

**CUMBERLAND SCHOOL DISTRICT  
STUDENT NUTRITION AND PHYSICAL ACTIVITY  
762**

The Cumberland School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

**POLICY OBJECTIVES:**

**A. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**

The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.

**B. Support and promote proper dietary habits contributing to students' health status and academic performance.**

All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District's Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety, and packaging to ensure high quality meals.

**C. Increase the amount of time students are engaged in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities, and recess. Substituting any one of these components for the others is not appropriate.

**D. The Cumberland School District is committed to improving academic performance in high-risk groups so that no child is left behind.**

Educators, administrators, parents, health practitioners, and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity, and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural, and medical) should be considered at all times to ensure that all student needs are being met so that no child is left behind.

**PART I: STUDENT NUTRITION PROTOCOL**

The Cumberland School District promotes healthy schools by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The District is committed to providing for a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Effort should be made to ensure

financial decisions do not undermine nutritional goals. Improved health optimizes student performance potential and ensures that no child is left behind.

#### PROGRAM CRITERIA:

##### **(A.) Hot Lunch/Breakfast Program:**

- ◆ The full meal program will continue to follow the U.S. Government's Nutrition Standards.
- ◆ The hot lunch/breakfast provider will be expected to make every effort to follow the District's nutrition standards when determining the items in a la carte sales.
  - A la carte foods offered should contribute to healthy eating patterns.
  - A la carte items that do not meet the District's Nutrition Standards may be acceptable when offered on an intermittent basis and/or when individual student consumption quantities are limited.

##### **(B.) Lunchroom Climate:**

- ◆ The lunchroom environment should provide students with a relaxed, enjoyable climate.
- ◆ It is recommended that the lunchroom environment be a place where students have:
  - Adequate space to eat and pleasant surroundings
  - Adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated)
  - Convenient access to hand-washing facilities before meals
  - Availability of potable water

##### **(C.) Fundraising:**

- ◆ All fundraising projects sales and distribution shall comply with established guidelines as set forth by District policy.
- ◆ All fundraising projects are encouraged to follow the District's Nutrition Standards when selecting items to be utilized for fundraising sales.
  - Items being sold that do not meet the District's nutrition standards may be acceptable for student consumption within moderation (i.e. limit quantity sold to an individual student).
  - Items being sold that do not meet the District's nutrition standards may be acceptable when offered on an intermittent basis.

##### **(D.) Teacher-to-Student Incentive:**

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District's nutritional standards.

PART 1: Student Nutrition Protocol Continued:

##### **(E.) Student Nutrition Education:**

The Cumberland School District has a comprehensive curriculum approach to nutrition in kindergarten through 12<sup>th</sup> grade. Beginning with the 2005-2006 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- ◆ Knowledge of USDA MyPlate
- ◆ Healthy diet
- ◆ Healthy heart choices
- ◆ Food labels
- ◆ Sources and variety of foods
- ◆ Major nutrients
- ◆ Guide to a healthy diet

- ◆ Multicultural influences
- ◆ Diet and disease
- ◆ Serving sizes
- ◆ Understanding calories
- ◆ Proper sanitation
- ◆ Healthy snacks
- ◆ Identify and limit junk food
- ◆ Healthy breakfast

The District’s Nutrition Policy reinforces nutrition education to help students practice these themes in a supportive school environment.

**(F.) Parent Nutrition Education:**

- ◆ Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- ◆ Nutrition education may be provided in the form of handouts, postings on the District’s website or presentations that focus on nutritional value and healthy lifestyles.

**(G.) Cumberland School District Nutrition Committee:**

A district-wide nutritional committee shall be established for the purposes of monitoring the implementation of this policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary. The committee should meet once annually with a recommended committee membership as follows:

- ◆ District Food Service Coordinator
- ◆ Dietician
- ◆ Parent representative from each school level
- ◆ Student representative from each school level
- ◆ Staff member representative from each school level
- ◆ Administrative representative, co-chair
- ◆ Physical education and health program leader, co-chair

**PART II: DISTRICT NUTRITION GUIDELINES**

The overall nutritional value of any food item and the nutrients it provides shall be the prime consideration in determining its appropriateness to the school setting. Foods sold on school ground shall be limited to those of good nutritional value, nutrient dense foods rich in the nutrient content needed to be healthy.

In an effort to encourage the consumption of nutrient dense foods and discourage the consumption of foods detrimental to student health, the district has adopted the following nutrition guidelines regarding the sale of food and beverages on school grounds. Administrators are encouraged to utilize these guidelines in the determination of appropriateness of individual food and beverage items. These guidelines apply to all sales of food to students on school grounds, excepting sales of food and beverages at special events after the conclusion of the school day.

- Foods deriving more than 35% of caloric content from fat, more than 10% from saturated fat , or any trans fats are discouraged.
- Foods whose content is more than 35% sugar by weight are discouraged.
- Milk, water and fruit juices are encouraged. Attention should be given to minimizing and/or eliminating the presence of added sweeteners in beverages.

Questions of appropriateness of food and beverage items to the school setting shall be determined by the school administrator or by an individual selected by the administrator (the food service supervisor would be an appropriate alternative).

It is recognized that there may be special occasions when the school administrator may allow a student organization to deviate from these guidelines.

LEGAL REF:

CROSS REF:

ADOPTED: August 29, 2005

REVISED: June 26, 2006, July 23, 2007, May 14, 2013