

INTRODUCTION

- Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- Good health fosters student attendance and education.
- Up to 45% of new cases of childhood diabetes are associated with obesity.
- Only 2% of children (ages 2 to 19 years) eat a healthy diet that consists of the five food groups.
- The “My Plate” symbol is a reminder to find your healthy eating style and build it throughout your lifetime.

STATISTICS

- Approximately 18.5% (13.7 million) of children ages 2-19 years are obese. *(2016 CDC)*
- 37.2% of adolescents consume <1 serving of fruit and vegetables per day. *(2013 NYS)*
- 20.4% of adolescents drank soda daily. *(2013)*
- 1 in 3 children in America are overweight or obese. *(Let's Move.Gov)*
- 1 out of 3 children will develop the disease in their lifetime. *(www.diabetes.org)*
- More than 5000 youth are diagnosed each year with *Type-2* diabetes. *(www.diabetes.org)*

TO ACHIEVE THESE POLICY GOALS

- **School Health Councils**

The school district will create, strengthen and work within existing school health councils to develop, implement monitor, review, and as necessary revise school nutrition and physical activity policies.

A school health council should consist of the following:

- Parent
- School Food Representative
- School Board Member
- Administrator
- Teacher
- Health Professional
- Prevention Professional

NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED IN SCHOOL

- **School Meals**

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

- Be appealing and attractive to children.
- Be served in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve only low-fat (1%), low fat flavored milk (1%) and fat-free milk.
- Ensure that at least half of the grains are whole grain.
- Include whole foods rather than processed preservative-laden foods when possible.

The Edinburg Common School should engage students and staff through taste-tests of new entrees and surveys, for selecting foods sold through the school meal programs in order to identify new, healthful, and appealing food choices.

The Edinburg Common School will ensure that breakfast and lunch will be available to all students in order to meet their nutritional needs and enhance their ability to learn.

- **Free and Reduced-Price Meals**

Edinburg Common School 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.

- **Meal Times and Scheduling**

- Provide students with at least 15 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schedule meal periods at appropriate times.
- Provide students access to hand washing before they eat meals or snack.

- **Sharing of Foods and Beverages**

Edinburg Common School will discourage students from sharing their foods or beverages with one another during meal or snack times, due to concerns about allergies and other restrictions on some children's diets.

- **Beverages**
In addition to 1% or skim milk only water, fruit and vegetable juices and fruit-based drinks that are 100% fruit juice and that do not contain additional caloric sweeteners will be served.
- **Snacks & Rewards**
Snacks served during the school day will make a positive contributions to children's diets and health with an emphasis on serving fruits and vegetables.
- **School Sponsored Events** *(such as, but not limited to, athletic events dances, or performances)*
Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above).
- **Lunch From Home**
Children that choose to not eat at school need to bring in drinks that follow the school's guidelines (i.e. no teas, sodas or sports drinks).
- **Water**
During the day students are encouraged to have a reusable water bottle containing water only.

NUTRITION AND PHYSICAL ACTIVITY PROMOTION AND FOOD MARKETING

- **Nutrition Education and Promotion**
Edinburg Common School District aims to teach, encourage and support healthy eating by students. Edinburg Common School will provide nutrition education and engage in nutrition promotion that:
 - Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - Is part of not only health education classes, but also classroom instruction in subjects such as math science, language arts, social sciences, and elective subjects;
 - Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste testing;
 - Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, health food preparation methods, and health-enhancing nutrition practices;
 - Emphasizes caloric balance between food intake and physical activity and or exercise.

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

Edinburg Common School District will encourage health instruction in health class and in the regular classroom.

- Classroom health 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, such as watching television;
- Opportunities for physical activity will be incorporated into the classroom setting;
- The district will participate in initiatives that promote physical activities at home.

- **Communication with Parents**

The Edinburg Common School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. Edinburg Common School District will send home nutrition information that will encourage parents to make healthy choices for celebrations, parties, rewards and for packing lunches and snacks.

- **Food Marketing in Edinburg Common School**

School-based marketing will be consistent with nutrition education and health promotion.

- **Staff Wellness**

The Edinburg Common School District highly values the health and well-being of every staff member and will plan and implement activities and support facilities that will encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

Physical Activity Opportunities and Physical Education

- **Physical Education**

- All students in grades K-6 will receive a total of 120 minutes physical education in a normal school week. The 120 minutes per week is achieved by physical education instruction 3 times a week. A certified physical education teacher will teach all physical education instruction.

- **Daily Recess**
 - Elementary school students that are eligible receive at least 20 minutes a day of supervised recess, preferably outdoors during which Edinburg Common School should verbally encourage moderate to vigorous physical activity and provide space and equipment.
 - **Use of School Facilities Outside of School Hours**
School facilities are available to students, staff, and community members after the school day.

Monitoring and Policy Review

- **Monitoring and Policy Review**
The Wellness Committee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The Committee will review the Wellness Policy every three years to assess progress and determine areas in need of improvement.

RESOURCES

1. *Preventing Childhood Obesity: Health in the Balance*, the Institute of Medicine of the National Academies, www.iom.edu/report.asp?id=22596
2. *Ten Strategies for Promoting Physical Activity, Healthy Eating, and a Tobacco-free Lifestyle through School Health Programs*, Centers for Disease Control and Prevention, www.cdc.gov/healthyouth/publications/pdf/tenstrategies.pdf
3. *Health, Mental Health, and Safety Guidelines for Edinburg School*, American Academy of Pediatrics and National Association of School Nurses, <http://www.nationalguidelines.org>
4. *Dietary Guidelines for Americans, 2005*, U/S. Department of Health and Human Services and U.S. Department of Agriculture www.health.gov/dietaryguidelines/dga2005/document/
5. *Local Support for Nutrition Integrity in Schools*, American Dietetic Association, www.eatright.org
6. *National Farm-to-School Program website*, hosted by the Center for Food and Justice, www.farmtoschool.org
7. *Fruit and Vegetable Snack Program Resource Center*, hosted by United Fresh Fruit and Vegetable Association, <http://www.uffva.org/fvpilotprogram.htm>

8. *Constructive Classroom Rewards*, Center for Science in the Public Interest, www.cspinet.org/nutritionpolicy/constructiverewards.pdf
9. *Guide to Health School Parties*, Action for Healthy Kids of Alabama, www.actionforhealthykids.org
10. *U.S. Department of Agriculture Team Nutrition website* (lists nutrition education curricula and links to them), www.fns.usda.gov
11. Energizes, East Carolina University, www.ncpe4me.com/energizers.html