fruits and Vegetables
- Animal Crackers: 8 or 1 oz
- Graham Crackers: 3 – 2 ½ inch squares
- Whole Grain Crackers: 3 to 5 or ½ oz
- Oyster Crackers: ½ cup
- Whole Grain Breadstick: 1 oz
- Peanut or Sun Butter and Crackers: 3 crackers or ½ oz and ½ Tbsp
- Mini Muffin: 1
- Vanilla Wafers: 5
- Saltines: 6 squares
- Baked Tortilla Chips and Salsa: 15 to 20 chips, ¼ c salsa
- Low Fat Granola Bars: 1 oz bar
- Low Fat Cereal Bars: 1 oz bar
- Whole-grain Fruit Bars: 1 oz bar
- Pretzels: 1 oz
- Baked Chips: 1 oz
- Rice Cakes: 2 – 4 inch cakes
- 100 Calorie Pack Snacks
- Bagels or Bagel Bites: ½ - 3 inch bagel or 1 oz
- Whole Grain lightly sugared dry Cereal: ¾ cup or 1 oz
- Nut Mix: about ¼ cup or 1 oz
- Trail Mix: about ¼ cup or 1 oz
- Nuts or Seeds plain: ¼ cup
- Single-serving canned Fruit: ½ cup
- Celery with Peanut or Sun Butter: 1 cup celery plus ½ Tbsp peanut or sun butter
- Dried Fruit: ¼ cup
- Raisins or craisins: 2 Tbsp
- Fruit-based Snacks: 1 fruit roll, 1 pouch or about 1 oz
- Real Fruit Strips: 1 strip
- Fat-free or Light Popcorn: 3 cups
- Yogurt, non fat, low fat, or light: 6-8 oz
- String Cheese: 1 piece or 1 oz
- Sugar free gelatin cups: 1 each
- Fat free pudding cups: 1 each
- Milk, any flavor low fat or fat free: 1 cup or 8 oz
- Fruit Juice containing 100% juice: ½ cup or 4 oz
- Bottled Water: 1 cup or more
- Flavored non caloric water: 1 cup or more

See ‘Healthy Snacks’ list for specific products ([link](#))



## **APPENDIX B**

### **Suggestions for Healthy Fundraising Sale Items**

- Fresh or exotic fruit
- High quality produce items
- Nuts and trail mix
- Gift wrap
- Magazine subscriptions
- Garden seeds
- Candles
- Discount coupon books
- Raffles
- Gift baskets
- Plants
- Flowers
- School spirit items
- Car washes
- Walk-a-thons
- Bike-a-thons
- Jog-a-thons
- Skate-a-thons
- Family game night
- Hire a student for odd jobs
- 3 on 3 basketball tournaments
- Silent auctions
- Talent shows
- Streets Alive
- Fargo Marathon

## APPENDIX C

### **Suggestions for Non-Food Rewards**

- Read a book
- Sit by friends
- Read outdoors
- Teach the Class
- Have extra art time
- Enjoy class outdoors
- Have extra recess time
- Play a computer game
- Stickers, pencils, bookmarks
- Show and tell
- 5 minute chat break
- Enter drawing for prize
- Get a no homework pass
- Make deliveries to the office
- Listen to music
- Play a favorite game or puzzle
- Earn play money for privileges
- Walk with a teacher or principal
- Eat lunch outdoors
- Eat lunch with a teacher or principal
- Start a garden and maintain
- Have a class pet and care for
- Dance to favorite music in classroom saw information about “seat dancing” too-done at the desk
- Get a “free choice” time at the end of the day
- Listen with a headset to a book or music
- Have a teacher perform a special skill
- Be first in line when class leaves the room
- Have a teacher read a special book to the class
- Take a trip to a treasure box for reward (stickers, tattoos, pencils, erasers, bookmarks)

## **APPENDIX D**

### **Suggestions for Food and Snack Items allowed to be sold or served after the school day**

- Snack items are 200 calories or less
- Dairy: Low fat string cheese (1 oz), yogurt (6-8 oz) and cottage cheese (4 oz)
- Fresh Fruits and Vegetables with low fat ranch dip or peanut butter (2 oz)
- Beverages: Fat free or 1% flavored or unflavored 8 oz milk; 12 oz 100% fruit or vegetable juice; diet soft drinks; non caloric waters and sports drinks; coffee; tea; sugar free hot chocolate or cappuccino
- Nuts or trail mix (1 oz)
- Baked chips, snack mixes, animal crackers, hard pretzels, whole grain cereal, whole grain crackers, graham crackers, low fat granola and cereal bars (1-1.75 oz)
- 100 calorie snack packs
- Reduced fat and salt popcorn (3-4 cups)
- Frozen low fat yogurt, 100% juice bars and frozen fruit products, sherbet (6-8 oz)
- Dried fruit snacks, canned fruit cups, fruit smoothies, fresh salads
- Cookies (1 oz)
- Bars (2 oz)
- Soft whole grain pretzel with cheese or low fat ranch dip (2 oz)
- Baked potato with low fat sour cream or cheese (2 oz), broccoli (1/2 cup) or chili (1/4 cup)
- Chili or soup (8-10 oz) with 4 cracker squares
- Grilled chicken (4 oz pre-cooked) on whole grain bun (3-4 inch)
- Deli meat (3 oz low fat) on whole grain bun (3-4 inch)
- Hotdog (2 oz low fat or reduced fat) on bun
- Taco in bag (2 oz meat, 1.5 oz corn tortilla chips, 1 oz cheese, 1 oz sour cream, 2 oz salsa)
- BBQ (1/3 cup) on whole grain bun (3-4 inch)

## APPENDIX E

### WellU



The WellU Employee Wellness Program's goal is to build health awareness, share health information, promote self-care and healthy lifestyle choices, and provide support to improve the overall health and well being of all employees. Fargo Public Schools is committed to support employee wellness efforts by making it easier for employees to learn about and use the many resources available to them at work, at home and in the community.

