

CANTON AREA SCHOOL DISTRICT WELLNESS PLAN (2/11/2021)

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CATEGORY	PERSON RESPONSIBLE	PLAN
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PART I FOOD SERVICE

National School Lunch and School Breakfast Program	Food Service Director	<p>There will be assurance provided that the guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance issued by federal law provided annually by the food service director.</p> <p>Foods provided through the National School Lunch or School Breakfast Programs shall comply with the federal nutrition standards under the School Meals Initiative.</p> <p>The school food service program will be in compliance with the USDA regulations prohibiting the sale of "Foods of Minimal Nutritional Value" where school meals are served or eaten during meal service.</p>
Free and Reduced-Priced Meals	Food Service Director	<p>The district shall provide free and reduced-priced meals to all students in accordance with terms of the National School Lunch and School Breakfast Programs.</p> <p>The district shall inform parents/guardians of the eligibility standards for free and reduced-priced meals.</p> <p>Reasonable effort shall be made to provide equal treatment for and protect the identity of students receiving free and reduced-priced meals.</p> <p>A parent/guardian shall have the right to appeal a decision regarding his/her application for free or reduced-priced meals to the Superintendent.</p> <p>Community Eligibility Provision (CEP) – Program where district received free lunches based on poverty level of the students and their families.</p>
Meal Service and the Cafeteria Environment	Food Service Director	<p>Meal periods shall be scheduled at appropriate hours, as defined by the Canton Area School District administration. Students will be provided with adequate time to eat meals: ten minutes of sit-down time for breakfast, twenty minutes of sit-down for lunch.</p>

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Meal Service and the Cafeteria Environment (con't)	Food Service Director	<p>Adequate supervision is provided in the dining areas. Students shall be provided a clean, safe environment, including adequate space.</p> <p>There will be no sale of foods in completion with the established food service program during meal hours.</p> <p>Denying meals is not a permissible student punishment.</p> <p>Marketing by the school food services will include strategies to increase the appeal of healthful food and beverage items.</p>
Continuing Education	Food Service Director	<p>The School Food Service Director shall participate in a minimum of 12 hours of professional development opportunities annually.</p> <p>All other food service staff shall complete a minimum of 6 hours of professional development annually.</p>
Inspections	Food Service Director	<p>Health and safety inspections (performed twice each year) shall provide documentation of any necessary improvements or revisions in the practice in the Food Service department.</p>
A la Carte Sales	Food Service Director	<p>Elementary students (K-6): Only meal components and Smart Snack compliant may be sold as a la carte items for breakfast and lunch. During all special events, 95% of the time a la cart items are smart snacks.</p> <p>High School (7-12): The portion size of the a la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of the school meals.</p> <p>Smart snacks must be served as a la carte</p>

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PART II NUTRITION

<p style="text-align: center; font-weight: bold;">A la Carte Foods</p> <p>** Foods of minimal nutritional value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. **</p>	<p style="text-align: center; font-weight: bold;">Food Service Director</p> <p>Foods of minimal nutritional value are defined in federal regulations as soda water, water ices, chewing gum, hard candy, Jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy-coated popcorn</p>	<p>A minimum of 75% of beverages offered will be:</p> <ul style="list-style-type: none"> - Water, unflavored - Water, flavored, non- caloric - 100% fruit juice - Milk, low-fat or non-fat, flavored or unflavored (not to exceed 30 g of sugar per 8 oz. serving) - Electrolyte replacement beverages that contain no more than 48 g of sweetener per 20 oz. unit. <p>Except for entrees, items will provide <200 calories per serving</p> <p>50% of the a la carte grain products offered will be whole grain</p> <p>A minimum of 3 fruits and 2 vegetables will be offered daily</p> <p>A minimum of 2 selections that provide >2 g of fiber will be offered daily</p> <p>A minimum of 75% of a la carte items offered will have sugar listed as the first ingredient and will provide minimal to no trans-fatty acids.</p> <p>In addition:</p> <ul style="list-style-type: none"> - <35% of calories from total fat - <10% of calories from saturated fats - <35% sugar by weight
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<p>Fundraising Events and Activities</p> <p>Fundraising events and activities should promote and encourage positive healthy habits</p> <p>** Foods of minimal nutritional value (USDA regulation 7CFR210 and 220) will not be available anytime during the school day. **</p>	<p>Administrators/Staff/Class/Club Advisors/Coaches</p>	<p>Fundraising activities of non-food items and healthy food choices is strongly encouraged.</p> <p>Fundraising activities should support physical activity events.</p> <p>Advisors/members of groups doing fundraising will be encouraged to include items of nutritious foods and non-food items.</p> <p>Fundraising activities which involve the sale of food or beverage will not take place until after the end of the last lunch period.</p> <p>The percentage of food vs non-food fundraising items should be approximately 50/50 per grade.</p> <p>Fundraising activities involving the sale of food or beverages will allow ordering, but distribution cannot take place until the end of the school day.</p>
<p>Foods from Home Snacks/meals</p> <p>School sponsored event concessions</p>	<p>Administrators Advisors/Clubs</p>	<p>Parents will be encouraged to provide nutritious meals and snacks for school and should refrain from beverages of minimal nutritional value.</p> <p>When determining an item to be made available by concessions at school sponsored events, there will be consideration for reinforcing the importance of healthy food choices</p>
<p>Marketing</p>	<p>Administrators</p>	<p>School campus marketing and advertising (including advertising and vending machines, in school stores, in the cafeteria, and on closed-circuit TV) should encourage healthy eating habits.</p>

