

DRAFT: East Baton Rouge Parish School System

Wellness Policy and Initiatives: District-Wide

I. Introduction

In an effort to address the increasing numbers of children who are obese and suffer from chronic health conditions, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. The Act requires that each school district participating in the National School Lunch Program develop and implement policies that specifically address healthy eating, physical activity and other school-based wellness initiatives that promote a healthy school environment.

The intent of this policy is to influence students of all grade levels to make nutritious food choices, establish healthy eating habits and increase physical activity, with an emphasis on developing life-long healthy habits. Furthermore, it is important to note that the implementation of the Wellness Initiatives includes both short and long-term goals.

II. Purpose

The East Baton Rouge Parish School System (EBRPSS) intends to prevent obesity and decrease the number of school-age children that are overweight through healthier food choices, nutritional education opportunities and increased physical activity within the school environment. EBRPSS recognizes that good nutrition and physical fitness are key components to optimal academic performance and long-term health benefits. Therefore, the EBRPSS Superintendent, building principals and/or other school personnel, as deemed appropriate, will administer the wellness initiatives set forth in this policy.

III. Policy Statements

- A. EBRPSS will make every effort to adapt these wellness policies to meet specific health issues identified district-wide, as well as dietary practices of diverse ethnic and socioeconomic groups.
- B. The EBRPSS Superintendent will assist in creating a school environment that reinforces consistent messages conducive to improved health district-wide, as well as ensure the implementation and enforcement of all wellness initiatives through delineation of operational responsibilities, as deemed appropriate.
- C. The building principals, Food Service Director, and School Health Advisory Council (SHAC) Members will assist in the implementation and compliance of this policy district-wide. The EBRPSS Superintendent will be apprised of the progression and overall effectiveness of the wellness initiatives on an annual basis through a written summary provided by the SHAC. The summary will provide an assessment of the strengths, weaknesses and areas that may need improvement and/or change.
(Refer to Section Continuous Quality Improvement/Compliance for Details)
- D. EBRPSS will discourage the sale of foods of minimum nutritional value in vending machines, snack bars, school stores and a la carte offerings in the food service program which students have access to during the school day, especially in grades Pre-K-8. Healthy snack and food choices will be encouraged throughout the school district. Refer to Louisiana School Food Service Policy Guidance Manual—Competitive Foods for clarity about grade levels.

- E. All students in grades Pre-K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- F. Food and beverages sold or served at school will meet the minimum nutritional requirements set forth by federal and state guidelines. Refer to Louisiana School Food Service Policy Guidance Manual—Competitive Foods for clarity about grade levels.
- G. EBRPSS will provide nutrition education and physical education to develop and foster life-long habits of healthy eating and physical activity, and will establish linkages between health education, school health services, school meal programs and related school community services and resources.
- H. The Food Service Director, in collaboration with district-wide Food Service Managers will make every effort to provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutritional needs of all students, as well as meet the minimal nutritional requirements set by state and federal regulations.
- I. The building principals will work collaboratively with the EBRPSS Food Service Director to ensure compliance with USDA guidelines for foods sold or served during the school day. The Food Service Director will serve as a resource for the principals in monitoring for compliance of these Wellness Initiatives, as well as assist in the communication of findings to the SHAC.
- J. All agreements with food or vending companies to sell foods or beverages in any school must contain only items found on the Pennington Biomedical Center Vending Snacks Recommended Criteria. This listing is updated by Pennington periodically and should be checked at least quarterly to determine that most recent version is being used. Agreements and contracts will consider the district-wide wellness initiatives, all local, state and federal nutritional recommendations, as well as school economic factors.
- K. The EBRPSS has policy in place regarding the presence and use of tobacco on school grounds and at school functions. Because tobacco is the leading cause of preventable death, disease, and disability, the East Baton Rouge Parish School Board shall provide a 100% tobacco-free school environment. Primary responsibility for tobacco-free communication and education is developed and maintained by **I CARE**—the EBRPSS’s safe and drug-free program. **I CARE** specialists are deployed to every school campus and are available throughout the school year for services and education to each school.
- L. The EBRPSS will establish a local SHAC comprised of individuals representing the community and school system to oversee the implementation of district-wide wellness initiatives and to serve as a resource for all schools as it relates to health, safety and wellness within the school environment.

*See definitions of school campus and school day in the Glossary of Terms and Acronyms that is attached to this document.

IV. EBRPSS School Health Advisory Council (SHAC)

EBRPSS will appoint a SHAC to implement the Wellness Initiatives district-wide, with the primary goal of enhancing, maintaining and improving the health and well-being of all students (based on Revised Statute 17:17D, enacted in the 2009 Regular Session of the Louisiana Legislature). The EBRPSS will maintain the SHAC to assist in fostering a healthy learning environment through the implementation of the guidelines set forth within this policy, as well as serving as a resource for all schools. The SHAC will meet monthly until the Wellness Initiatives are fully operational, after which the committee will meet, at minimum, quarterly.

