

# Tyrone Area School District

**SECTION: PROGRAMS**  
**TITLE: DISTRICT WELLNESS**  
**ADOPTED: JANUARY 13, 2015**

<b>138. DISTRICT WELLNESS</b>	
<p>1. Purpose</p>	<p>Tyrone Area School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p>
<p>2. Authority P.L. 108-265 Sec. 204</p>	<p>To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:</p> <ul style="list-style-type: none"> <li>◆ A comprehensive nutrition program consistent with federal and state requirements.</li> <li>◆ Access at reasonable cost to foods and beverages that meet established nutritional guidelines.</li> <li>◆ Physical education courses and opportunities for developmentally appropriate physical activity during the school day.</li> <li>◆ Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.</li> </ul>
<p>3. Delegation of Responsibility Pol. 808</p>	<p>The superintendent or his/her designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.</p> <p>Each building principal or his/her designee shall report to the superintendent or his/her designee regarding compliance in his/her school.</p> <p>Staff members responsible for programs related to student wellness shall report to the superintendent or his/her designee regarding the status of such programs.</p> <p>The Community/School Advisory Health Council shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:</p> <ul style="list-style-type: none"> <li>◆ Assessment of school environment regarding student wellness issues.</li> <li>◆ Evaluation of food services program.</li> <li>◆ Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.</li> <li>◆ Listing of activities and programs conducted to promote nutrition and physical activity.</li> </ul>



**138. DISTRICT WELLNESS - Page 3 of 10**

health issues. The Community/School Advisory Health Council may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Community/School Advisory Health Council may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Community/School Advisory Health Council shall provide periodic reports to the superintendent and Board regarding the status of its work, as required.

◆ **NUTRITION EDUCATION**

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

◆ **PHYSICAL ACTIVITY**

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

District schools shall partner with families in the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play at home, sports, etc.

Students shall participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; intramurals; and interscholastic athletics shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Physical activity breaks shall be provided for elementary students during classroom hours.

After-school programs shall provide developmentally appropriate physical activity for participating children.

District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

Students and the community shall have access to physical activity facilities outside school hours.

◆ **PHYSICAL EDUCATION**

A comprehensive sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Physical education classes shall be the primary means through which all students learn and practice developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

**138. DISTRICT WELLNESS - Page 5 of 10**

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

Physical activity shall not be used as a form of punishment.

◆ **OTHER SCHOOL BASED ACTIVITIES**

District schools shall provide adequate space for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

Meal periods shall be scheduled at appropriate hours.

Drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Qualified nutrition professionals shall administer the school meals program.

Professional development shall be provided for district nutrition staff.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians.

Students and parents/guardians may be involved in menu selections through various means.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

The district shall provide appropriate training to all staff on the components of the District Wellness Policy.

### 138. DISTRICT WELLNESS - Page 6 of 10

Goals of the District Wellness Policy shall be considered in planning all school based activities.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

#### ◆ **NUTRITION GUIDELINES**

**Ala Carte Food/Snacks.** The following standards apply to all foods offered as ala carte:

- Except for entrees, items will provide less than 200 calories per serving.
- Portion sizes will not exceed the serving size of food served in the National School Lunch or School Breakfast Program and/or items will be packaged in single serving sizes.
- At least 50% of grains offered will be whole grains.
- A minimum of two (2) fruits and two (2) vegetables will be offered daily (including fresh/raw). A variety of fruits and vegetables will be offered from day to day.
- A variety of items that provide greater than two (2) grams of fiber per serving will be available on a routine basis.
- The preferred method of preparing flash fried foods, both purchased and USDA commodities on site, will be convection baking.
- Foods of Minimal Nutritional Value (USDA regulation 7CFT 210 and 220) will not be available anytime during the school day.

In addition, a minimum of 75% of items available will contain:

- Less than 35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced fat cheeses).
- Less than 10% of calories from saturated fat (excluding reduced fat cheeses).
- Less than 35% sugar by weight (excluding naturally occurring sugars and low fat yogurts) and added sugar will not be listed as the first ingredient.
- Minimal to no trans fatty acids.

Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.

Kindergarten through Grade 4 will not be offered more than 5 ala carte food items each day.

**Ala Carte Beverages.** A minimum of 75% (100% for grades Kindergarten through Grade 4) of the beverages offered will be:

- Water, unflavored (any size for elementary, middle school/high school; smaller portion for elementary school).
- 100% fruit juice. (K-4, less than 8 ounces.; MS/HS, less than 12 ounces)

### 138. DISTRICT WELLNESS - Page 7 of 10

- Water, flavored (high school).
- Milk, 1% low fat white or nonfat (not to exceed 12 ounces), flavored or unflavored skim.

Marketing, pricing and nutrition education strategies will be used to encourage the selection of the beverages listed above.

Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day.

**Vending Beverages.** Vending will not be available for students in Pre-Kindergarten through Grade 12 during the instructional day. Vending may be made available to all students no less than 30 minutes after the close of the school day.

Soda options will be supplemented with the following:

- Water, flavored and unflavored (any size).
- Fruit juice (100% preferred; not to exceed 12 ounces).
- Milk, 1% low fat white or nonfat (not to exceed 12 ounces), flavored or unflavored skim. .