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Classroom Parties and Holiday Celebrations	Administrator/Staff/Support Personnel	<p>Classroom parties will offer no more than 1-2 food items with sugar in any form as the first ingredient.</p> <p>Classroom parties should be planned to include some of the following:</p> <ul style="list-style-type: none">- Fresh fruits and vegetables- Whole grain products- Cheese and lower fat meats- Other nutritious snacks <p>Water, flavored non-caloric water, 100% fruit juice, or low fat milk will be the offered beverage</p> <p>Families and teachers will be provided with a list of suggested healthy snacks by the Wellness Committee. We encourage classes to use the Nutrition Group to help with classroom celebrations.</p> <p>A student celebrating a birthday may treat the classroom with any food item purchased from a bakery/store, as long as they check for allergies.</p>
Food Rewards ** Foods of Minimal Nutritional Value (USDA regulation 7CFR 210 and 220) will not be available anytime during the school day. **	Administrator/Staff/Support Personnel Wellness Committee	<p>Staff shall limit the use of food as a reward or incentive in the classroom.</p> <p>If food is used as a reward, food items described in the CASD Nutritional Guidelines for Competitive Foods will be considered.</p> <p>Special school-wide or class-wide celebrations, which are a reward, may include any food item</p> <p>Staff will be provided with a list of alternative incentive ideas that can be used as rewards in the classroom.</p>

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Vending Foods and Snacks	Administrator	Students will not have access to vending machines during the school day. Students will have access to snacks that follow Nutritional Guidelines for Competitive Foods through the Warrior Grub Hub.
After School Hours Vending Foods and Snacks		A variety of items that provide > 2g of fiber per serving will be available. At least 50% of the items offered will: <ul style="list-style-type: none"> - Not be fried - Not contain sugar as the first ingredient - Provide minimal to no trans fatty acids A minimum of 50% of the items offered will contain: <ul style="list-style-type: none"> - <35% of calories from total fat (excluding nuts, seeds, nut butters, and reduced-fat cheese) - <10% of calories from saturated fat - <35% sugar by weight 75% of the items offered will provide <220 calories per serving.
Vending Beverages	Administrator	No beverage vending is available to students during the school day.
After School Hours Vending Beverages		A minimum of 65% of the beverages offered will be: <ul style="list-style-type: none"> - Water, unflavored - Flavored water, non-caloric - 100% fruit juice Electrolyte replacement beverages that contain no more than 48g of sweetener per 20 oz. unit

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PART III NUTRITION EDUCATION

General	Classroom Teachers	Efforts to achieve these nutrition instruction goals will be coordinated with the school's nutrition and food services operations and other components of the school health program to reinforce messages on healthy eating. To maximize classroom time, nutrition concepts shall be integrated into the instruction of other subject areas where possible.
Classroom	Health/Classroom Teachers	<p>Students will gain knowledge in nutrition education through an integrated, sequential, comprehensive, standards-based programs defined by the school district's curriculum. Nutrition education is designed to enable students to formulate healthy eating habits and provide them with skills and knowledge necessary to promote and protect their health. Age-appropriate nutritional information, including benefits of healthy eating, essential nutrients, planning a healthy meal, understanding and using food labels, and understanding misinformation given about foods, will be taught.</p> <p>Healthy snacking and meal planning techniques will be taught, encouraged and practiced in Family and Consumer Science class.</p> <p>BMI and body fat analysis will be completed by the school nurse and sent home in the January report card for every student.</p> <p>Information dealing with diet (lifestyle) choices including vegetarian diets, and weight loss plans will be discussed.</p> <p>The USDA Dietary Guidelines for Americans will be discussed in health classes.</p>