Long-term goals for the SHAC include the establishment of sub-committees and/or work groups for special wellness and health projects; the members of each sub-group will be determined based on special interests and expertise of individuals.

SHAC members will represent the school and the community, and will include, but not be limited to parents, students, cafeteria managers, health and physical education teachers, other teachers, school nurses, curriculum/instructional representation, school board members, principals and students.

The Council's functions will include, but not be limited to the following:

- Overall operational responsibility, as assigned to select areas for implementation and compliance with wellness policy
- Active participation in committee meetings through open discussion and feedback
- Participation in district wide surveys and assessments, as needed, for the purposes of obtaining information for improved outcomes in the EBRPSS wellness initiatives
- Identification of any regulatory changes, on both the state and federal level, that directly impact the wellness initiatives
- Development, revision and updating of wellness policy to ensure compliance with state standards and mandates that reflect current best practices
- Advocacy for all schools to participate in wellness activities adopted by EBRPSS
- Reviewing, monitoring and reporting on the overall effectiveness of the district-wide wellness initiatives
- Advising Health Centers in Schools relative to the operation of the school-based health centers and school nursing program
- Reviewing data from the school system and external providers and making suggestions concerning partnerships with entities who can provide services to the students in EBRPSS
- Formation of a sub-committee to review quality improvement initiatives for Health Centers in Schools at a parish level that may include some members from the school building level
- Suggesting other needed subcommittees as future projects and ideas are formed

V. Nutrition Requirements

School Nutritional Education:

1. EBRPSS district leadership will oversee the integration of nutrition education into the overall Health and Safety instructional programs, as directed by the Louisiana Department of Education (LDOE) and

the Comprehensive Health Education Act. District leadership will collaborate with Student Health Services and the SHAC to enhance district-wide programs related to the nutrition and health education components. Since the Office of Curriculum and Instruction will ensure compliance with state mandates taught in the classroom, this policy will address general recommendations and strategies that will promote healthy eating behaviors.

2. The primary goal of nutritional education in grades Pre-K-12 is to assist students to adopt eating behaviors that will promote health and reduce the risk for disease. EBRPSS advocates the following educational strategies that promote awareness of healthy choices in all grade levels. Nutritional education can occur through a variety of methods, in addition to sequential and structured classroom instruction.
 - a. Promote and reinforce nutritional and health messages throughout environment by:
 - Displaying visual posters and signage in classrooms, cafeterias and hallways that enhance health messages
 - Assuming proactive role in communicating health messages
 - Promoting concept of Five-Two-One-Almost None+10 (5-2-1-0+10) as component of nutritional counseling in the school nursing and school-based health centers
 - Displaying nutritional information about available menu foods and provide opportunities to practice food analysis and selection skills learned in classroom
 - Involving students in the creation of health promotion message boards and motivational posters as they relate to health, nutrition, and physical activity
 - Obtaining continuous student feedback on new menu items
 - b. Consider cultural diversity when developing lesson plans regarding nutrition; allow students to discuss cultural preferences/differences.
 - c. Make nutrition and physical education fun and participatory through access of free computer-based interactive games. Compact Disc interactive nutritional and health promotion lessons can be accessed from various websites (see the list at the end of this document).
 - d. Integrate and coordinate planned school menus with nutrition and physical education visual messages.
 - e. Provide nutritional counseling to students who are at risk and/or over weight by having school nurses and school based health center personnel consistently promote the 5-2-1-0+10 concept district-wide. Also, provide parents with nutritional health information during parent conferences, student health fairs and one-on-one counseling.
 - f. Provide access to healthy food choices on school menus.
 - g. Make available nutritional analysis of school food choices, whenever possible.

- h. Increase parental awareness of health promotion activities, school wellness policies and initiatives through school district website(s) and Health Centers in Schools website, school newsletters, presentations at parent meetings and student-related health fairs.
3. To be in compliance with the LDOE requirements, EBRPSS will ensure:
 - a. Students in grades Pre-K-5 will receive a weekly nutritional component as part of the district's curricular offerings
 - b. Students in grades Pre-K-8 will receive instruction in health and nutrition at least annually
 - c. Students in grades Pre-K-12 will receive instruction on nutritional choices, food classifications and appropriate nutritional behaviors
 - d. Students in grades 9-12 will receive health education that includes a nutritional component multiple times in the high school years
 - e. A nutritional education needs assessment will be conducted periodically to determine the basis of the health/nutrition curriculum component; input will be sought from district leadership

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the district participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and after school snacks. Additionally *Federal child nutrition programs in which the district participates are the Fresh Fruit and Vegetable Program (FFVP) in specific high poverty elementary schools, the Summer Food Service Program (SFSP), and the Supper programs for schools offering afterschool tutorial programs.* The district also operates additional nutrition-related programs and activities including *Farm to School programs, school gardens, Breakfast in the Classroom, and Grab 'n' Go Breakfast.* All schools within the district are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings

- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations (The district offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - Daily vegetable options are bundled into all grab and go meals available to students
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options such as boxed salads are provided 2-3 times a week in secondary schools
 - A reimbursable meal can be created in any service area available to students
 - Student surveys and taste testing opportunities are used in menu development
 - School announcements are used to promote and market menu options

Menus

- Menus will be posted on the district website and available on [Nutrislice](#), a free cell telephone application.
- Parents and students will have the option to download a menu app to view the menu, nutrient content, photos, carbohydrate counts and information about allergens in the fall 2015
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional
- School meals are administered by a team of child nutrition professionals
- The district child nutrition program will accommodate students with special dietary needs
- CNP staff recommends that students be allowed at least 10 minutes to eat breakfast and at least 20-30 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a reasonable and appropriate time of day. Each principal schedules meal service times.
- A recommendation for the lunch meal to follow the recess period will be made to better support learning and healthy eating
- Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA Professional Standards for Child nutrition Professionals](#). These school nutrition personnel will refer to <http://www.fns.usda.gov/tn/guide-professional-standards-school-nutrition-programs> [USDA's Professional Standards for School Nutrition Standards website](#)

to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus*. The district will make drinking water available where

school meals are served during mealtimes. Drinking fountains will be maintained on a regular basis to ensure good hygiene standards.

Competitive Foods and Beverages

The district is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet guidelines on the Pennington List <http://www.pbrc.edu/> ([Louisiana Fitkids Website: https://LouisianaFitkids.com/Home/SmartCriteria](https://LouisianaFitkids.com/Home/SmartCriteria))

School Food and Beverage Nutritional Quality and Requirements

Schools are in a unique position to influence children’s food choices on a daily basis and to contribute to the development of healthful dietary habits and preferences.

EBRPSS Child Nutrition Program Goal: *To offer nutritious, appetizing, and affordable meals to all EBRPSS students and staff.*

Philosophy:

- *Good nutrition is an important key to learning.*
- *Every student has the right to be served a nutritious breakfast and lunch at the lowest price in a clean, safe, and pleasant environment.*

Students who eat school meals learn the following:

- *Get ready for class by eating breakfast*
- *Use portion control with no super-sizing*
- *Eat fruits/vegetables with each meal*
- *Drink milk twice a day for strong bones*
- *Regularly eat whole grain foods, including brown rice*

School Food Nutritional Requirements:

*Federal and state law governs the nutritional quality of foods served in the school meal programs. For EBRPSS to comply with all applicable local, state and federal regulations, the following school food nutritional guidelines set forth in this policy will be **implemented district-wide, with a strong emphasis in grades Pre-K-8.***

The sale of foods in competition with school meals served under the School Lunch and Breakfast Programs is limited. Revised Statute 17:197.1, enacted in the 2005 Regular Session of the Louisiana Legislature established healthy standards for food and beverages sold on school grounds within the times of 30 minutes prior to the start of the normal school day and through 30 minutes after the end of a normal school day. This statute establishes nutritional standards for foods sold in schools with the approving agency being the Pennington Biomedical Research Center.

Approved snacks must meet the following nutritional guidelines: 150 calories or less per serving, 35 percent or fewer total calories from fat, 10% of total calories from saturated fat or less 30 grams or less of sugar per serving and **360 200** mg or less sodium per serving. The **approved vending list** of snack items can be found on the Pennington Biomedical Research Center website at <http://www.pbrc.edu/> ([Louisiana Fitkids Website: https://LouisianaFitkids.com/Home/SmartCriteria](https://LouisianaFitkids.com/Home/SmartCriteria)). **Fresh pastries may not be sold to students at or on the**

grounds of the public elementary and secondary schools during the school day (See definition of school day). ~~are prohibited from being sold to any students from 30 minutes prior to the start of the school day through 30 minutes after the close of the school day.~~

"Snacks" apply to all foods sold outside the school meal programs, on the school campus of public schools, at anytime during the school day and include ~~Students in Grades Pre-K to 8: €~~ concessions, canteens, snack bars, vending machines, or other food sales on a "for profit" basis. ~~shall not be permitted on the school premises until the end of the last lunch period and must be choices selected from the Pennington Approved Vending List. Any food items sold that are not on the Pennington list may only be sold to students in grades Pre-K to 8 beginning 30 minutes prior to school starting and 30 minutes after the close of school. The sale of tickets or tokens to be exchanged for items not found on the Pennington Approved Vending List~~ is not allowed during the school day. ~~constitutes the sale of the unhealthy items and must conform to the 30 minutes rule above.~~ SEE: Louisiana Guide to Smart Snacks for details:

<https://cdnlfk.pbrc.edu/pdfs/snacks/Smart%20Snacks%20Louisiana.pdf>

~~Students in Grades 9 to 12: Concessions, canteens, snack bars, vending machines, or other food sales on a "for profit" basis shall not be permitted on the school premises before the last 10 minutes of each lunch period. In schools with multiple lunch periods, the operation of food sales between lunch periods shall conform to state guidelines as outlined in this document. Beverages that may be sold to high schools students without time limitations include 100 percent fruit or vegetable juices that do not contain natural or artificial sweeteners, unsweetened flavored drinking water or unflavored drinking water, diet drinks (up to 10 cal/8 oz) and low-fat, skim, flavored and unflavored milk. When food and beverages are sold to high school students in grades 9 to 12, on the school grounds, 50 percent of the items offered must meet the content (size) and nutritional standards established in the statute and must be selected from the Pennington Approved Vending List.~~

Reimbursable Meals

1. The EBRPSS Food Service Director will assume responsibility and ensure that reimbursable School meals meet the food nutrient federal requirements as outlined in 7CFR, Part 210 and 220.
2. The EBRPSS's policy governing school meals, which specifically include school lunch programs, school breakfast programs and afternoon snack programs, will meet federal regulations and applicable recommendations based on DGA. Nutrients in meals are averaged over a school week and weekly averages will meet regulatory standards.

School Meals Requirements

- EBRPSS meals will meet, at a minimum the following:
 - One-third of the Recommended Dietary Allowance (RDA) for protein, calcium, iron, vitamin A and C at lunch, as well as, the energy allowances for the appropriate age or grade groups and one-fourth of the RDA for these nutrients at breakfast
 - Offer choice of entrée at lunch which includes:
 - 1 (minimum) in elementary schools
 - 2 in middle and high schools
 - Offer a minimum of two fluid milk choices:

Low fat (.5 to 1% butterfat) and skim (.4% or less butterfat) milk for all grade levels at breakfast and lunch

Note: 1) USDA does not require that whole milk be offered as the other options offer the same nutrient requirements without the added fat content and increased calories.

2) According to USDA regulations, milk can be flavored or unflavored. Students must be allowed to select from the milk varieties available.

- Follow the recommendations of the DGA by limiting total fat in lunch to 30% and saturated fat to 10% based on the actual number of calories, reducing the levels of sodium and cholesterol, and increasing the level of dietary fiber
 - Write lunch menus to contain .5% or less total calories from trans fats
 - Use half turkey/half beef in entrée dishes, such as spaghetti or tacos
 - Utilize blended whole-grain commodity pasta
 - Test all food items for student acceptability and nutritional quality prior to placement on menus
 - Use low-fat sliced cheese on all sandwiches
 - Specify a mixture of turkey/pork for the endless link, smoked sausage for use in regional dishes such as gumbo and jambalaya
 - Specify a turkey “breakfast” sausage patty instead of pure pork patty
 - Fry no foods; instead braise, steam or bake all foods prepared for school meals
 - Offer whole grain, low-fat desserts no more than twice a week
 - Use low-fat mayonnaise to make ranch dressing for salads
 - Provide a variety of fresh or canned fruits and vegetables
 - Purchase only 100% full-strength fruit juice
 - Assure that all grains served daily, at breakfast and lunch, are whole grains
 - Offer a minimum of 1 cup fresh or canned (in fruit juice or light syrup) fruit or 100% full strength juice at breakfast
 - Offer low-fat salad dressing in 1-2 ounce serving size
- A reimbursable lunch must include at least three of the five meal components (milk, grain, meat or meat alternate, fruit and vegetable) according to Offer vs. Serve guidelines in the Louisiana School Food Service Policy Guidance Manual. A reimbursable breakfast must include at least three of the four items offered (milk, fruit, grain, meat/protein) according to Offer vs. Serve guidelines in Louisiana School Food Service Policy Guidance Manual.
 - All schools will discourage students from sharing food items or beverages with one another during meals and snack time, as some students may have food allergies, special dietary needs, restrictions and/or limitations.
 - All students are allowed one breakfast meal and one lunch meal at no cost to the parent under USDA’s Community Eligibility Provision (CEP).
 - Food substitutions at breakfasts and lunches will be made available to students who are considered to have a disability under 7CFR part 15b. Substitutions will be made on case by case basis at the discretion of the Food Service Director and School Nurse; the need for food substitutions will be supported by a signed statement by the attending physician and/or other recognized medical authority.

