

Anchorage Public School Health and Wellness Plan

Local School Wellness Policy (LSWP) requirements were established by the Child Nutrition and WIC Reauthorization Act of 2004, and further strengthened by the final ruling of the Healthy, Hunger-Free Kids Act (HHFKA) in August 2016. It requires each local education agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a local school district wellness policy that promotes the health of students and addresses the growing problem of childhood obesity.

In response to this legislation, Anchorage School has formed a School Health & Wellness Committee, which is comprised of the Health and PE teachers, Director of Food Services, School Nurse, School Administrator, School Counselor, Instructional Programs Coordinator, and parent representative. This committee works to review and implement the School Wellness Plan, as well as address a wide range of health and wellness issues. This includes setting goals for nutrition education and physical activity, recommending nutrition standards, and promoting student and staff wellness throughout the school.

Commitment to Nutrition

The Anchorage Public School is committed to providing a school environment that enhances learning and development of lifelong wellness practices. One of its goals is to ensure that all staff and parents work together to serve as positive role models for good nutrition.

Quality Meals

The goals of the Anchorage School Child Nutrition program are to comply with state, local, and federal guidelines for nutrition, to be accessible to all children, and to comply with wellness policy goals. Further, the school provides food and beverages consistent with Dietary Guidelines for Americans and strictly follows safety and security guidelines. Anchorage School strives to provide a safe, comfortable and pleasing eating environment for its students.

The District operates under USDA regulations for all of its school food programs.

Other Healthy Food Options

All foods and beverages, sold individually outside the reimbursable school meal program, will meet the nutrition and portion requirements listed below.

These nutrition and portion requirements meet the USDA's "Smart Snack" regulations for individual sales. A link to the "Smart Snack" site is found in the Resource section at the end of the Wellness Plan.

Beverages

Allowed: water without added sweeteners, fruit and vegetable juices that contain 100% real fruit/vegetable juice and that do not contain added sweeteners, unflavored 1% and

fat-free milk, and fat-free flavored milk.

Not Allowed: soft drinks that contain caloric sweeteners, sports drinks, iced teas, fruit based drinks, which contain less than 100% real fruit juice or added caloric sweeteners, beverages containing caffeine (excluding fat-free chocolate milk).

Foods

Any food item sold will have no more than:

- 30% of its calories from fat (excluding nuts, seeds, and peanut butter)
- 32% of its weight from added sugars
- 300 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items
- 450 mg of sodium per serving for pastas, meats and soups
- 600 mg of sodium for pizza, sandwiches and main dishes

A choice of at least two fruits and/or non-fried vegetables will be available for lunch, as well as when the school offers food for purchase. Such items will include, but are not limited to fresh fruits and vegetables, 100% fruit or vegetable juice, and cooked, dried or canned fruit or vegetables.

Water is available for lunch, and throughout the school day. Filtered water machines may be found at specific locations in the school.

Portion Sizes:

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

- 2 oz. for chips, popcorn, crackers, cereal, trail mix, nuts, seeds, dried fruit or jerky
- 1 oz. for cookies
- 2 oz. for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items
- 4 fluid oz. for frozen desserts, including, but not limited to low-fat or fat-free ice cream
- 8 oz. for non-frozen yogurt
- 8 oz. for beverages, elementary school, excluding water
- 12 oz. for beverages, middle school, excluding water

The portion size for a la carte entrees and side dishes will not be greater than the size of comparable portions offered as part of school meals.

Nutrition and Substance Abuse Education

Posters with positive images about nutrition and healthy eating are displayed in the cafeteria area. An Anchorage 'report card' on nutrition and physical activity is posted during the year on the lunchroom site.

Anchorage Public School Health classes utilize the K-5 "Great Body Shop" Health curriculum, and the Health classes 6-8 utilize the "Health Smart" curriculum series. Both of these series have strong nutrition and wellness units. The Health Education program

has age-appropriate substance-abuse curricula that includes drug, alcohol, smoking and vaping, and aligns with the Kentucky Health Academic Standards. A law enforcement officer addresses this topic in 7th grade. Addendums A and B provide an outline of these curricula.

Marketing

School-based marketing will be consistent with nutrition education and health promotion. As such, Anchorage School 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. This includes the school athletic events concession stand. School-based marketing, sales and fundraising, which promote predominantly low-nutrition foods and beverages, are prohibited.

Consistent messages to students, staff, and other community members about a healthy school environment will come from the school website and emails, monthly school lunch menus, Health and PE classes, as well as the Anchorage School “report card” on nutrition and physical activity posted on the lunchroom website. Anchorage School prohibits the advertising of less nutritious food or beverage choices; focusing instead on healthy choices.

Staff Wellness

Anchorage School values the health and well-being of all staff members, and supports their personal efforts to maintain a healthy lifestyle. Some of the support activities include, but are not limited to providing health seminars, encouraging staff to take part in state insurance wellness programs, walking challenges, biometric screenings and onsite flu vaccinations, and fun, collaborative weight management activities.

Screenings

Vision and Hearing screenings are completed yearly per state guidelines. Grades 1, 2 and 3 receive a hearing screening. Grades 3 and 5 receive vision screening. Any student for whom there is a concern may be referred for screening.

Classroom Snacks

Anchorage School will provide information and suggestions to parents regarding best practices in school nutrition for snacks and celebrations through the parent-student handbook and cafeteria and school website. Please see the “Smart Snack” link at the end of this plan. It is encouraged that food not be used as a reward for behavior or accomplishment. When food/beverage items are used for celebrations or incentives, such items shall comply with nutritional guidelines set out in Kentucky Administrative Regulations. (See link below.) As a healthy example to students and the community in general, the concession stand at games will house healthy snacks and low-sugar drinks, with no sodas or candy.

