



# Local School Wellness Guide

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## COORDINATED SCHOOL HEALTH (CSH)

Coordinated School Health's mission is focused on improving students' health and facilitating academic success through family, community and school support.

### The office of CSH will:

- (1) Establish and maintain state and local partnerships necessary to implement the CSH model;
- (2) create awareness regarding the effects of students' health and wellness in their academic success and prospects for future work;
- (3) maximize implementation of the CSH model within all school settings;
- (4) provide promotion to ensure access to a healthy school environment in all CMCSS schools;
- (5) provide annual evaluation and needed assessment for monitoring CSH in each school community.

### The district will be in compliance with:

- TCA 49-1-1001 through TCA 49-1-1006 Coordinated School Health Improvement Act
- TCA 49-1-1002 Authorizes LEA's to Implement CSH Program
- TCA 49-6-1022 Mandates School Health Coordinator Position at DOE

## HEALTH EDUCATION

### District Responsibilities:

- Ensure implementation of the Tennessee Health Education Standards (grades K-8) and the Tennessee Lifetime Wellness Standards (grades 9-12).

### School Responsibilities:

- Schools will provide State Department of Education adopted health and nutrition education that is a planned and sequential curriculum addressing the physical, mental, emotional, and social dimensions of health.
- Schools will provide health/nutrition education to increase student awareness of the risks associated with living a sedentary lifestyle to foster lifelong habits of healthy eating and physical activity.
- Schools will utilize community resources to promote student/staff health education and wellness.
- Schools will provide opportunities for family involvement in health education programs through quarterly Healthy School Team meetings.

*State Department of Education K-8 Health Education, K-12 Physical Education, and 9-12 Lifetime Wellness Standards:*

<http://tn.gov/education/>

The district will be in compliance with:

- TCA 49-6-1005- LEA's Approve Sex Education Courses and Instructors
- TCA 49-6-1008- LEA's Adoption of AIDS Education Programs in LEA's
- TCA 49-6-1301- Family Life Curriculum-Part Definitions
- TCA 49-6-1302- Curriculum for Family Life Education
- TCA 49-6-1303- Assistance in Teaching Family Life
- TCA 49-6-1304- Family Life Instruction
- TCA 49-6-1305 Notification of Parents and Legal Guardians- Excusing Students from Family Life Instruction
- TCA 49-6-1306- Complaint by Parent or Legal Guardian-Cause of Auction by Parent or Guardian
- TCA 49-6-1307- Instruction of Sexual Education to Comply with Part-Scientific Study of Reproductive System Permitted
- TCA 49-1-220- Urges DOE to Develop Sexual Violence Awareness Curriculum

## HEALTH SERVICES

Health services are provided and/or supervised by school health nurses to appraise, protect, and promote the health of students.

### District Responsibilities:

- Update CMCSS's Student Health Services Policy, HEA-M001, as needed and ensure that all school nurses/ substitute nursing personnel are aware of the new provisions.
- Ensure the annual completion of the required State Department of Education Health Services Report (formerly Data and Compliance Report) by all school nursing staff.
- Train all CMCSS school nurses in using PowerSchool software to access and update student health information such as immunization records, chronic health concerns, and emergency interventions.
- Follow the established procedures for obtaining health/emergency information forms (Individual Health Plans) from parents regarding their child's chronic health concerns.
- Ensure compliance of the School Health Services Policy (HEA-M001) with the Tennessee Department of Education and Tennessee Department of Health "Guidelines for Use of Health Care Professionals and Health Care Procedures in a School Setting" as indicated by TCA 49-5-415.
  - School nurse program
  - Comprising individual health plans (IHP) for students (e.g. asthma, allergy, diabetes, seizure, etc.)
  - Performing vision and hearing screenings in accordance with TCA 49-6-5004
  - Attending to health-related emergencies and concerns
  - Administration of medication and/or assisting with self-administration of medication
  - Preventing medication error
  - Compliance of immunization requirements in accordance with TCA 49-6-5001