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Other	School Staff/Nurses Administrators/Classroom Teachers/Outside Agencies Administrators	<p>Screening, referral and counseling for nutritional problems will be provided.</p> <p>The district will encourage programs from outside agencies and organizations that promote healthy eating habits.</p> <p>Staff responsible for nutrition education shall be adequately prepared and regularly participate in professional development activities to effectively deliver the nutrition education program as planned.</p>

PART IV PHYSICAL EDUCATION

Physical Education Classes	Administrators and Physical Education Teachers	<p>Students shall be provided with a sequential Physical Education program consistent with the PA State Board of Education curriculum standards.</p> <p>Students shall be moderately to vigorously active as much of the time as possible during a Physical Education class session. Documented medical conditions and disabilities shall be accommodated for during class.</p> <p>Certified Health and Physical Education teachers shall conduct the Physical Education classes.</p> <p>Physical Education staff shall have appropriate staff development opportunities through in-service training, conferences, and/or continued college credits.</p>
High School Graduation Requirements	Administrators	<p>Each student must have 2 credits in wellness to graduate. This will include Physical Education classes .5 credit every year and .25 health credits in grades 7, 7 and 10, with wellness in 9, 11, and 12.</p>

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Throughout the Day	Staff	All teachers shall be encouraged to integrate physical activity into the academic curriculum. (Brain breaks, move it) Teachers shall provide opportunities for students who remain indoors and inactive for 2 or more hours to have periodic breaks for standing, stretching, and physical activity.
Punishment	Staff	Teachers shall not use physical activity as a form of punishment.
Recess Elementary	Staff	Elementary students shall receive at least 10-15 minutes of activity time out of every 30 minutes mid-day recess. Elementary students shall be encouraged to complete a lap of running or power walking around the playground at the beginning of recess to increase their cardiovascular endurance. Physical activity will be strongly encouraged verbally and through the provision of adequate space and equipment.
Other High School	Administrators/Staff	High school students shall have opportunities for participation in interscholastic athletics, physical activity clubs, and intramurals in addition to planned Physical Education classes.
District	Administrators/Staff	Each year, at least one grade level of students will participate in one or more events that are centered on either nutrition or physical activity as a main component.

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Community and Family Involvement	School Nurses	School nurses will communicate body mass index results to families of students grades K-12 on an annual basis.
	Administrators/School Nurses/Staff	<p>Nutrition and wellness education will involve sharing information with families and the broader community to positively impact students and the health of the community.</p> <p>School District staff shall cooperate with community organizations and agencies to provide opportunities for appropriate student projects related to wellness.</p> <p>The school district will provide information to families that encourage them to teach their children about health and nutrition and to provide nutritious meals for their families.</p> <p>The school district will communicate information about health, fitness, and wellness to school families and community. This may be accomplished by way of newspaper articles, open house displays, written information sent home, website announcements and all calls or district wide emails and other means not mentioned.</p> <p>Students will be permitted to invite family members to join them for school meals on a periodic basis.</p> <p>The school district will look for opportunities to collaborate with the community to promote physical activity, healthy lifestyles and wellness.</p> <p>The school district will facilitate communication between families, students and community-sponsored sports and physical activities.</p> <p>The school district and community will collaborate to provide safe walking/biking routes to school:</p> <ul style="list-style-type: none"> - The school district will provide crossing guards at designated places - The school district will provide bike racks for student use - The school district provides safe and designated walkways for students on school grounds.

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Staff Wellness	Administrators/School Nurse	The school district will provide in-service training for staff on wellness topics that support personal efforts to maintain a healthy lifestyle. Such trainings will be offered during scheduled in-service days each year. The district will provide multiphasic blood testing to encourage healthy habits for staff.
Faculty Lounges	Administrators/Teachers	Staff shall be encouraged to model behaviors that promote physical activity and healthy food choices, and overall wellness for students.