Meal Times and Food Environment:

- Building principals will ensure that all students have sufficient time to eat during meal periods, with 20 – 30 minutes for breakfast and lunch. Louisiana School Food Service Policy Guidance Manual recommends a 3-hour window between the start time of breakfast and the start time of lunch meal service.
- Students will have access to hand-washing facilities and/or appropriate hand-hygiene before all meals and snacks
- Students must have access to drinking water during meal service at no charge to the student
- Dining areas will be clean, attractive and provide enough seating for all students
- The EBRPSS Food Service Director and Child Nutrition Program (CNP) Managers will ensure that required food safe practices and handling are applied to all foods purchased, prepared, stored and served to students. The Child Nutrition Program's Food Defense Plan ensures the safety of food served to student in school lunch and breakfast programs by prohibiting food items not purchased by the department from being stored in the kitchen's dry or cold storage areas. The Department of Health and Hospitals, Sanitation Code, prohibits unauthorized personnel from being in the school kitchens.
- The Food Service Director will ensure that district CNP Managers and CNP Technicians have adequate training on aspects relevant to promoting the wellness initiatives of EBRPSS

School Stores/Carts, Parties, Rewards and Fundraisers:

- The EBRPSS advocates the sale and/or serving of healthier, nutritious foods in all school stores/carts and classroom parties. School stores/carts are also encouraged to sell non-food items that appeal to specific student population in place of foods with limited nutritional value.
- The Pennington Biomedical Research Center in cooperation with the Louisiana Department of Education has developed a Smart Snacks for snacks meeting recommended criteria for all Louisiana schools.
- Use of food items as a reward for good behavior is discouraged district-wide, as it encourages over-consumption of food items high in sugar and fat, which creates a mixed message about school nutrition and wellness initiatives. Alternatives to using food as a reward should be employed whenever possible. Some suggestions for alternatives include, but are not limited to:
 - Provide extra recess time
 - Play computer game
 - Be a helper in another classroom
 - Get a free choice time at the end of the day
 - Make deliveries to the front office
 - Give a 5-minute chat break at the end of the day
 - Listen to music while working
 - Get a no homework pass

- Read to a younger class
 - Get pencils, stickers or other school supply rewards
 - Teach class for specified amount of time
 - Listen with a head set to an audio book
- The district encourages fund-raisers that promote health and wellness. FMNV should be replaced with healthier options that may include the sale of **non-food** items and nutritious foods.

VI. Physical Education (PE), Physical Activity (PA), and Health Education Requirements

EBRPSS's goal of physical education/physical activity is to develop physical literate individuals who have the knowledge who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

Age appropriate physical education is activity that utilizes movement concepts, motor skills, cognitive skills and intensity appropriate for a student's state of development.

The district believes that health, nutrition, physical education and physical activity are part of the total educational and academic framework for all students that can and will build self-esteem, enhance social development and improve overall health.

Clarification of Health Education, Physical Education, and Physical Activity:

Health Education: Health education standards are critical to improving quality of life through student learning. These standards provide direction for moving toward excellence in teaching health information. Quality health education provides guidance for maintaining a healthy lifestyle for all individuals, including those with disabilities. The health education standards allow students to become health-literate, effective problem-solvers, self-directed learners, effective communicators and responsible productive citizens.

A fundamental mission of EBRPSS schools is the promotion of healthy behaviors by providing individuals with knowledge, abilities and skills to become healthy and productive citizens. Optimal health leads to effective living, learning and enjoyment of life for all individuals. The primary purpose of health education is the translation and integration of health concepts into personal behavior.

Physical Education Programs: Opportunities to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active life style; physical education teachers assess knowledge, motor and social skills and provide instruction in a safe, supportive environment.

Physical Activity: Bodily movement of any type and may include recreational fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves. Opportunities to accumulate physical activity during the school day include time spent in physical education class, classroom-based movement, recess, walking or biking to school, and recreational sport play that occurs before, during and after school.

With the enactment of the Physical Education Handbook, State PE Standards and Grade Level Expectations the district recognizes that it may be necessary to make adjustments to meet applicable state physical education

guidelines. However, it is the intent of this policy to implement and comply with the established standards as following:

- Physical education classes and physical activity opportunities will be available for all students throughout the school year
- District leadership will align and oversee the implementation of applicable state and national physical education/activity recommendations into the district-wide PE/PA programs, as appropriate
- Use of appropriate instructional strategies that provide meaningful inclusion of all students regardless of skill or fitness level, gender, race or ethnic group
- Instruction should include a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child
- Provide maximum participation and ample practice opportunities for class activities
- Each public school that includes any of the grades kindergarten through eight shall provide at least thirty minutes each school day of quality moderate to vigorous physical activity for students
- The district will ensure that qualified, certified physical education teachers guide physical instruction in all elementary grades as well as in middle and high school physical education classes
- The district will provide staff development on standards implementation for physical education instructors
- EBRPSS has appointed a certified Health and Physical Education teacher as the district's Supervisor of Health and Physical Education and Athletics. The role of the supervisor is to oversee the physical education/physical activity programs of the district
- Students in grades Pre-K-5 will be provided with scheduled physical education either every day or on alternate days throughout the school year; instruction must be based on the LA Physical Education Curriculum Standards (<http://www.doe.state.la.us/>)
- EBRPSS provides daily recess for all children in Pre-K-5. The principal of each school sets the scheduled time on each campus. Middle schools do offer breaks in the day that are connected to lunch or may be a separate stand-alone recess.
- Students are required to complete all health and PE/PA requirements for graduation as described in Physical Education Handbook, Grade Level Expectations, published by the LDOE found on the LDOE website, (www.louisianabelieves.com)