### School Responsibilities:

- Ensure that all students attending the CMCSS school district are compliant with the immunization requirements set forth by the Department of Education and T.C.A. 49-6-5001 with respect to grade level entry.
- Ensure compliance with Guidelines for Diabetes, Asthma, Allergy, and Seizure Care in schools (HEA-F042, HEA-F036, HEA-F038, HEA-F063).
- Follow recommendations as indicated in "Guidelines for Use of Health Care Professionals and Health Care Procedures in a School Setting" as indicated in TCA 49-5-415.
- Assist CSH with the collection of yearly wellness screening data required by the State Department of Education as indicated by TCA 49-6-1501, TCA 49-6-1502, and TCA 49-

6-5004 as well as assist in reporting wellness screening results to parents/legal guardians.

The district will be in compliance with:

- TCA 10-7-504- Confidential Records
- TCA 37-10-402- Exemptions from Immunizations
- TCA 49-3-359-School Nurse Ratio to Students
- TCA 49-5-415- Allows Schools to Permit an Employee Under Contract to Assist in Self-Administration of Medications, Glucagon Policy/Food Allergy Medication Administration/Asthma Medication Administration/Student Diabetes Management/Anti-Seizure Medication Administration/Student Self-Administer Medications/Medication Storage and Record Keeping
- TCA 49-6-5001- Requires Proof of Immunization Prior to School Entry/Medical Exemption from Immunizations/Authorizes Commissioner of Health to Designate Those Diseases which Children Need to be Immunized Against
- TCA 49-6-5004- Promotion of Eye and Dental Care Awareness
- TCA 68-1-1201- TN Public School Nurse Program
- TCA 68-140-510- Training for Epinephrine Injections

*Guidelines for Use of Health Care Professionals and Health Care Procedures in a School Setting; Revised December 2014:*

<http://tn.gov/education/>

*Health Services Rules and Regulations:*

<http://tn.gov/education/>

## COUNSELING, PSYCHOLOGICAL & SOCIAL SERVICES

### District Responsibilities:

- The district will provide preventative and developmental counseling services to students in grades preK-12 as appropriate. The district will provide at minimum a yearly two-hour staff development training on violence and suicide prevention to all CMCSS teachers and principals in accordance with TCA 49-6-3004.
- The district will ensure the coordination of services to children demonstrating behavioral and emotional issues in correlation with CMCSS approved crisis intervention plans and TCA 49-6-6101.

### School Responsibilities:

- Schools shall provide counselor support to students by distributing additional information and healthcare resources to parents/legal guardians with regard to the child's emotional and mental health.
- Schools will provide referral information to students that test positive for drugs to both the student and parent/legal guardian for further evaluation through inpatient, outpatient, or community-based drug and alcohol treatment as per TCA 49-6-413.

The district will be in compliance with:

- TCA 49-6-303- Requires Schools to Employ School Counselors/Identification of Students with Mental or Emotional Disorders
- TCA 49-6-1007- Requires Character Education
- TCA 49-6-3004- Requires In-Service Training for Suicide Prevention and Mental Health
- TCA 49-6-4213- Allows Schools to Test Students for Drugs/Requires Principal or School Counselor to Provide Referral Information
- TCA 49-6-6101- Coordination of Services for Children with Behavioral/Emotional Disorders

*Tennessee Model for Comprehensive School Counseling:*

<http://tn.gov/education/>

## PHYSICAL EDUCATION & OTHER PHYSICAL ACTIVITY OPPORTUNITIES

The schools will provide State Department of Education adopted Physical Education that is a planned, sequential curriculum program that follows national standards in providing developmentally appropriate, cognitive content and learning experiences in a variety of physical activity areas such as basic movement skills; physical fitness; rhythm and dance; cooperative games; team, dual, and individual sports; tumbling and gymnastics.

The schools will provide State Department of Education adopted Lifetime Wellness Education that is a planned, sequential curriculum program that addresses Nutrition, Substance Use and Abuse, Mental Health, Family Life and Sexuality, First Aid and Safety, and Personal Fitness and Related Skills.

