

ONEIDA NATION SCHOOL SYSTEM

Oneida Nation Elementary

P.O. Box 365
N7125 Seminary Road
Oneida, WI 54155
(920) 869-1676
FAX (920) 869-1684



Oneida Nation High School

P.O. Box 365
N7210 Seminary Road
Oneida, WI 54155
(920) 869-4308
FAX (920) 869-4045

ONEIDA NATION SCHOOL DISTRICT WELLNESS POLICY

Policy Statement:

Students who practice good nutrition attend school with minds and bodies ready to take advantage of their learning environment. The Oneida Nation School System encourages all members of the school community to help create an environment for students that supports healthy, lifelong eating habits. Decisions made district wide in regard to food and beverages need to reflect and encourage positive nutrition messages and healthy food choices.

Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults. To ensure the health and well being of all students, it is the policy of the Oneida Nation Schools to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Ensure that food sales/parties for students are held during hours that will not conflict with the lunch and breakfast programs. The Oneida Nation School district operates under the National School Lunch, National School Breakfast and National After School Snack program regulations.
3. Support and promote proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the district nutrition guidelines. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals. Encourage all staff to focus on the Dietary Guidelines for Americans.
4. Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
5. Coordinate school food service with the healthy lifestyles policy to reinforce messages about healthy eating and to insure that foods offered promote good nutrition and contribute to the development of lifelong, healthy eating habits.
6. Provide school staff involved in nutrition education and in supporting a healthy school environment, with adequate pre-service and ongoing inservice training that focuses on strategies for behavioral change.
7. Involve family members and the community in supporting and reinforcing nutrition education and the promotion of healthy eating and lifestyles.
8. Regularly evaluate the effectiveness of the healthy lifestyles policy in promoting healthy eating and change the program as appropriate to increase its effectiveness.

FOOD SERVICE NUTRITIONAL GUIDELINES

(Grades Pre-K - 8)

The following nutritional guidelines apply to all students in grades Pre-K - 8.

- **Water Consumption**

Encourage increased consumption of water throughout the day. Staff members should be particularly sensitive to student needs for water during periods of hot weather. The principal may want to authorize students to carry water bottles during the school day, using the suggested water bottle policy shown below. Teachers may need to call for extra water breaks too. Even during periods of moderate temperature, staff members should remind students of the value of consuming water.

Water sales should be a significant option through school vending and concession services. Water should be available during mealtimes, at least through water fountains.

Water Bottle Policy

Each area shall determine when students may bring water bottles for use during school and establish a policy for whether or not bottles may be refilled during school time.

- I. Water bottles must be clear and have secure caps
- II. Students may not share water bottles.
- III. Empty bottles should on a regular basis be recycled (if appropriate) or discarded.
- IV. Students misusing water bottles will be subject to disciplinary actions.
- V. Teachers have discretion in determining classroom use.
- VI. Water bottles may not be used in computer labs, science labs and the library.

- **Fat Content**

Foods from reimbursable meals shall, over the course of five days, derive no more than 30% of their total calories from fat and less than 10% of total calories from saturated fats. These recommendations are consistent with federal mandates.

- **Content from Added Sugars**

No individual item served by food service as part of a traditional meal, as an ala cart item or as a snack item may contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.

- **Milk Products**

Milk will be promoted during all meals. Milk will be available to students bringing sack lunches. Both unflavored and flavored milk will be available during the school meal program. No products will be served which derive more than one-third of their weight from added sugars. Low-fat (1%) and non-fat (skim) forms of milk will be featured in single-serving sizes whenever possible. Whole milk or lactose-free milk will be available when medically indicated.

- **Juice-based Drinks**

Pure juice may be available as an additional beverage during the school breakfast time

Other juice-based drinks without added sugars (e.g., juice diluted with water or flavored waters) may be served. No sweetener-based "juice drinks" or sport drinks which derive more than one-third of their weight from added sugars will be served during mealtimes.

In all cases, single-serving sizes will be featured.

Children who bring sack lunches from home are encouraged to bring 100% juice or water with them instead of consuming heavily sweetened juice drinks and sport drinks

- **Soda Pop**
No soda pop will be allowed during the school day including students bringing lunches or snacks. Staff may not take pop outside the staff lounge.
- **Caffeine and Additives**
Products containing caffeine will not be available during mealtimes. An exception will be made for chocolate (chocolate milk).