- The Governor’s Council on Fitness and Sports hosts the annual Louisiana Elementary Schools Fitness meet each year for students between the ages of 9 and 11. The Governor’s Council has seven (7) fitness tests in which points are awarded according to the participant’s score on each test. The skills tests are as followed:
 - 1) 50-yard dash (speed)
 - 2) Pull-ups (arm strength)
 - 3) Standing long jump (leg power)
 - 4) Curl-up (abdominal strength)
 - 5) V-Sit/reach (flexibility)
 - 6) Shuttle Run (agility and speed)
 - 7) 600 yard run (cardiovascular activity)

The EBRPSS administers the Presidential Challenge to grades 1-5 to determine possible students to be on the local schools’ fitness team (3-boys and 3-girls), which compete in the EBRPSS—Elementary Fitness Meet. Upon completion of the EBR Elementary Fitness Meet, an EBR Parish Fitness team is selected. The team consists of three (3) boys and three (3) girls with the top overall scores from the EBR Parish Fitness Meet. This team will represent the EBR Parish Schools in the Louisiana Elementary Schools Fitness Meet with a chance to win the Louisiana State Elementary Fitness Meet Championship.

- The district will report to the LDOE information regarding the amount of daily PE or PA by school, grade and class.
- Teachers and other school personnel are **discouraged** from withholding physical activity and/or using physical activity as a form of punishment, as it conveys a negative message regarding physical activity. Whenever possible, alternatives to withholding physical activity should be employed.
- Students with disabilities, special needs and/or who are unable to participate in the general physical education program will be provided an adaptive physical education program or other service(s) as determined by the Individual Education Plan (IEP) and IEP team.

VII. Tobacco Policy

All tobacco products are prohibited on any school campus, school vehicle or parish school board property. School campus includes the elementary or secondary school building and buildings on that campus. School Board property shall include any portable buildings, field houses, stadiums, equipment storage areas, vacant land or any property owned, operated or leased by the board. All tobacco products are prohibited at school-sponsored functions away from school property. Tobacco advertising is prohibited in school buildings, at school functions and in school publications.

“Tobacco-Free” signs shall be displayed on school property. Notice of this policy shall be posted at the entrances to the grounds of each school and school building, and within school vehicles. School employees who violate 100% Tobacco-Free School Policy shall be referred to the Louisiana Quit-Line (1-800-QuitNow) which is a free counseling service for tobacco cessation.

Students and parents are given notice of this policy every year through the Student Rights and Responsibilities Handbook (see General Discipline Regulations: Administrator Intervention). Students and parents are required to certify that a copy of the handbook has been received and read.

As an alternative to punishing those students who are found in violation of this policy, students shall be referred to the school's health provider (Nurse, Health Center or Social Worker) for a tobacco intervention. The school's health provider shall have the option of referring the student to the Fax to Quit Louisiana Program, coordinated by the Department of Health and Hospitals Tobacco Control Program, which refers the student to the Louisiana Quit-line, a free counseling service done over the phone for tobacco cessation.

Students who violate 100% Tobacco-Free School Policy shall be disciplined following the outlines in the Student Rights and Responsibilities Handbook.

VIII. Other School-Based Wellness Initiatives

EBRPSS has taken a proactive approach to meeting the multiple and often-complex health care needs of the student population. This is supported by the contractual relationship with Health Centers in Schools to oversee the school nursing program, the school-based health center program and other population health initiatives.

The intent is to identify, develop and implement wellness and health initiatives district wide through the many opportunities that exist within Student Health Services. We recognize that school nurses, school-based health center staff, and other partners are an integral part of the overall success of the wellness initiatives; health professionals provide a venue for strengthening the wellness policies, as well as other school-based wellness initiatives. For the purpose of this policy, this section will not address the many roles and responsibilities of the school-based health program, but will focus on the following ways it augments the district's wellness initiatives:

- School-based medical providers will create a safe school environment for food-allergic students through the consistent utilization of **Voluntary Guidelines for Managing Food Allergies in Schools** training recommendations for teachers and cafeteria personnel. Members of the SHAC will randomly and periodically monitor select schools for compliance with the Voluntary Guidelines for Managing Food Allergies in Schools as well as to ensure a workable IHP exists for food-allergic students.
- **I CARE** is the alcohol, drug abuse, and violence prevention program for the district. It provides prevention coordination and intervention directly in schools through specialists who are licensed and trained to implement prevention curricula and strategies. Mandates in state law require the following:
 - ✓ Students in grades K-9 receive 16 contact hours and students in grades 10-12 receive a minimum of eight contact hours in substance abuse/prevention education
 - ✓ One hour of professional development for all school employees in substance abuse prevention (signs and symptoms, referral procedures and alternatives to discipline procedures)
 - ✓ Two hours of professional development in suicide prevention for all school employees
 - ✓ Four hours of professional development to enable school staff and personnel to detect, prevent and end bullying