The schools will provide approved appropriate physical activity programs (i.e. structured recess, physical education).

### District Responsibilities:

- Coordinated School Health, will ensure the completion and submission of the Physical Activity/Physical Education (PA/PE) Compliance Report (Quarters1-4) to the State Department of Education from each individual school upon their request.
- The district will encourage and provide professional development training to all physical education teachers in grades K-12.

### School Responsibilities:

- Each school will ensure the implementation of the State of Tennessee's Department of Education Physical Education Standards for grades K-12.
- Physical activity and movement will be integrated into the curriculum when possible throughout the school day using the Take 10, Michigan Model, and GoNoodle programs for grades K-5.
- All student's grades K-12 will be provided physical activity in accordance with TCA 49-6-1021.
  - Elementary school students, a minimum of 130 minutes of physical activity per full school week and at least one fifteen (15) minute period of physical activity per day.
  - Middle and High school students, a minimum of 90 minutes per full school week.



- Physical activity may include walking, jumping rope, playing volleyball, or other forms of physical activity that promote fitness and well-being.
- As per state guidelines, each school is required to complete and submit a quarterly Physical Activity/Physical Education Compliance Report for grades K-12 (Quarter 1-4) to Coordinated School Health for review.
- Physical education and physical activity equipment on school grounds will meet the accepted safety standards for design, installation, and maintenance in order to ensure the delivery of safe play areas, facilities, and equipment in all physical education classes.
- Appropriately offer supervised structured recess to elementary school students K-5 to encourage regular physical activity.
- Students will have the opportunity to participate in supervised afterschool physical activities (i.e. President's Challenge, Cross Fit, and interscholastic athletics).

*State Department of Education Physical Education standards preK-12:*

<http://tn.gov/education/>

#### Physical Activity Goals

- **Physical Activity and Punishment.** Teachers and other school and community personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

The district will be in compliance with:

- TCA 49-6-1021- Duty of LEA's to Integrate Physical Activity in grades K-12 During School Day

## NUTRITION SERVICES/CHILD NUTRITION

### District Responsibilities:

- The School Nutrition Program will ensure the delivery of a variety of affordable, nutritious, and appealing food items focused on meeting the health and nutrition needs of students based on the reimbursable meal standards set forth by the USDA. (Appendix B)
- The district will provide the opportunity for families to apply for “Free or Reduced” breakfast and lunch programs to all students within the district based on the federal policies and guidelines set forth by the USDA. (Appendix B)
- The School Nutrition Department will provide schools with information regarding the monthly menus through website bulletin boards as well as encourage healthy choices for children in grades Pre-K-12.
- Follow the guidelines set forth by the Tennessee State Department of Education (Public Law 111-296 and 7 CFR Parts 210 and 220) for All Foods Sold in School as Required by the Healthy Hunger-Free Kids Act of 2010 (i.e. foods sold outside of reimbursable school meals, such as through vending machines, a la carte lines, fundraisers [on school premises]), in grades Pre-K-12. These regulations are effective from midnight before the official start of the school day continuing to 30 minutes after the end of the official school day. (Appendix A)

### School Responsibilities:

- Students in grades Pre-K-12 will be offered daily nutritious and affordable meals that meet the standards set forth by the USDA’s reimbursable meal criteria in all cafeteria settings.
- Nutrition education will be provided in school cafeterias through visual aids as well as by involving staff members to demonstrate effective classroom training activities with the USDA’s “My Plate”.
- Fundraisers for grades Pre-K-12, involving food items, that are conducted during the school day, shall meet the “Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010” (7 CFR Parts 210 and 220) in regards to appropriate nutrition values based on the elementary, middle, or high school standards. (Appendix A)
- Principals in each school setting are responsible for adhering to the fundraiser standards set forth by the Tennessee State Department of Education (7 CFR Parts 210 and 220).
- Vending machines (containing food items or beverages) in grades Pre-K-12 shall meet the “Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010” (7 CFR Parts 210 and 220) regarding serving size and caloric value based on appropriate school setting. (Appendix A)
- The Child Nutrition Department will provide resource materials to assist school nurses with an itemized breakdown of carbohydrate counts.