WellU is designed to bring health promotion activities and services to the worksite to provide employees with more opportunity to engage in primary prevention activities in effort to prevent illness and promote early detection, intervention, treatment and follow-up of disease.

The WellU program, staff promoted wellness groups/initiatives, newsletters, coaching, personal wellness activities, etc. are all ways to promote healthy lifestyle choices and get people involved at different levels, in different ways. Each of us is going to respond differently to various components of a wellness program. What's most important is that employees are hearing the wellness message and are working to make healthy choices to enhance their own individual well being.

#### FPS WellU Program Goals

- Build health awareness
- Share health information
- Promote self-care and healthy lifestyle choices
- Provide support to improve health and wellbeing of employees

#### WellU worksite wellness initiatives

- Health Screens testing cholesterol, blood pressure, blood sugar and/or body composition
- Immunizations
- Weight loss programs
- Monthly newsletter
- Individual coaching
- Promote Health Club Credit Program, preventative services and other insurance benefits

## **APPENDIX F**

### **Parent Newsletter**

Dear Parents:

Welcome back to school! Making good choices for snacks can be very helpful in your child's education. Every day students will have a snack time and are welcome to bring a healthy snack from home. Below are trends in children's diets and health:

- The prevalence of obesity in children aged 6 to 19 tripled in the past 20 years. Overweight children and adolescents are more likely to become obese adults.
- Youth are now suffering from diseases previously known only among adults.
- Only two percent of school-aged children meet daily recommendations for all five food groups. Less than one in five eat the recommended number of servings of fruits or vegetables. Children with unhealthy eating patterns tend to maintain those unhealthy habits into adulthood.
- A 500 percent increase in soft drink consumption over the past 50 years has displaced the consumption of healthier beverages. Adolescents now drink twice as much soda as milk.
- Research indicates school-aged children average greater than 150 calories of low-nutrient, energy dense competitive foods per day and that the increase in body weight observed among U.S. children in the past 20 years could have been prevented by an average reduction in energy intake of 110 to 165 calories per day.

Fargo Public Schools (FPS) staff members are committed to reversing these alarming trends. In order to make this happen, we are following the guidelines for healthy snacks from our Wellness Policy. The attached snack list, compiled in June and July 2010 by Cass Clay Healthy People Initiative is based on adapted Institute of Medicine Nutrition Standards for Foods in Schools. This list is only a start. As we learn more about healthy food choices and new products, we will add to this list.

Special days at FPS, are celebrated in the classroom. We ask that family's reserve the cake, ice cream, and sweets for home birthday celebrations.

We know healthy kids learn better. Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide environment that supports healthy behaviors. We are going to do our part to support healthy behaviors at FPS, and I am asking for your support. Together, we can make a difference in our children's health and education.

Sincerely,

**APPENDIX G**

**Fargo Public Schools Wellness Policy Evaluation Form**

School Name: \_\_\_\_\_  
Principal: \_\_\_\_\_  
Date: \_\_\_\_\_

Each school wellness council will conduct an annual review of the Wellness Policy to measure the buildings consistency with the policy throughout the school district. The review will be completed by the principal and the school wellness council with input from students and teachers and will serve as the basic compliance assessment. Assessments will be reviewed by the Superintendent and the district wellness council.

**Nutrition Education Goals**

1. Students in grades K-12 receive nutrition education that teaches the skills necessary to adopt healthy eating habits?

YES NO

Comments: \_\_\_\_\_  
\_\_\_\_\_

2. Students receive consistent nutrition messages throughout school?

YES NO

Comments: \_\_\_\_\_  
\_\_\_\_\_

3. District health education curriculum standards and guidelines include both nutrition and physical education?

YES NO Comments: \_\_\_\_\_  
\_\_\_\_\_

**Physical Fitness Goals**

1. Students are given the opportunity for physical activity during the school day in addition to physical education (PE) classes, (i.e. daily recess, classroom activities, etc.)

YES NO

Comments: \_\_\_\_\_  
\_\_\_\_\_

2. Students are given the opportunity for physical activity through a range of before and/or after school programs?

YES NO Comments: \_\_\_\_\_  
\_\_\_\_\_

Nutrition Goals

1. Guidelines set for food and beverages in the food service program and in ala carte sales have been followed?

YES NO  
Comments: \_\_\_\_\_  
\_\_\_\_\_

2. Guidelines set for food and beverages sold in vending machines, school stores and concessions have been followed?

YES NO  
Comments: \_\_\_\_\_  
\_\_\_\_\_

3. Guidelines set for snacks in school have been followed?

YES NO Comments: \_\_\_\_\_  
\_\_\_\_\_

Other School Based Activities

1. The school provides a clean and safe school environment?

YES NO  
Comments: \_\_\_\_\_  
\_\_\_\_\_

2. Students have access to free drinking water throughout the school day?

YES NO  
Comments: \_\_\_\_\_  
\_\_\_\_\_

3. The school district encourages all students to participate in the school breakfast and lunch programs?

YES NO

Comments: \_\_\_\_\_  
\_\_\_\_\_

4. The school district protects the identity of students who eat free and reduced price meals?

YES NO Comments: \_\_\_\_\_

\_\_\_\_\_

5. The school district ensures adequate time for students to eat lunch?

YES NO Comments: \_\_\_\_\_

\_\_\_\_\_

6. Hand sanitizer or hand washing is provided before meals or snacks?

YES NO Comments: \_\_\_\_\_

\_\_\_\_\_

Follow-up activities planned to ensure compliance with the Wellness Policy:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_