- ✓ **I CARE** assists the district in meeting the above mandates by providing live workshops, online in-services, and purchasing, implementation and ongoing support of social-emotional prevention curricula in all school grades Pre-K-12.
- School-based medical and mental health staff will advocate healthier eating habits and increased physical activity by promoting the 5-2-1-0+10 concept through visual messages, as well as using the concept as a guide for nutritional counseling for students identified with unhealthy weights.
 - Five servings of fruits and vegetables each day
 - Two hours of screen time only
 - One hour of vigorous physical activity
 - Zero sugary drinks
 - + Ten hours of sleep every night
- The district will provide for health, safety and wellness news for staff and students via designated link on each school's webpage and through various communication vehicles; Health Centers in Schools will assume responsibility for updating information, coordinating with several EBRPSS departments that work in communications and publishing newsletters.
- Health Centers in Schools conducts a school system-wide influenza immunization program annually to protect the community. The goal of the program is immunize 40% of the school population.
- Health Centers in Schools staff performs an Environmental Survey four times a year that examines each physical plant of the school for cleanliness, availability of soap and towels for good hand washing by students and adults, maintenance of the automatic external defibrillators on middle and high school campuses and other important health-related areas. Team members that use the survey also monitor the efficacy of the Epi-pens that are deployed on each campus to ensure that the medication has not been outside of the temperature range that would de-activate the medication. The Wellness Coordinator reviews each set of environmental surveys for compliance and reports deficiencies to the HCS Liaison.
- EBRPSS has implemented a process that prevents the spread of disease and if disease is found, another process that involves a team of people who work to ensure student safety on campus.
- Health Centers in Schools school-based health centers follow the Louisiana Office of Public Health Best Practices for Prevention in SBHCs—Screening for Tobacco Use .
- The LSU Ag Center's Smart Bodies and Smart Choices programs are conducted with many EBRPSS elementary schools annually. **Smart Bodies** is an interactive educational program designed to help prevent childhood obesity. A joint initiative of the LSU Ag Center and Blue Cross and Blue Shield of Louisiana Foundation, **Smart Bodies** integrates classroom activities with hands-on learning to teach children how to build strong bodies and develop active minds. The **Smart Choices** program provides hands-on, interactive nutrition education with youth and adults. It is the goal of the program is to help participants to acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets; which contributes to their overall personal development.

- The OLOL Children’s Health Project “Blue Buses” deploy onto school campuses where HCS does not have full-time team members or a school-based health center.
- All teachers and school staff have access to Health Teacher, a web-based health education program as well as Go Noodle, an interactive way to get students exercising in the classroom. All of the information on the Health Teacher and Go Noodle websites has been correlated to the State of Louisiana teaching standards so that teachers can identify a way to meet the standard through the interactive program on-line.

IX. Continuous Quality Improvement/Compliance

Operational Responsibility:

The Superintendent and/or designated school personnel and SHAC members will assume operational responsibility to ensure that district-wide schools are meeting the tenets of the Wellness Initiatives.

Ongoing quality assessments and monitoring are essential to determine the effectiveness of the Wellness Initiatives and overall impact on student health and wellness. Continuous quality improvement efforts are instrumental in determining future changes to the policy and identifying areas that need improvement.

The Food Service Director will assume operational responsibility for compliance with state and federal nutritional requirements for school meals. A report of findings and/or any changes to the requirements will be made annually to the EBRPSS Superintendent and SHAC.

The district recognizes that the Wellness Initiatives set forth in this policy serve as a framework and that implementation will occur incrementally, based on priority and needs assessment(s).

An annual summary report will be made by the SHAC to EBRPSS concerning the progress toward healthier students (see Wellness Policy, III. C). This report will be issued no later than August of the next school year and include suggestions to strengthen health and wellness initiatives in the school district.

Needs Assessment and Evaluation:

The SHAC and other school personnel, as assigned, will perform a needs assessment of the school environment and Wellness Initiatives prior to implementation and periodically, thereafter. The needs assessment will assist in setting priorities for implementation of the Wellness Initiatives, as well as setting goals.

The district advocates the use of CDC’s *School Health Index (SHI)* for the initial and ongoing assessment of the school environment. Our intent is to be able to benchmark with research-based school health programs and compare data, as appropriate.

The SHI will serve as a self-assessment for identifying strengths and weaknesses of our Wellness Initiatives and school environment, specifically the modules for healthy eating, physical activity and asthma.