Food service will be sensitive to the presence of dyes, sulfites, MSG and other additives to food by limiting their use whenever possible or finding alternative products that have fewer additives. Food service will follow federal guidelines regarding sodium content in all food served.

SCHOOL NUTRITION IMPLEMENTATION SCHEDULE

School Year 2005-06	IN-SCHOOL FOCUS <ul style="list-style-type: none"> • Healthy snacks that meet District Nutrition Standards • Healthy rewards that meet District Nutrition Standards • Beverage and vending guidelines: 50% of offerings meet District Nutrition Standards • Selective Pricing • Begin process for setting outside “school fundraising procedures”
School Year 2006-07	OUTSIDE OF SCHOOL FUNDRAISING <ul style="list-style-type: none"> • After school/before school food/beverage sales: 75% of offerings meet District Nutrition Standards • School supporters (PTO/POPS) food/beverage sales: 75% of offerings meet District Nutrition Standards • Selective Pricing • Beverage and vending guidelines: 75% of offerings meet District Nutrition Standards
School Year 2007-08	SPORTING EVENTS <ul style="list-style-type: none"> • Concession offerings: 75% of offerings meet District Nutrition Standards • Selective pricing
School Year 2008-09	HEALTHY CHOICES AND FOODS THAT MEET DISTRICT NUTRITION STANDARDS SERVED IN SCHOOL, OUTSIDE SCHOOL AND AT SPORTING EVENTS.

GUIDELINES FOR FOOD AND BEVERAGES OFFERED TO STUDENTS AT SCHOOL FUNCTIONS

The Oneida Nation School System encourages the use of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. At any school function (parties, celebrations, feasts, sporting events, etc.) Healthy food choice options should be available. Some suggested foods are listed below:

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen Fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix (dried fruits and nuts)
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Low-fat meats and cheese sandwiches (use low-fat mayonnaise in chicken/tuna salads)
- Party mix (variety of cereals, nuts, pretzels, etc.)
- Low-sodium crackers
- Baked corn chips & fat-free potato chips with salsa and low-fat dips (Ranch, French Onion, bean, etc.)
- Low-fat muffins, granola bars and cookies
- Angel food and sponge cakes
- Flavored yogurt & fruit parfaits
- Jell-O made with fruit or fruit juice, and low-fat pudding cups
- Low-fat ice creams, frozen yogurts, sherbets
- Low-fat and skim milk products
- Pure ice cold water

Fundraising Activities and Concessions

Any fundraising requires administrative approval. To create a school environment that supports the promotion of healthy food and beverage choices for children, it is important to consider all venues where food and beverages are consumed or sold. The following recommendations are made to promote healthy choices for children related to fundraising activities supported by the school:

- Offer only non-food items as the items that raise funds such as books, gift wrap, candles, plants, flowers, school promotional items, etc.
- Whenever food and beverages are sold that raise funds for the school, include at least some healthy food choices.

Organizations operating concessions at school functions should include at least some healthy food choices in their offering. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Learning Incentives

The use of foods of minimal nutritional value as learning incentives should be kept to a minimum, and healthy food choices or non-food items should be substituted.

Foods of Minimal Nutritional Value as Defined by USDA:

- Soda Water - any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.
- Water Ices - any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum - any flavored products form natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies - any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients.

- Hard Candy - a product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.

DISTRICT NUTRITION STANDARDS

The Oneida Nation School System strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale of food, beverages and candy on school grounds. Sites are encouraged to study these standards and develop building policy using the following District Nutrition Standards as minimal guidelines.

Food:

- any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
- It is recognized that there may be rare special occasions when the school principal may allow a school group to deviate from these guidelines.
- Encourage the consumption of nutrient dense foods, i.e., whole grains, fresh fruits and vegetables.

Beverages:

- Vending sales of pop or artificially sweetened drinks will not be permitted on school grounds.
- The nonvending sale of pop or artificially sweetened drinks will not be permitted on school grounds both prior to the start of the school day and throughout the instructional day, but will be permitted at those special school events that begin after the conclusion of the instructional day.
- The vending sale of beverages, other than soda, with less than 10% fruit juice may begin at the conclusion of the instructional day
- Milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day. This standard will be phase-in over the next three school years in the following manner:
 - I. 2005-06 School Year: Milk, water and beverages containing 10% fruit juice with artificial sweetener may be sold on school grounds both prior to and throughout the instructional day.
 - II. 2006-07 School Year: Milk, water and beverages containing 25% fruit juice may be sold on school grounds both prior to and throughout the instructional day.
 - III. 2007-08 School Year: Milk, water and beverages containing 100% fruit juice may be sold on school grounds both prior to and throughout the instructional day.

