

Cleveland City Schools Wellness Policy

Table of Contents

<u>Preamble</u>	2
<u>School Wellness Committee</u>	3
<u>Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement</u>	3
<u>Physical Activity</u>	5
<u>Nutrition</u>	8
<u>Other Activities that Promote Student Wellness</u>	
<u>Glossary</u>	

Cleveland City Schools Wellness Policy

Preamble

Cleveland City School District is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among student. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;

- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

I. School Wellness Committee

Committee Role and Membership

The District will convene a representative district wellness committee (hereto referred to as the SHAC, School Health Advisory Council) that meets at least two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy.

The System Health Advisory Council (SHAC) membership will represent all school levels (elementary and secondary schools) and include, but not be limited to: parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals, and mental health and social services staff; school administrators, school board members; and other stakeholders. To the extent possible, the SHAC will include representatives from each school building and reflect the diversity of the community.

- Each school within the District will establish an ongoing Healthy School Team (HST) that convenes to review school-level issues, in coordination with the SHAC.

Leadership

The LEA must establish **Wellness Policy Leadership** of one or more LEA and/or school officials who have the authority and responsibility to ensure each school complies with the policy.

The Superintendent or designee(s), CSH (Director), and Nutrition Supervisor, will convene the SHAC and facilitate development of and updates to the wellness policy to ensure its compliance.

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that offers implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: clevelandschools.org.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the District Coordinated School Health Office and Nutrition Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including: (1) Efforts to actively solicit SHAC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and;
- Documentation of the triennial assessment of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in June, and will include **information from each school** within the District. This report will include, but is not limited to:

- Copy of the current wellness policy

- Documentation on how the policy and assessments are made available to the public
- The most recent assessment of implementation of the policy,
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.
- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with SHAC.

The annual report will be available in English.

The District will actively notify households/families of the availability of the annual report.

The SHAC, in collaboration with individual schools/HSST, will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary and secondary schools) for each of the content-specific components.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- A description of the progress made in attaining the goals of the district's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Director of Coordinated School Health.

The SHAC/HST, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The SHAC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The district will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other

ways that the district and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities. The district is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

*Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

The Physical Activity Law

- 130 minutes of physical activity each full school week for all elementary school students. Elementary schools must offer at least one period of physical activity that is at least 15 minutes each day.
- 90 minutes of physical activity each full school week for middle and high school students.
- The grade levels, elementary, middle, high, should align with how the district identifies the school.

- A district may choose to integrate more student physical activity time for elementary, middle, and high school students during the school week than what is required.
- Guidelines for Implementation:
 - Physical activity may include walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being.
 - Recess and free play activities may be used to meet the requirements.

You may include any type of classroom physical activity breaks, such as Go Noodle, Fit Wizard, Take 10!, SPARK, Energizing Brain Breaks, Fuel up to Play 60 Classroom Activity Breaks, Action for Healthy Kids Brain Breaks, Active Academics, Adventure to Fitness, Move to Learn, Take a Break!, Brain and Body Boost, Minds in Bloom, Read and Ride programs, Action Based Learning Labs, bike desks, etc.

Physical Education may count towards meeting the physical activity law, but the physical activity law shall not replace the current physical education program.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All District **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.

All District **secondary students (middle and high school)** are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments.

*Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason.

Essential Physical Activity Topics in Health Education

The District will include in the health education curriculum the following essential topics on physical activity in **all years of school**.

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching and video gaming
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids

- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Recess (Elementary)

All elementary schools will offer at least **15 minutes of recess** on all or most days during the school year. (This policy may be waived on early dismissal or late arrival days). If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5 minute) physical activity breaks to

students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

The District will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through **USDA** and the **Alliance for a Healthier Generation**. *GoNoodle.com* has been provided for **all** teachers in K-6, complements of Blue Cross/Blue Shield.

Active Transport

The District will support active transport to and from school, such as walking or biking. The District will encourage this behavior by engaging in some of the activities below, including but not limited to:

- Designation of safe or preferred routes to school
- Instruction on walking/bicycling safety provided to students
- Crossing guards are used
- Crosswalks exist on streets leading to schools
- Documentation of number of children walking and/or biking to and from school
- Creation and distribution of maps of school environment (e.g. sidewalks, crosswalks, roads, pathways, bike racks, etc.)

IV. Nutrition

Nutrition Education Goals:

Nutrition Education:

The Cleveland City School District is committed to providing school environments that promote children’s well-being and ability to learn by supporting healthy eating habits. Therefore, it is the policy of the Cleveland City School Nutrition Program that:

- The school district will engage students, parents, teachers, school nutrition professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition policy.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of student; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- All schools in our district will participate in available federal school meal programs (including the School Breakfast Program and National School Lunch Program.) Schools that qualify may participate in the after-school snack program and the Summer Food Service Program.
- All schools in our district will follow the United States Department of Agriculture Smart Snacks in schools, “All Foods Sold in Schools” standards and allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

Nutrition Promotion:

- Cleveland City Schools will offer nutrition promotion through various activities including nutrition-related parent newsletters, nutrition tidbits on school menus and healthy eating posters in dining areas, the School Nutrition Department web page, and facebook page.
- LEAs are required to review and consider evidence-based strategies determining goals for promotion.