The SHAC may also use other data collection and assessment tools for the purposes of identifying perceived needs and/or real needs within the district that include, but are not limited to:

- School statistical reports (such Health Related Illnesses)
- Parish statistical reports
- Observations/interviews with school personnel
- Surveys for targeted groups/populations

The district may also utilize any of CDC's published Division of Adolescent and School Health (DASH) assessment tools for a particular area such as the PECAT (Physical Education Curriculum Analysis Tool) or the HECAT (Health Education Curriculum Analysis Tool).

Evaluation will be an ongoing continuous process and the basis for revision and/or changes to practices relevant to the health and wellness of students. As part of the evaluation process, the SHAC will provide a written summary of the progress and effectiveness of the Wellness Initiatives in the annual report summary each year in August.

X. Communication and Promotion

EBRPSS promotes the Wellness Initiatives by:

- Releasing information connected to the policy via various newsletters
- Providing trainings for teaching staff as well as health staff about the policy and its impact on both systems
- Sharing the policy with partners and solicit their support in promotion of the policy in schools and in the community
- Sharing successful projects on school campuses that address wellness with all schools
- Reviewing data from surveys of students, faculty and parents that has been examined by the SHAC on an annual basis
- Using data from surveys to inform and assist the SHAC in the promotion and potential revision of the Wellness Initiatives

Warren Drake, Superintendent

Barbara Freiberg, School Board President

Documents Referenced in Policy

1. Best Practices, LA OPH Preventive Screening for Use of Tobacco
2. Department of Health and Hospitals, Title 51, Louisiana Office of Public Health Sanitary Code
3. EBRPSS Tobacco Policies for Employees and Students, including Section 13 of the Student Handbook
4. EBRPSS Crisis Management Plan
5. Five-Two-One-Zero + 10 (5-2-1-0+10), used by SBHC, school nursing staff, and health and PE educational staff members
6. Glossary of Terms—School Health Advisory Council
7. Louisiana School Food Service Policy Guidance Manual
8. Pennington’s Vending Snacks meeting Recommended Criteria
9. Revised Statute 17:17D, enacted in the 2009 Regular Session of the Louisiana Legislature
10. Revised Statute 17:197.1 (2005 Louisiana Legislature)
11. Voluntary Guidelines for Managing Food Allergies in Schools

References:

- *Action for Healthy Kids: LA State Profile on Nutrition and Fitness*
- *Alliance for a Healthier Generation: School Beverage Guidelines*
- *CDC MMWR Recommendations and Reports, June 1996: Guidelines for School Health Programs to Promote Lifelong Healthy Eating*
- *Code of Federal Regulations, Title 7, Part 210*
- *Child Nutrition and WIC Reauthorization Act of 2004 - Section 204 of Public Law 108-265*
- *Food Allergy and Anaphylaxis Network*
- *LA Department of Education: Health and Safety Curriculum Standards (Bulletin 103)*
- *LA Department of Education: Physical Education Curriculum Standards (Bulletin 102)*
- *LSU Agriculture Center: Smart Bodies Program*
- *National Association of State Boards of Education Policy Update: New Guidelines on Beverages for Sale in Schools*
- *National Association for Sport and Physical Education*
- *Pennington Biomedical Center’s Vending Snacks Meeting Recommended Criteria—see website at <http://www.pbrc.edu/>*

Websites Containing Information Pertinent to this Document

East Baton Rouge Parish School System— <http://www.ebrschools.org/>
Health Centers in Schools— <http://www.schoolhealthathcs.org/>
Louisiana Fit Kids— <http://louisianafitkids.com/>
Pennington Approved Smart Snacks (in conjunction with the LDOE) can be found at https://www.pbrc.edu/training-and-education/pdf/Approved_listing.pdf
LA School Health and Safety Curriculum— www.doe.state.la.us

These websites offer information on the integration of health promotion activities into regular classroom lessons.

- ✓ www.bam.gov
- ✓ www.GrowUpHealthy.gov
- ✓ www.Actionforhealthykids.org
- ✓ www.choosemyplate.gov
- ✓ www.take10.net
- ✓ www.heart.org
- ✓ www.emc.cmich.edu/brainbreaks/
- ✓ www.HealthTeacher.com
- ✓ www.smartbodies.org/default.aspx
- ✓ www.fns.usda.gov/TN

Schools can search the websites below for information concerning healthy options for fund-raisers

- ✓ www.PTOtoday.com
- ✓ www.fundraising-ideas.com

Schools can find additional ideas to increase physical activity at the websites listed below:

- ✓ www.sparkspe.org
- ✓ www.flaghouse.com
- ✓ www.fns.usda.gov
- ✓ www.shapeamerica.org (NASPE)
- ✓ www.heart.org
- ✓ www.letsmove.gov
- ✓ www.louisiana2step.com
- ✓ www.pecentral.org
- ✓ www.healthybr.com
- ✓ www.NFLRush.com – NFL Play 60 and Fuel Up to Play 60