



Health & Wellness

Zachary Community School Board

ZACHARY COMMUNITY SCHOOL BOARD

SCHOOL WELLNESS POLICY

The Zachary Community School Board is committed to the optimal development of every student. The School Board believes that for students to have the opportunity to achieve personal, academic, developmental and social success, the School Board shall strive to ensure positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

It is the School Board's desire to ensure environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, the School Board shall establish goals and procedures to ensure that:

- Students in the Zachary Community public schools 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 Zachary School Board in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The Zachary School Board establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

The Zachary Community School Board shall establish a *School Health Advisory Council* (SHAC) to advise the School Board on physical activity for students, physical and health education, nutrition, and overall student health. The council members shall be appointed by the School Board and shall include parents of students and individuals representing the community, as well as school health and food service professionals. The *School Health Advisory Council* shall assist in implementation, periodic review, and updating of the *School Wellness* policy.

The Superintendent or his designee shall be responsible for assuring compliance with established district-wide nutrition and physical activity wellness policies. In each school, the principal or designee shall oversee compliance with those policies in his/her school and shall report on the school's compliance to the Superintendent or his designee.

Child Nutrition and cafeteria staff, at the school or district level, shall assess compliance with nutrition policies within school food service areas and report on this matter to the Superintendent (or if done at the school level, to the school principal).

IMPLEMENTATION

The Zachary Community School Board shall develop and maintain a plan for implementation to manage and coordinate the execution of the *School Wellness* policy. The plan shall delineate roles, responsibilities, actions and timelines specific to each school; and include information about persons responsible for making changes; 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.

This *School Wellness* policy and any progress reports shall be maintained on the Zachary Community School Board's website.

TRIENNIAL PROGRESS ASSESSMENTS

At least once every three (3) years, the Zachary Community School Board shall evaluate compliance with the *School Wellness* policy to assess the implementation of the policy and document the assessment for each school under its jurisdiction. The *School Wellness* policy shall be assessed and updated as indicated at least every three (3) years, following the triennial assessment.

RECORDKEEPING

The School Board shall retain records to document compliance with the requirements of the *School Wellness* policy at the Zachary Community School Board central office. Documentation maintained in this location shall include, but not be limited to:

- The written *School Wellness* policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the *School Wellness* policy; including an indication of who is involved in the update and methods the School Board uses to make stakeholders aware of their ability to participate on the *School Health Advisory Council*;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the *School Wellness* policy;
- Documentation demonstrating the most recent assessment on the implementation of the *School Wellness* policy has been made available to the public.

COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATIONS

The Zachary Community School Board is committed to being responsive to community input, which begins with awareness of the *School Wellness* policy. The Zachary Community School Board shall inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and application procedures, and a description of and compliance with nutrition standards. The School Board shall use electronic mechanisms, such as e-mail or displaying notices on the School Board'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 *School Wellness* policy, as well as how to get involved and support the *School Wellness* policy and activities/initiatives. The Zachary Community School Board shall ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the Zachary Community School Board and individual schools are communicating important school information with parents.

Annual Notification of Policy

The Zachary Community School Board shall actively inform families and the public each year of basic information about the *School Wellness* policy, including its content, any updates to the policy and implementation status. The Zachary Community School Board shall make this information available via the School Board's website and/or district-wide communications.

NUTRITION

School Meals

The Zachary Community School Board is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements.

All public schools within Zachary Community will participate in the *United States Department of Agriculture* (USDA) child nutrition programs, including the *National School Lunch Program* (NSLP), the *School Breakfast Program* (SBP). All public schools Zachary Community shall be committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

Water

To promote hydration, free, safe, unflavored drinking water shall be available to all students throughout the school day and throughout every school campus. The Zachary Community School Board shall make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The Zachary Community School Board is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) shall meet the nutrition standards as outlined in 7 CFR 210.11. These standards aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment

that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day shall meet or exceed the USDA nutrition standards. These standards shall apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

Food and Beverage Marketing in Schools

It is the intent of the Zachary Community School Board to protect and promote student health by restricting advertising and marketing in the schools to only those foods and beverages that are permitted to be sold on campus, consistent with this *School Wellness* policy and its implementation plan.

Other Food and Beverages Provided, but not Sold, on School Campuses

The Zachary Community School Board has developed the following guidelines for foods and beverages which are provided, but not sold, during the school day:

1. Celebrations and parties. The Zachary Community School Board will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. Classroom snacks brought by parents. The Zachary Community School Board will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. The Zachary Community School Board will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff shall receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion shall also include marketing and advertising nutritious foods and beverages to students as well as encouraging participation in school meal programs.