- The Child Nutrition Department will provide each student with instructional brochures at the beginning of each school year explaining the districts nutrition program, its operation, and provides contact information.
- School Nutrition Activities and monthly menus are showcased on the Child Nutrition Department's internet link at: <http://www.cmcss.net/>.

#### Nutrition Goals:

- The primary goal of Nutrition Education is to influence students eating behaviors.
- Students are provided a variety of healthy options to select from daily.
- Fresh fruits and vegetables are offered daily as well as canned fruit choices with natural fruit juices.
- Free, potable drinking water is available in all cafeterias. Bottled water is also available for purchase.
- Whole grain cereal options with reduced sugar are added to menu choices.
- Nutrition education activities are encouraged at all grade levels with an emphasis on parental involvement.
- Brochures are provided to each student explaining the Child Nutrition program in the school system and providing contact information about its operation.
- Vegetarian options are available in all schools.
- Nutrition information is provided to students, parents, and staff on the monthly menus posted on <http://www.cmcss.net/>.
- School Nutrition Activities are showcased on the Child Nutrition Department Link: of <http://www.cmcss.net/>.
- School-based marketing will be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.
- Schools will not use foods or beverages, especially those that do not meet the nutrition standards, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.
- Schools will encourage snacks offered as part of classroom celebrations and parties to emphasize fresh fruits and vegetables, whole grains, water, low-fat milk, and other foods low in fat, sugar, sodium, and caffeine.

The district will be in compliance with:

- TCA 49-6-2307 Using Local Agriculture Products for School Lunch and Breakfast Program Section 204 of Public Law 108-265; Public Law 111-296 and CFR Parts 210 and 220.

## STUDENT, FAMILY & COMMUNITY INVOLVEMENT

The schools will develop and maintain family and community involvement plans as part of their School Improvement Plans.

### District and School Responsibilities:

- Partner with parents and community members to institute programs that support nutrition education and physical activity.
- Encourage community members (e.g. students, parents, and the general public) to serve as representative of “Healthy School Teams” located in each individual school setting.
- CMCSS will notify households annually of the availability of the CMCSS Local School Wellness Policy (CSH-A001) and encourage community members to participate in its development, implementation, periodic review and update.

The district will be in compliance with:

- TCA 39-17-1505- Prohibits Possession or Purchase of Tobacco Products for Children under Age 18

## HEALTHY SCHOOL ENVIRONMENT

Healthy school environment concerns the quality of the physical and aesthetic surroundings; the psychosocial climate, safety, and culture of the school; the school safety and emergency plans; and the periodic review and testing of the factors and conditions that influence the environment.

### District Responsibilities:

- The district is responsible for annual review and/or revision of the District's Emergency Response Plan (ERP) (TCA 49-6-804).
- The district is responsible for establishing specific school safety planning and reporting to the Department of Education's School's Against Violence in Education (S.A.V.E.) Act (TCA 49-6-(801-814).
- The district is responsible for the implementation of health, safety and emergency preparedness training (i.e., basic first-aid, Cardiopulmonary Resuscitations (CPR), Automated External Defibrillator (AED), universal precautions, and blood borne pathogens) for personnel throughout the district in accordance with TCA 49-3-359.
- Conduct quarterly school security audits to evaluate the safety of all school settings.
- The district's Harassment, Intimidation, Bullying, and Hazing Policy (INS-A016) defines and prohibits the acts of harassment, intimidation, bullying, and hazing by any student, district personnel, or volunteer within a school setting as described in the CMCSS Code of Conduct, Employee Handbook, and district website (TCA 49-2-120; TCA 49-6-1015; and TCA 49-6-1017).
- The district's Harassment, Intimidation, Bullying, and Hazing Policy (INS-A016) mandates that all school/district personnel who witness bullying related acts or who are informed of allegations of such must immediately report these incidences to their school's administrator; furthermore, students should report incidences of bullying-related acts to an administrator, teacher, school risk officer, counselor, or other school/district personnel (TCA 49-6-1016).
- The district's Harassment, Intimidation, Bullying, and Hazing Policy (INS-A016) prohibits retaliation against the victim or witnesses reporting the harassment, intimidation, and/or bullying (TCA 49-6-1018).
- The district will ensure and maintain an environment free of tobacco, alcohol and/or other drugs in accordance with (TCA 39-7-1604; TCA 39-7-1803)
- The district is responsible for conducting required school inspections focused on assessing and evaluating indoor air quality of each facility (TCA 49-2-121).
- The district acknowledges and will adhere to SAF-A003 mandating student suspension for unauthorized possession/carrying of a weapon upon school district property in accordance with TCA 49-6-3401.
- Complete a chemical inventory checklist and maintain materials safety data sheets for each chemical item used throughout the district in the event of an emergency.