Nutrition Education:

- Will include standards for all foods and beverages provided, but not sold, to students during the school day such as in classroom parties, classroom snacks brought by parents, or other foods given as incentives.
- Will include standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards
 - Smart Snacks in School nutrition standards
- Will be offered 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;
- Will be evident in the cafeteria/lunchroom setting by bulletin boards, posters, and menus that promote fruits, vegetables, whole grain rich products, and low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- Will include community outreach by the use of the LEAs Internet website, the School Nutrition Program facebook page, menus, and flyers;
- Will discourage teachers from using high fat, sugar, and sodium foods as rewards;
- Will offer a variety of low-fat foods;
- Will ensure that whole grain rich products are made available;
- Will promote more collaboration between food service staff and teachers;
- Will offer a variety of fruits and vegetables daily and will offer fresh fruits and vegetables at least twice per week and more as finances allow;
- Will encourage students to choose from a variety of milk offerings including fat-free flavored and unflavored, and low fat on a daily basis. Chocolate milk is fat free.

Qualifications of School Food Service Staff

Qualified nutrition professionals will administer all school meal programs. In accordance with the USDA Food and Nutrition Service Professional Standards for State and Local School Nutrition Programs Personnel as Required by the Healthy, Hunger-Free Kids Act of 2010” (80 FR 11077) on March 2, 2015, Cleveland City

Schools seek to ensure that State and local school nutrition program personnel in the National School Lunch and School Breakfast Programs have the knowledge and skills to manage and operate the programs correctly and successfully.

As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate training for child nutrition directors, cafeteria managers, and cafeteria workers, according to their levels of responsibility.

Nutritional Guidelines of Foods and Beverages Available on Campus

The health of today's school environment continues to improve. Students across the country are now offered healthier school meals with more fruits, vegetables and whole grains through the National School Lunch Program and the School Breakfast Program.

Nutrition guidelines were implemented for a la carte, vending and other foods available on the school campus effective July 1, 2006. Beginning July 1, 2014 all Cleveland City Schools began to follow the United States Department of Agriculture Smart Snacks in schools, "All Foods Sold in Schools" standards. The Smart Snacks in Schools standards published by the USDA builds on previous healthy advancements by ensuring that all other snack foods and beverages available for sale to students, anywhere on campus, are both tasty and nutritious.

Smart Snacks in Schools Nutritional Standards for Foods

Any food sold in schools must:

- Be a "whole grain rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or

- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).*

On July 1, 2016, foods may not qualify using the 10% DV criteria

Accompaniments

Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold. This helps control the amount of calories, fat, sugar and sodium added to foods.

Nutrition Standards for Beverages

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation,) and no added sweeteners.

Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

Beyond this, the standards allow additional “no calorie” and lower calorie” beverage options for high school students.

No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation ;) and other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or = 10 calories per 20 fluid ounces.

No more than 12-ounce portions of beverages with = 40 calories per 8 fluid ounces, or = 60 calories per 12 fluid ounces.

Foods must also meet several nutrient requirements:

Calorie limits: Snack items = 200 calories; Entrée items = 350 calories

Sodium limits: Snack items = 230 mg^{**}; Entrée items = 480 mg

Fat limits: Total fat = 35% of calories; Saturated fat <10% calories; Trans fat= zero grams

Sugar limit: = 35% of weight from total sugars in foods

^{**}On July 1, 2016, snack items must contain = or < 200 mg sodium per item.

Other Requirements

Fundraisers

Food items that meet nutrition requirements are not limited.

The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.

The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. Each state agency is responsible for establishing the number of exempt fundraisers that may be held in schools each year.

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 local, state, and federal regulations;
- Offer a variety of fruits and vegetables daily and will offer FRESH fruits/vegetables once per week;
- Serve a variety of milk, including fat free, low fat, flavored and unflavored, on a daily basis. The fat content of chocolate milk will be ½%;

- Ensure that whole grain products are made available

Schools should engage students and parents, through taste-tests of new entrees and surveys, in selecting foods sold through the school meal programs in order to identify acceptable new, healthful, and appealing food choices.

Breakfast: To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Schools will, to the extent possible, operate the School Breakfast Program.
- Schools will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation (i.e. Breakfast in the Classroom.)
- Schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

Meal Times and Scheduling

Schools:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Will discourage using high fat, sugar, and sodium foods as a REWARD or punishment.

V. Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Schools in the District are encouraged to coordinate content across curricular areas that promote students' health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the District's curriculum experts.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of SHAC.

All school-sponsored events will adhere to the wellness policy. All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

The District will continue relationships with community partners in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, the District will use electronic mechanisms (such as email or displaying notices on the District's website), as well as non-electronic mechanisms (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The SHAC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. Each school has identified a teacher leader who will support staff wellness and is a member of the HSST.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take include: (1) providing salad bars; (2) following FDA nutritional guidelines; (3) promoting physical activities before and after school for staff; (4) providing water at each staff meeting. The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g. increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary:

Extended School Day – time during before and after school activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

School Campus- areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus,

including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day- midnight the night before 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Rev. 6/17