Nutrition Education

The Zachary Community School Board shall teach, model, encourage and support healthy eating by all students. Schools shall provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, and other school foods and nutrition-related community services;

PHYSICAL ACTIVITIES

Physical Education

The Zachary Community School Board shall 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 shall promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All Zachary Community School Board elementary (K-8) students shall receive physical education for at least 30 minutes per day throughout the school year. High school students are required to have a minimum of 1.5 Carnegie units in physical education to graduate.

The Zachary Community School Board physical education program shall promote student physical fitness through individualized fitness and activity assessments and shall use criterion-based reporting for each student.

Physical Activity

Students in grades K-8 are required by state law to receive at least thirty (30) minutes of physical activity per day. High school students shall be encouraged to incorporate physical activity into their day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program. Such programs reflect strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement. Schools shall ensure that varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

To the extent practicable, the Zachary Community School Board shall ensure that its grounds and facilities are safe, and that equipment is available to students to be active.

Classroom Physical Activity Breaks (Elementary and Secondary)

The Zachary Community School Board 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 shall be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. Teachers shall be encouraged to provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three (3) days per week. Such physical activity breaks shall complement, not substitute, for physical education class, recess, and class transition periods.

The Zachary Community School Board shall provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are also available through USDA and other organizations which promote health and wellness.

Active Academics

Teachers shall be encouraged to incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

The Zachary Community School Board shall support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers shall serve as role models by being physically active alongside the students whenever feasible.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

The Zachary Community School Board shall integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The Zachary Community School Board shall 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.

Public schools in Zachary Community shall be encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the Zachary Community School Board’s curriculum experts.

All efforts related to obtaining federal, state or other organizational recognition for efforts, or grants/funding opportunities for healthy school environments shall be coordinated with and complementary of the *School Wellness* policy, including but not limited to ensuring the involvement of the *School Health Advisory Council*.

All school-sponsored events shall adhere to the *School Wellness* policy guidelines. All school-sponsored wellness events shall include physical activity and healthy eating opportunities when appropriate.

DEFINITIONS

In accordance with 7 CFR 210.11, for purposes of this policy:

School day shall be defined as beginning at midnight until thirty (30) minutes after the official school day ends.

School campus shall be defined as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

New policy: June 2006
Revised: April 2009
Revised: September 2013

Revised: June 2017
Revised: August 2020
Revised: November 2021

Revised: July 2022

Ref: PL 108-265 (*Section 204, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004*); 42 USC 1751 et seq. (*Richard B. Russell National School Lunch Act*); 42 USC 1771 et seq. (*Child Nutrition Act of 1966*); 7 CFR 210 (*National School Lunch Program*); 7 CFR 220 (*School Breakfast Program*); La. Rev. Stat. Ann. §17:17.1, 17:197.1; Board minutes, .

APPENDIX

Guidelines for Food and Beverages Offered to Students

Healthy standards are established for foods and beverages sold on school grounds within the times of thirty (30) minutes prior to the normal school day through thirty (30) minutes after the end of the normal school day.

When food and beverage items are sold through vending, concessions, or other such sales on school grounds during the times mentioned above, the goal is that elementary and middle school children will be offered only those products that meet or exceed the content and nutritional standards established in the new **Smart Snacks Nutrition Standards**.

Beverages

Beverages that **may** be sold at any time, beginning one-half hour before the start of the school day and ending one-half after the end of the school day for public elementary and secondary schools, include the following:

- Plain water (with or without carbonation, no size limit)
- Unflavored low-fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by National School Lunch Program and School Breakfast Program
- 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; Middle and High school may sell up to 12-ounce portions of milk and juice.

For High School students the standards allow:

- 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 \leq calories per 12 fluid ounces.

Food Items

Food items which **may not** be sold to public elementary and secondary students at any time, beginning one-half before the start of the school day and ending one-half after the end of the school day, are listed below:

- Food of minimal nutritional value as defined in section 220.2 of Title 7 of the *Code of Federal Regulations (CFR)*.
- Snacks or desserts that exceed one hundred fifty (150) calories per serving, have more than thirty-five percent (35%) their calories from fat, or have more than thirty (30) grams of sugar per serving, except for unsweetened or uncoated seeds or nuts.

Pastries

Fresh pastries shall not be sold to students at public elementary and secondary schools or on the grounds of public secondary schools at any time during a period beginning one-half hour before the start of the school day and ending one-half hour after the end of the school day.