### School Responsibilities:

- The schools will have established School Safety Committees as part of their efforts to prevent unintentional injuries for both students and staff.
- All schools will have access to an Automated External Defibrillators (AED) in case of emergency and will be responsible in developing an emergency action plan for its use (TCA 49-2-122).
- Ensure students have access to hand-washing or hand-sanitizing before meals and snacks.
- Maintain a school environment free of tobacco, alcohol and/or other drugs.
- In adherence with CMCSS district policy SAF-A003 school principals are required to report any incidences or suspected incidences of illegal weapon possession on school grounds/buildings/structures to the appropriate law enforcement officer; furthermore, school personnel are required to report such incidences to the school principal, the designee, or the proper authorities (TCA 49-6-4209).
- In accordance with TCA 49-6-4215, CMCSS will adhere to its established Code of Conduct (STS-M001) focused on eliminating or preventing unauthorized gang activity upon school grounds/buildings/structures.
- All schools are responsible for adhering to the district's approved Student Code of Conduct (STS-M001) to ensure and maintain a safe learning environment for all students and staff (TCA 49-6-4216; TCA49-6-4301; TCA 49-6-4302).

The district will be in compliance with:

- TCA 39-17-1604- Prohibits Smoking in All Public and Private Schools
- TCA 39-17-1803- Prohibits Smoking in All Public and Private Schools
- TCA 49-2-120- Requires Hazing Policy
- TCA 49-2-121- Indoor Air Quality Inspections Encouraged in LEA Buildings
- TCA 49-2-122- Encourages all LEA's to Have AED Devices in Schools
- TCA 49-6-(801-814)- SAVE Act- Establishes Requirements for LEA's in providing a Safe School Environment
- TCA 49-6-804- Requires LEA to Develop Comprehensive Plan for School Safety
- TCA 49-6-1015- Defines Harassment, Bullying or Intimidation in a School Setting
- TCA 49-6-1016- LEA's Develop Policies for Reporting Bullying, Harassment and Intimidation
- TCA 49-6-1017- Requires LEA's to develop Policy Prohibiting Bullying, Intimidation and Harassment

- TCA 49-6-1018- Prohibits Retaliation against Person Reporting Bullying, Intimidation and/or Harassment
- TCA 49-6-1019- Encourages LEA's to Form Bullying Prevention Task Forces
- TCA 49-6-3002- Requires Education Services be provided to Hospitalized or Home Bound Students/Pregnant or Parenting Students
- TCA 49-6-3401- LEA can Suspend Student Pursuant to the LEA's in School Suspension Policy for Brining Weapons and Drugs on School Ground
- TCA 49-6-4209- Principals Have to Report Incidences of Illegal Weapons
- TCA 49-6-4215- LEA Can Promulgate Rules to Prohibit Wearing Clothing Related to Gang Activity/Local Law Enforcement Agencies Can Advise School Boards on Gang Activity
- TCA 49-6-4216- Requires LEA's to Write Policies that Ensure a Safe Learning Environment
- TCA 49-6-4301- Requires Teachers to Report any Assault or Battery
- TCA 49-6-4302- Establishment of Tennessee Safety Center/Allows LEA's to Partner with Local Law Enforcement Agencies to Hire School Resource Officers



## HEALTH PROMOTION FOR STAFF

Health promotion for staff includes opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities.

