

STUDENT WELLNESS PROGRAM

Pioneer Career and Technology Center recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school. The following Student Wellness Program details how Pioneer CTC works to achieve this goal.

School Meals

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

1. be appealing and attractive to children;
2. be served in clean and pleasant settings;
3. meet, at a minimum, nutrition requirements established by local, State, and Federal statutes and regulations;
4. offer a variety of fruits and vegetables;
5. serve only 2% or less milk and
6. efforts will be made to make half of the served grains, whole grain.

Breakfast – To ensure that all children have breakfast available, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, Pioneer Career and Technology Center:

1. will operate the School Breakfast Program.
2. will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation.
3. will notify parents and students of the availability of the School Breakfast Program.
4. will encourage parents to provide a healthy breakfast for their children.

Free and Reduced-Price Meals – Pioneer Career and Technology Center 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. Toward this end, schools will utilize electronic identification and payment systems, and promote the availability of school meals to all students.

Meal Times and Scheduling – Pioneer CTC:

1. will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
2. should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 am and 1 pm;
3. should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
4. will schedule lunch periods to follow recess periods (in elementary schools) when able;
5. will provide students access to hand washing or hand sanitizing before they eat meals or snacks and
6. should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Sharing of Foods and Beverages – Pioneer CTC should 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 (i.e., foods sold outside of reimbursable school meals, such as through vending machines, cafeteria a la carte lines, school stores, etc.) All foods and beverages sold individually outside the reimbursable school meal programs (including those sold through a la carte (snack) lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

1. Beverages Recommended

Recommended: 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.

2. Foods

Pioneer CTC will make efforts to limit sodium and fat content in any food sold individually.

3. Portion Sizes

A. Limit portion sizes of foods and beverages sold individually to those listed below:

- 1.) One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
- 2.) One ounce for cookies;
- 3.) Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- 4.) Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- 5.) Eight ounces for non-frozen yogurt and
- 6.) 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.

Rewards– Pioneer CTC should refrain from using foods or beverages that do not meet the nutritional standards for foods and beverages sold individually (above), as rewards for academic performance, physical education performance, or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Nutrition Education and Promotion – Pioneer Career and Technology Center aims to teach, encourage and support healthy eating by students and should provide nutrition education and engage in nutrition promotion that:

1. Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices and
2. emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise).

Integrating Physical Activity into the Classroom Setting – For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education.

Staff Wellness- Pioneer Career and Technology Center highly values the health and well-being of every staff member and will assist in the development of activities that support personal efforts by staff to maintain a healthy lifestyle through use of available facilities.

Pioneer CTC should discourage extended periods (i.e., periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.