



**2016-2107**  
**PAVE Schools**  
**Local Wellness Policy**  
Area I - NUTRITION EDUCATION

PAVE Schools is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Setting Nutrition Education Goals

The primary goal of nutrition education, which may be defined as, “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being,”(ADA 1996) is to influence scholars’ eating behaviors.

The primary goal of nutrition education is to influence scholars’ eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, school districts should provide nutrition education that is appropriate for scholars’ ages; reflects scholars’ cultures; is integrated into subjects such as math and reading; and provides opportunities for scholars to practice skills and have fun. School districts should also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating.

Nutrition Education Goals

- Scholars in grades K-8 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the food service staff and teachers.
- Scholars receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Nutrition is integrated into the core curricula (e.g., math, science, language arts).
- Staff who provide nutrition education have appropriate training.



## Area 2 - PHYSICAL ACTIVITY

The primary goal for a school's physical activity component is to provide opportunities for every scholar to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and to teach scholars the short- and long-term impacts of a physically active and healthful lifestyle.

### Physical Activity Goals

- Scholars are given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary school scholars, and the integration of physical activity into the academic curriculum.
- School should work with the community to create an environment that is safe and supportive of scholars' physically active commuting to and from school (walk, bike, rollerblade, or skateboard).
- School encourages parents and guardians to support their children's participation in physical activity, to be physically active role models, and include physical activity in family events.
- School provides training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among scholars.
- At a minimum, scholars should have 60 minutes of physical activity on most, preferably all, days of the week.

**Area 3 – NUTRITION GUIDELINES FOR ALL FOODS & BEVERAGES AVAILABLE ON SCHOOL CAMPUS – THE SCHOOL DAY**

Scholars' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Our school must establish standards to address all foods and beverages sold or served to scholars, including those available outside of the school meal program. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Our school must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

- a) **Nutritional value of foods and beverages:** foods or beverages that should or should not be made available to scholars; standards for nutrient levels for foods or beverages; times those items may be made available.
- b) **Portion size:** the per serving amount of a food or beverage to offer to scholars.
- c) **A la carte, vending, scholar stores, or concession stands:** types of foods or beverages or nutrient standards for items that may be offered to scholars from these venues.
- d) **After-school programs, field trips, or school events:** types of foods or beverages or nutrient standards from items that may be offered to scholars from these venues
- e) **Parties, celebrations, or meetings:** types of foods or beverages and nutrient standards for items that may be offered to scholars on these occasions
- f) **Food rewards:** prohibiting the use of food as a reward or punishment
- g) **Food-related fundraising:** use of food sales in schools.
- h) **Food and beverage contracts:** agreements with food or vending companies to sell foods or beverages in schools.

**Setting Nutrition Guidelines for All Foods and Beverages Available on School Campus – The School Day – Goals**

- The school district sets guidelines for foods and beverages in a la carte sales in the food service program on school campus.
- The school district sets guidelines for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campus.
- The school district sets guidelines for foods and beverages sold as part of school-sponsored fundraising activities.
- The school district sets guidelines for refreshments served at parties, celebrations, and meetings during the school day.
- The school district makes decisions on these guidelines based on nutrition goals, not on profit-making.

## Area 4 – OTHER SCHOOL – BASED ACTIVITIES DESIGNED TO PROMOTE SCHOLAR WELLNESS - GOALS

The goal is to create a total school environment that is conducive to healthy eating and being physically active.

### -Dining Environment

- The school district provides a clean, safe, enjoyable meal environment for scholars.
- The school district provides enough space and serving areas to ensure all scholars have access to school meals with minimum wait time.
- The school district makes drinking fountains available in all schools so that scholars can get water at meals and throughout the day.
- The school district encourages all scholars participate in school meals program and protects the identity of scholars who eat free and reduced price meals.

### -Time to Eat

- The school district will ensure an adequate time for scholars to enjoy eating healthy foods with friends in school.
- The school district will schedule lunch time as near the middle of the school day as possible.
- The school district will attempt to schedule recess for elementary school before lunch so that children will come to lunch less distracted and ready to eat.

### -Food or Physical Activity as a Reward or Punishment

- The school district will prohibit the use of food as a reward or punishment in school.
- The school district will not deny scholar participation in recess or other physical activities as a form of discipline or for classroom make-up time.
- The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- The school district will make efforts to keep school or district-owned physical activity facilities open for use by scholars outside school hours.
- The school district encourages, parents, teachers, school administrators, scholars, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school district encourages and provides opportunities for scholars, teachers, and community volunteers to practice healthy eating and serve as role models in school dining areas.
- The school district will provide information and outreach materials about other FNS programs such as Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children (WIC) to scholars and parents.
- The school district encourages all scholars to participate in school meals program (i.e. the National School Lunch Program, including snacks for After School Program and School Breakfast programs).

### Area 5 – THE SCHOOL MEALS PROGRAMS

Schools play a role in helping scholars make healthy food choices. At a minimum, schools must serve reimbursable meals that meet USDA's requirements as well as follow the principles of the Dietary Guidelines for Americans.

- a) **Developing goals that exceed minimum nutrition standards set by USDA** set forth under the 7CFR Part 210 and Part 220, and meet the more rigid Healthier US School Challenge menu criteria could have a positive impact on lunch menus and childhood obesity.
- b) **Access to school nutrition programs:** all children who require food are able to obtain it in a non-stigmatizing manner.
- c) **Time and scheduling for meals:** time allotted for scholars to eat; the scheduling of mealtimes that might interfere with scholars' participation in school nutrition programs.
- d) **Surroundings for eating:** the physical setting in which scholars eat
- e) **Qualifications of food-service staff:** requirements for professional preparation or ongoing professional development for food-service staff.

#### The School Meals Program - Goals

- The school district encourages all scholars to participate in school meals program, i.e. the National School Lunch, including snacks for After School Program, and School Breakfast programs.
- The school district will provide information and outreach materials about other FNS programs such as Supplemental Nutrition Assistance Program (SNAP), and Women, Infants, and Children (WIC) to scholars and parents.
- The school district will provide opportunities for on-going professional training and development for foodservice staff in the area of: Nutrition, Serv-Safe, Hazard Analysis and Critical Control Point (HACCP)
- The school district will ensure an adequate time for scholars to enjoy eating healthy foods
- The school district provides enough space and serving area to ensure all scholars have access to school meals with minimum wait time.

The school district will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.



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## Area 6 – SETTING GOALS FOR MEASUREMENT & EVALUATION

- a) Funding support: funds to support policy implementation and/or evaluation
- b) Implementation: a plan for executing the policy, including objectives, dates and person(s) responsible
- c) Monitoring and evaluation: group or agency responsible for overseeing the policy, monitoring and evaluating implementation
- d) Communication: at a minimum, annual reporting on the status of the policy to schools, parents, the board or the community via posting on the Joy website and provided as a submission by the executive director in monthly board meeting
- e) Revision: process for making changes to the policy based on evidence of implementation or effectiveness; a person responsible for this process