### District Responsibilities:

- Ensure each staff member throughout the district is given the opportunity to obtain a meningococcal vaccination at various school locations and central office (TCA 49-6-5005).
- Conduct voluntary health and wellness assessments (i.e., blood pressure, BMI).
- Promote programs to increase exercise, weight management, proper nutrition, and stress management through the CMCSS Onsite Employee Health and Wellness Program.
- Distribute health-promoting campaigns throughout the district.

### School Responsibilities:

- Identify a school-based Wellness Representative to distribute staff wellness material from the district to the schools.
- Promote staff wellness programs when available and where appropriate.

### The district will be in compliance with:

- TCA 49-6-5003 Hepatitis B Immunization
- TCA 49-6-5005 Meningococcal Disease/Vaccination

## DATA COLLECTION & REPORTING

The CSH/Student Wellness department takes a systematic approach to promoting student health that emphasizes needs assessment; planning based on data, sound science, and analysis of gaps and redundancies in school health programming; and evaluation.

The district will be in compliance with:

- TCA 49-2-211- Policy for Student Surveys and Evaluations
- TCA 49-6-1401- Authorizes BMI Data Collection
- TCA 49-6-1402- Mandates that DOE and DOH Develop Frameworks for a Screening Program for LEA's
- TCA 49-6-1404- Encourages LEA's with High BMI Rates to Expand Nutrition and Physical Activity Programs
- TCA 10-7-504- Confidential Records

## IMPLEMENTATION & EVALUATION

CSH and the Nutrition Department will monitor compliance with the established district-wide nutrition and physical activity wellness policy. In each school, the principal or designee will monitor compliance with the established policies within his/her school and report the school's status to CSH. The information collected through CSH's annual reporting mechanisms and School Health Index improvement plan will be reported to the Director of Schools and will be utilized to evaluate the effectiveness of the wellness policy's implementation throughout the school year. This may include the following indicators:

- Minutes of Healthy School Team meetings
- Overview of Yearly Student Wellness Screenings (Vision, Hearing, Height, Weight, Blood Pressure, BMI data, and Pacer 15 or 20)
- School Health Index scorecards
- School Breakfast and Lunch participation
- Coordinated School Health progress reports
- Physical Activity/Physical Education reports (quarterly)

**Associated Document(s):**

- TCA Codes 10, 37, 39, 49, 68
- Section 204 of Public Law 108-265 Nutrition
- School Health Indexes for Elementary, Middle and High School
- State Department of Education Health Education Standards
- State Department of Education Lifetime Wellness Education Standards
- Guidelines for Use of Health Care Professionals & Health Care Procedures in a School Setting
- Health Services Rules and Regulations
- Tennessee Model for Comprehensive School Counseling
- TN Department of Education
- Local School Wellness Policy (CSH-A001)
- Wellness Policy Assessment Tool (CSH-F007)

**Program Component Goal(s):**

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HEALTH SERVICES

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PHYSICAL EDUCATION & OTHER PHYSICAL ACTIVITY  
OPPORTUNITIES

NUTRITION SERVICES/CHILD NUTRITION

STUDENT, FAMILY & COMMUNITY INVOLVEMENT

HEALTHY SCHOOL ENVIRONMENT

HEALTH PROMOTION FOR STAFF

DATA COLLECTION & REPORTING

IMPLEMENTATION & EVALUATION

### **Appendix A**

The district will be in compliance with: Federal Register 7 CFR Parts 210 and 220. Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010 (i.e., foods sold outside of reimbursable school meals, such as through vending machines, a la carte lines, fundraisers [on school premises], school stores) in grades Pre-K through Twelfth (Pre-K-12). The regulations are effective from midnight before school starts to 30 minutes after the official school day ends.