**Fundraisers (non-vending).** No student shall consume candy during the school day through fundraising. Solicitation will be permitted during non-instructional times for school-sponsored fundraising only.

Student Activities (including PTO) shall complete the Request To Sponsor A Fund-Raising Activity Form and submit such form to the respective building principal for approval prior to making arrangements for the fund-raising activity.

Furthermore, fundraising of candy products shall be limited to one (1) sale per school year, per group, with preference given to Tyrone vendors.

**Classroom Parties/Holiday Celebrations.** Classroom parties will offer minimal amount of food:

- 1 item that contains sugar (i.e., cupcake, cookie, ice cream, etc.)
- 1 item that contains salt (i.e., chips or preferred pretzels)
- Fresh fruits and vegetables
- Beverages must be water, fruit juice (100% preferred) or milk. (No soda.)

**Rewards.** Food will not be promoted as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (i.e., guest chef, field trip to a farm or farmers market, etc.).

When food rewards are used, the rewards must adhere to the following restrictions:

- No gum.
- No nuts/peanut butter.

### 138. DISTRICT WELLNESS - Page 8 of 10

- No candy (all varieties).
- No sweets (i.e., cookies, cupcakes, etc.).

Alternate ideas can be found at: [www.msue.msu.edu/fnh/tn/foodrewards.pdf](http://www.msue.msu.edu/fnh/tn/foodrewards.pdf); [www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf).

**Foods from Home.** Parents/caregivers will be encouraged to promote their child's participation in the school meals programs. If their child does not participate in the school meals programs, parents/caregivers will be encouraged to provide a healthy alternative.

Soda, coffee, or any other caffeinated beverage may not be carried onto or consumed on district property by any student during the instructional day. Students may choose to bring and consume water during the instructional day. Any other beverage brought onto school property may only be consumed during the scheduled lunch period in the cafeteria. The district promotes water, milk, and 100% fruit juice as the recommended beverages.

All nutrition standards will be explained to parents/caregivers. They will continuously be provided with nutrition education and encouraged to comply with the nutrition policies to the best of their ability and knowledge. Examples of nutrition education outreach include newsletters, open houses, back to school nights, family nights, etc. Each school building will provide a minimum of two experiences of parent nutrition education per school year.

**School Stores-Foods/Snacks.** The following standards apply to all foods sold in school stores.

- Packages will be in single serving sizes.
- A minimum of 1 fresh fruit and vegetable will be offered daily.
- A variety of items that provide greater than 2 grams of fiber per serving will be available on a daily basis.
- No foods will be on-site deep fat fried.
- Foods of Minimal Nutritional Value (USDA regulation 7CFT 210 and 220) will not be available anytime during the school day.

In addition, no items offered will:

- be fried.
- contain added sugar as the first ingredient.

Smart Snack regulations apply to all foods sold in the school store.

Marketing, pricing and nutrition education strategies will be used to encourage the selection of foods meeting these standards.

The School Food Service Director can provide assistance in identifying foods that meet these criteria.



**Faculty: Classrooms/Offices/Hallways.** Faculty is encouraged to set the example for students. Students are not likely to believe that nutrition policies are beneficial if they see faculty consuming foods and beverages that do not align with the school policy. Any food or beverage that does not align with student requirements (including coffee and tea) shall not be visible or consumed in the presence of students unless the opportunity is extended to students. Water and fruit juice are encouraged.

**Vegetarian Options.** District cafeteria management company shall survey students yearly for their interest in vegetarian entrees as part of the reimbursable meal or ala carte. If interest is indicated, efforts should be made to include appealing vegetarian choices.

**Student Input.** District cafeteria management company shall permit active student representation in menu planning through regularly scheduled meetings and taste testing.

**TYRONE AREA SCHOOL DISTRICT**  
**Elementary-Middle-High School**

**REQUEST TO SPONSOR A FUND-RAISING ACTIVITY**

This form must be completed and submitted to the corresponding Main Office for approval before your group completes any plans for fund-raising activities. (Not necessary to complete for dances).

Name of Group: \_\_\_\_\_

Description of Fund-Raising Activity: \_\_\_\_\_

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

Specific Reason for Project: \_\_\_\_\_

\_\_\_\_\_

Rationale of how this request is consistent with the Tyrone Area School District's Nutrition Policy  
\*(if applicable): \_\_\_\_\_

\_\_\_\_\_

Estimated Sales: \$ \_\_\_\_\_ Estimated Profit: \$ \_\_\_\_\_

Estimated Expense: \$ \_\_\_\_\_

Dates of Activity – Expected starting and completion dates: \_\_\_\_\_

\_\_\_\_\_

Signature of Advisor: \_\_\_\_\_ Date Submitted: \_\_\_\_\_

Vendor: \_\_\_\_\_

If Vendor is not a local merchant, state the reason why: \_\_\_\_\_

\_\_\_\_\_

Principal's Signature: \_\_\_\_\_ (Signature Indicates Approval)

Date Approved: \_\_\_\_\_

**FUND-RAISING ACTIVITIES SHOULD NOT START UNTIL A COPY OF THIS FORM IS  
SIGNED BY THE PRINCIPAL AND RETURNED TO THE ADVISOR OF THE GROUP.**