Candy:

- Vending sales of candy will not be permitted on school grounds.
- Nonvending sales of candy will be permitted at the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose {dextrose}, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar {sucrose}, syrup) listed as one of the first two ingredients.

STUDENT NUTRITION PROCEDURES

The Oneida Nation School System promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment.

The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

Hot Lunch/Breakfast Program:

- The full meal program will continue to follow the U.S. Government's Nutrition Standards.
- The Hot/Lunch/Breakfast provider will be expected to make every effort to follow the District Nutrition Standards when determining the items in ala carte sales.
 - I. Ala Carte items that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student).
 - II. Ala Carte items that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Lunchroom Climate:

- A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
- It is encouraged that the lunchroom environment be a place where students have:
 - I. adequate space to eat and pleasant surroundings;
 - II. adequate time for meals (the American Food Service Association recommends at least 20 minutes for lunch from the time they are seated); and
 - III. convenient access to hand washing facilities before meals.

Fundraising:

- All fundraising projects are encouraged to follow the District Nutrition Standards
- All fundraising projects for sale and consumption within and prior to the instructional day will be expected to make every effort to follow the District Nutrition Standards when determining the items being sold.
 - I. Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student)
 - II. Items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis.

Teacher -to-Student Incentive:

Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Should teachers feel compelled to utilize food items as an incentive, they are encouraged to adhere to the District Nutritional Standards.

Student Nutrition Education:

The Oneida Nation School System has a comprehensive curriculum approach to nutrition in kindergarten through ninth grade. Beginning with the 2005-06 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

- | | |
|----------------------------------|-------------------------------|
| *Knowledge of food guide pyramid | *Healthy diet |
| *Healthy heart choices | *Food labels |
| *Sources and variety of foods | *Major nutrients |
| *Guide to a healthy diet | *Multi cultural influences |
| *Diet and disease | *Serving sizes |
| *Understanding calories | *Proper sanitation |
| *Healthy snacks | *Identify and limit junk food |
| *Healthy breakfast | |

The District nutrition policy reinforces nutrition education to help students practice these themes in a supportive school environment.

Parent Nutrition Education:

- Nutrition education will be provided to parents beginning at the elementary level. The goal will be to continue to educate parents throughout the middle and high school levels.
- Nutrition education may be provided in the form of handouts, postings on the District website, or presentations that focus on nutritional value and healthy lifestyles.

Oneida Nation School System Nutrition Committee:

With the purposes of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary, it is recommended that a District-wide nutrition committee be established. The committee would meet a minimum of two times annually with committee membership as follows:

- District Food Service coordinator
- Dietician
- Staff member representative from each school level
- Administrative Representative, Co-Chair
- Physical Education and Health Program Leader, Co-Chair

STUDENT NUTRITION AND PHYSICAL ACTIVITY

The Oneida Nation School System promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

- Provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors.** The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. A healthy school environment should not be dependent on revenue from high-fat, low nutrient foods to support school programs.
- Support and promote proper dietary habits contributing to students' health status and academic performance.** All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District Nutrition Standards. Emphasis should be placed on foods that are nutrient dense per calorie. Foods should be served with consideration toward variety, appeal, taste, safety and packaging to ensure high quality meals.
- Increase the amount of time students are engaged in physical activity.** A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be included in a school's daily education program from grades pre-K through 12. Physical activity should include regular instructional physical education, co-curricular activities and recess. Substituting any one of these components for the others is not appropriate.
- The Oneida Nation School System is committed to improving academic performance in high-risk groups so that no child is left behind.** Educators, administrators, parents, health practitioners and communities must all acknowledge the critical role student health plays in academic stamina and performance and adapt the school environment to ensure students' basic nourishment and activity needs are met. Research highlighting the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn should be highlighted to ensure widespread understanding of the benefits to healthy school environments. The diversity of the student population (e.g., economic, religious, minority, cultural and medical) should be considered at all times to ensure that all student needs are being met so that no child is left behind.