#### **Acceptable Beverages:**

- Plain water or plain carbonated water (no size limit)
- Non-fat milk, flavored or unflavored, or unflavored 1% milk, including nutritionally equivalent milk alternatives as permitted by the school meal requirements ( $\leq 8$  fl. oz. for elementary school,  $\leq 12$  fl. oz. for middle and high schools);

- 100% fruit/vegetable juice ( $\leq 8$  fl. oz. for elementary,  $\leq 12$  fl. oz. for middle and high schools);
- 100% fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners ( $\leq 8$  fl. oz. for elementary school,  $\leq 12$  fl. oz. for middle and high schools);
- For high school only, other flavored and /or carbonated beverages ( $\leq 20$  fl. oz.) that are labeled to contain  $< 5$  calories per 8 fl. oz., or  $\leq 10$  calories per 20 fl. oz.; and
- For high school only, other flavored and/or carbonated beverages ( $\leq 12$  fl. oz.) that are labeled to contain  $\leq 40$  calories per 8 fl. oz., or  $\leq 60$  calories per 12 fl. oz.

### **Acceptable Food Items:**

Any food sold in schools must:

- Meet all of the competitive food nutrient standards;
- Be a “whole grain-rich” grain product (contains 50% or more whole grains by weight, or have whole grains as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable.
- If water is the first ingredient, the second ingredient must be one of the above.
- The following items are exempt from all nutrient standards: Fresh and frozen fruits and vegetables with no added ingredients except water; canned fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup; low sodium/no salt added canned vegetables with no added fats.
- Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.

Foods must also meet several nutrient requirements:

- Calorie limits
  - Snack items:  $\leq 200$  calories per item as served, including any added accompaniments
  - Entrée items:  $\leq 350$  calories per item as served, including any added accompaniments
- Sodium limits:
  - Snack items:  $\leq 200$  mg per item as served, including any added accompaniments
  - Entrée items:  $\leq 480$  mg per item as served, including any added accompaniments
- Fat limits:
  - Total fat:  $\leq 35\%$  of calories
  - Saturated fat:  $< 10\%$  of calories
  - Trans fat: zero grams
  - The following items are exempt from total fat and saturated fat standards:
    - Reduced fat cheese (including part-skim mozzarella); nuts, seeds, and nut/seed butters; products consisting of only dried fruit with nuts and/or

seeds with no added nutritive sweeteners or fats; seafood with no added fat; whole eggs with no added fat.

- Sugar limit:
  - ≤35% of weight from total sugars in foods
  - The following items are exempt from the sugar standard:
    - Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; dehydrated fruits or vegetables with no added nutritive sweeteners; dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries); products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
- Caffeine
  - For Elementary and Middle School, food and beverages must be caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.
  - For High School, foods and beverages may contain caffeine.



## Appendix B

### School Meals (Pre-K-12):

Reimbursable meals served through the National School Lunch and Breakfast Program will adhere to the guidelines established by the USDA and will:

- Be presented in an appealing and attractive manner to children;
- Be served in a clean and pleasant setting;
- Meet, at a minimum, the nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only unflavored 1% milk, unflavored skim milk, flavored skim milk, and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA);
- Ensure that all grains are whole grain-rich
  - A product is considered whole-grain rich if it meets the following criteria:
    - Whole grains must be the primary ingredient(s) by weight.
    - The whole grain content per ounce equivalent must be at least 8.0 grams or more.

### Breakfast (Pre-K-12):

To ensure that each student has access to breakfast, in the home or school setting, the district will:

- Operate a School Breakfast Program that follows the standards for participation as defined by the USDA;
- Arrange bus and school breakfast schedules in a manner that will encourage breakfast consumption and increase participation among students;
- Notify parents and students of the availability of National School Breakfast Program in participating schools.

### Free and Reduced-Priced Meals (Pre-K-12):

- Schools will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals by utilizing electronic identification and payment systems.
- Schools will **not** reveal the eligibility status of children with free, reduced-price, or “paid” meals regardless of income in order to promote the availability of school meals to all students, as it is illegal.