LOUISIANA GUIDE TO SMART SNACKS

Snacks	Applies to all foods sold outside the school meal programs, on the school campus of public schools, at any time during the school day. Private and Parochial schools use USDA standards only.		
General Standards	Any food sold in schools must: -Be a whole grain-rich grain product OR -Have as the first ingredient a fruit, vegetable, dairy product, protein food (meat, beans, poultry), or grain OR -Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; OR -Contain 10% of the Daily Value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber) Expires June 30, 2016.		USDA
Calories	≤150 calories per snack item		LA
Accompaniments	Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile.		USDA
Sodium	≤230 mg of sodium snack item. Effective July 1, 2016, items must contain ≤ 200 mg of sodium.		USDA
Total Fat	<35% calories from fat. R.S. 197.1 does not provide for an exemption for reduced fat cheese, seafood with no added fat, or part-skim mozzarella. Exemptions are allowed for unsweetened or uncoated nuts and seeds.		USDA and LA
Saturated Fat	<10% of calories from saturated fat		USDA
Trans Fat	0% trans fat		USDA
Sugars	<30 g of sugar per serving AND the weight of all sugars must be ≤ 35% of the serving size weight. Dried fruits or vegetables without added nutritive sweeteners, dried fruits with nutritive sweeteners for processing and/or palatability, and dried fruit with only nuts/seeds are exempt.		USDA and LA
Entrée Exemption	Schools may offer entrée items for sale as a la carte foods on the day they are served as part of the meal and the day after. These entrees are exempt from the nutrition standards on those days.		USDA
Fresh Pastries	Fresh Pastries may not be sold to students at or on the grounds of public elementary and secondary schools during the school day (See the definition of the school day).		LA
DEFINITIONS			
Definition of a school day	The school day begins at 12:00am (midnight) from the day before until 30 minutes after the end of the official school day.		USDA
Definition of school campus	All areas of the property under the jurisdiction of the school that are accessible to students during the school day.		USDA
FUNDRAISERS			
Fundraisers	Fundraisers (food and beverage items) are allowed only when items are intended for sale off the school campus.		LA
BEVERAGES			
	ELEMENTARY (GRADES K-5) AND MIDDLE SCHOOL (6-8)	HIGH SCHOOL (GRADES 9-12)	USDA
Water	Bottled water, <u>plain</u> -may be sold during the school day. No carbonated or sparkling water. No restriction on portion.	Bottled water, <u>plain</u> -may be sold during the school day. No restriction on portion.	USDA and LA
Milk	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. Grades K-5 cannot exceed an 8 fluid oz portion. Grades 6-8 cannot exceed a 12-fluid oz portion.	Unflavored low-fat milk, unflavored or flavored fat free milk, and milk alternatives. No more than a 12-fluid oz. portion.	USDA
Juice and Juice with additives	100% fruit or vegetable juices. Must have no added sugar. Grades K-5 cannot exceed an 8-fluid oz portion. Grades 6-8 cannot exceed a 12-fluid oz portion.	100% fruit or vegetable juices. Must have no added sugar. No more than a 12-fluid oz. portion.	USDA
Beverages	1. No other beverages may be sold. 2. If elementary school and middle school are located in the same building and all students have access to the middle school area, the standards for elementary school must be followed for all grades. 3. If elementary, middle, and high school students are located in the same building and all students have access to the high school area, the standards for elementary school must be followed for all grades.	At least 50% of non-milk beverages shall be water and no-calorie or low-calorie options that contain ≤10 calories per 8 oz. The other 50% can be <u>no more than</u> : 1. 20-oz of calorie-free, flavored water; and other flavored and/or carbonated beverages that contain <5 calories per 8 fluid oz or ≤10 calories per 20 fluid oz. 2. 12 oz portions of beverages with ≤40 calories per 8 fluid ounces, or ≤60 calories per 12 fluid oz. 3. If middle and high school students are in the same building and all students have access to the high school area, the standards for middle school must be followed.	USDA AND LA
Caffeine	No Caffeine is allowed for Elementary and Middle Schools.	No Caffeine Restriction.	USDA
Pennington Biomedical Research Center	Is authorized to develop and provide to interested persons, schools, or school systems, publications relating to foods which can be sold on public elementary and secondary school grounds in compliance with the provisions of this Section. The Pennington Biomedical Research Center may provide assessments of nutritional value of individual food items contemplated for sale on public school grounds.		LA



6400 Perkins Road ■ Baton Rouge, LA 70808 ■ 225.763.2500 ■ www.pbrc.edu

 @penningtonbiomedical

 @pbrcnews

 @penningtonbiomed

Pennington Biomedical Research Center in Cooperation with
the Louisiana Department of Education, Nutrition Support present:
Louisiana Smart Snacks Meeting Recommended Criteria, 06/29/2020

200 calories or less

35% of total calories from fat or less

10% of total calories from saturated fat or less

0% trans fat

The weight of all sugars must be < 35% of the serving size weight

200 mg of sodium or less per serving

NOTE: Pennington Biomedical is tasked with approving any item submitted by a vendor, principal, school parent, or interested person seeking to have an item considered for inclusion on this list. The list contains only those products that meet the USDA recommended criteria for Smart Snacks in Schools. This list is provided solely as a reference; there is not a legal requirement that only items on the list be sold. Pennington Biomedical does not endorse or promote any commercial item or entity.

<https://www.louisianafitkids.com/SmartSnacks/SmartCriteria>