

Stockton Collegiate International Schools Wellness Policies on Physical Activity and Nutrition

Stockton Collegiate Mission Statement

The mission of Stockton Collegiate International Schools is to offer the rigorous, relevant, and practical International Baccalaureate (IB) curricula and methodology to urban students grades K-12 in order to prepare them for post-secondary education and global citizenship in the 21st century. Stockton Collegiate International Schools enables students to become literate, self-motivated, competent, lifelong learners by providing a multi-cultural, student-centered environment.

Physical Activity and Health in the International Baccalaureate

Stockton Collegiate International Schools is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. At Stockton Collegiate International Schools:

- All students in grades K-12 will have opportunities and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans*.
- All students will have access to a variety of nutritious, appealing foods and access to clean, safe settings and adequate time to eat.
- Nutrition and physical education will be designed to foster lifelong habits of healthy eating and physical activity.

Nutritional Quality of Foods & Beverages Sold & Served on Campus

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children and be served in clean and safe settings;
- meet nutrition requirements established by state and federal regulations;
- include a variety of fruits and vegetables;
- include only fat-free milk and nutritionally-equivalent nondairy alternatives (as defined by USDA); and
- include whole grains such that half of the served grains are whole grain.

Free and Reduced-priced Meals Stockton Collegiate International 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.

Meal Times and Scheduling

Stockton Collegiate International Schools:

- will provide students with at least 20 minutes to eat after sitting down for lunch;
- will make every effort to schedule meal periods at appropriate times, *e.g.*, lunch should be scheduled between 11 a.m. and 1 p.m.;
- will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or sanitizing before meals or snacks; and
- will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia, high tooth decay risk).

Qualifications of School Food Service Staff As part of each school's responsibility to operate a food service program, we will provide staff development programs which include appropriate certification and/or training programs for school nutrition managers and school nutrition servers, according to their levels of responsibility.

Sharing of Foods and Beverages. Stockton Collegiate International Schools will discourage

students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods and Beverages Sold Individually (foods sold outside of reimbursable school meals: vending machines, snacks, fundraisers, school stores, etc.)

Elementary School Stockton Collegiate International Elementary School will approve and provide all food and beverage sales to students in elementary school. Given young children's limited nutrition skills, food in the elementary school will be sold as balanced meals. If available, foods and beverages sold individually should be limited to low-fat or non-fat milk, fruits, and non-fried vegetables.

Secondary School At Stockton Collegiate International Secondary School, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold as snacks, in vending machines, student stores, or as fundraisers) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

Beverages

Allowed: water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (to be defined by USDA);

Not allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine, excluding low-fat or fat-free chocolate milk (which contain trivial amounts of caffeine).

Foods

A food item sold individually:

- will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined;
- will have no more than 35% of its *weight* from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

A choice of at least two fruits and/or non-fried vegetables will be offered for any sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; 100% fruit or vegetable juice; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).

Portion Sizes:

Limit portion sizes of foods and beverages sold individually to:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities. To support children's health and school nutrition-education efforts, Stockton Collegiate fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. Stockton Collegiate will encourage fundraising activities that promote physical activity.

Snacks. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Stockton Collegiate will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The school will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards. Stockton Collegiate will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Celebrations. Stockton Collegiate will limit celebrations that involve food during the school day to no more than 2 per class per year. Each celebration should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). Stockton Collegiate will disseminate a list of healthy celebration ideas to parents and teachers.

Nutrition & Physical Activity Promotion & Food Marketing

Nutrition Education and Promotion. Stockton Collegiate International Schools aims to teach, encourage, and support healthy eating by students; therefore, Stockton Collegiate will 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;
- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise); and
- teaches media literacy with an emphasis on food marketing.

Integrating Physical Activity into the Classroom Setting. Students need to learn to be active at least 60 minutes per day (the nationally-recommended amount of daily physical activity) and to fully embrace regular physical activity as a personal behavior. Toward that end:

- Stockton Collegiate will provide suggestions to families and students about how to be physically active outside the school day;
- physical education curriculum will teach the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- opportunities for physical activity will be incorporated into other subject lessons; and classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. Stockton Collegiate will provide parents with nutrition information and the nutrient analyses of school menus. Stockton Collegiate will also encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The schools will provide parents a list of foods that meet the district's snack standards.

Stockton Collegiate will provide information about physical education and support parents' efforts to provide their children with opportunities to be physically active outside of school.

Food Marketing in Schools. School-based marketing, if any, will be consistent with nutrition education and health promotion. As such, Stockton Collegiate will limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and

beverages sold individually (above). 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.

Examples of marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities. Marketing activities that promote healthful behaviors (and are therefore allowable) include: vending machine covers promoting water; pricing structures that promote healthy snack options; or sales of fruit for fundraisers; and coupons for discount gym memberships.

Physical Activity Opportunities and Physical Education

Daily Physical Education (P.E.) K-10. All students in grades K-10, including students with disabilities, special health-care needs, and in alternative educational settings, will receive physical education instruction as outlined by the IB Primary Years in *Personal, Social and Physical Education Scope and Sequence* and Middle Years Program in *Physical and Health Education Guide*. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

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 as punishment.

Monitoring and Policy Review

Monitoring. The Head of School or designee will ensure compliance with established school-wide nutrition and physical activity wellness policies. School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Head of School or designee.

Policy Review. Assessment of the wellness policy will be conducted every three years to review policy compliance, assess progress, and determine areas in need of improvement. The school will, as necessary, revise the wellness policy and develop plans to facilitate the implementation.

Selected Bibliography

Dietary Guidelines for Americans 2005

Dietary Guidelines for Americans 2015-2020
<http://health.gov/dietaryguidelines/2015/guidelines/>

Nutrition Standards in the National School Lunch and School Breakfast Programs
<https://www.federalregister.gov/articles/2012/01/26/2012-1010/nutrition-standards-in-the-national-school-lunch-and-school-breakfast-programs>

School Meals: Building Blocks for Healthy Children
Committee on Nutrition Standards for National School Lunch and Breakfast Programs

School Meals: Nutrition Standards for School Meals

USDA Food and Nutrition Services

<http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

School Menu Planning Options

California Department of Education

<http://www.cde.ca.gov/ls/nu/he/smi.asp>