Birthday Celebrations

Room Parents are encouraged to bring healthy treats, as well as to combine birthday celebrations throughout the year, to reduce the number of food experiences for students.

A list of Smart Snacks may be found at the link found in the resource section of the Wellness Plan.

Sharing of Foods and Beverages

Given concerns about allergies and other dietary restrictions, children are encouraged not to share foods or beverages with one another during meal or snack times.

School Physical Education and Activity Guidelines

Physical Education builds interest and proficiency in various skills, encourages self-discipline, develops motor skills, and promotes various activities that can be carried out over the course of students' lives. All Physical Education staff at Anchorage Public School are certified by the State of Kentucky. Students in class will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. Activities used in P.E. class will be age appropriate for each grade level (K-8). Class physical activity time on days when students do not have scheduled Physical Education class will not be withheld as a disciplinary consequence. Class physical activity time will be spent in some form of physical activity such as organized games and play. The Physical Education classes for School Year 2019-2020, per the master schedule, has all students K-8 with 120 minutes of Physical Education/Health per week.

Extra-Curricular Sports

Anchorage Public School offers extra-curricular activities such as:

- 5th - 8th grade girls' field hockey
- 5th - 8th grade coed soccer
- 5th - 8th grade boys' and girls' basketball
- 5th - 8th grade girls' & boys' track and field
- K – 8th grade girls' & boys' cross country
- 5th - 8th grade girls' & boys' lacrosse

Recommendations for Home and Family Physical Activity

Anchorage Public School encourages families to take part in physical activities together. Some suggestions for families are:

- Setting aside a night each week for family walks, jogging, or biking.
- Encouraging children to join a team sport.
- Planning family outings around fitness activities keeping it fun.
- Walking or biking to school together.

Community Opportunities for Physical Activity:

Anchorage is fortunate to have a large number of opportunities in the metro area for team and individual sports such as football, basketball, soccer, swimming, tennis, lacrosse, and gymnastics, to name a few. Anchorage School Community offers club sports that includes soccer, basketball, lacrosse, field hockey, swimming, and tennis.

Wellness Plan Review

Following the Board Review of the District Wellness Policy and Plan, the Wellness Committee will review the District/School Wellness Plan, as well as the latest national

recommendations pertaining to school health, and will update the plan accordingly.

Resources

USDA Nutrition Standards for School Lunch

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

Standards for Smart Snacks <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/celebrations>

Addendum A

The Great Body Shop - Curriculum Resource

Published by The Children's Health Network

THE GREAT BODY SHOP is a fully comprehensive health curriculum that meets the needs and standards of school districts everywhere. Our comprehensive approach includes topics that cover all aspects of physical, mental, social, emotional health and

safety. The Great Body Shop promotes wellness through the integration of ten health content strands including substance abuse and violence prevention, injury and personal safety, fitness and nutrition, disease and illness prevention, body systems, growth & development, illness & disease prevention and consumer and environmental health. Social and emotional learning, as well as substance abuse and violence prevention skills and messages are integrated into every unit. Students take the module magazine home with them for discussion with parents.

Kindergarten Substance Abuse Prevention

- Defining drugs and medicines
- Knowing the importance of saying no
- Identifying dangerous substances
- Practicing identifying different drugs (tobacco, alcohol)
- Following drug safety rules
- Drugs vs. non-drugs
- Drug effects
- Where to go for help
- Refusal skills
- Predicting consequences
- Medicine rules

1st grade Substance Abuse Prevention

- Identifying drugs (tobacco, alcohol, medicines)
- Knowing the effects of drugs
- Locating trusted adults for help
- Respecting community helpers
- Rules, laws to prevent drug abuse
- Routines for healthy living
- Refusal skills
- Predicting consequences of not following medicine rules

2nd grade Substance Abuse Prevention

- Identifying drug types (nicotine, alcohol, street drugs)
- Knowing the importance of healthy choices
- Practicing changing habits
- Positive ways to solve problems
- Knowing the effects of drugs on family and community
- Drug-free and safe communities
- Refusal skills

3rd grade Substance Abuse Prevention

- Defining a drug-free and safe community
- Rules and laws for medicines and drugs
- Personal strategies for drug safety
- Drug addiction (nicotine, alcohol, street drugs, medicines)
- How values help prevent drug abuse
- Predicting the consequences of becoming addicted to drugs
- Practicing refusal skills
- Set goals for drug-free living

4th grade Substance Abuse Prevention

- Effects of smoking
- Difficulty of changing habits
- Addictions: physical and psychological
- Advertising and other influences on behavior
- Second-hand smoke
- Identify drugs and effects on the body
- Value of being drug-free
- Drug/HIV link
- Refusal skills
- Finding resources for help
- Developmental assets

5th grade Substance Abuse Prevention

- Use, misuse, and abuse of drugs
- Short- and long-term effects of drugs
- Why drugs won't solve problems
- Practicing positive values (self-respect, responsibility, honesty)
- Media influences
- Positive social behaviors
- Alcoholism
- Developmental assets
- HIV and IV drug use
- Medical problems and prescription drug risk
- Protective factors
- Legal and illegal drugs
- Developmental assets
- Steroids

Addendum B

Health Smart – Middle School Substance Abuse Curriculum Resource

Publisher: ETR Associates

Tobacco, Alcohol & Other Drug Prevention

The Tobacco, Alcohol & Other Drug Prevention unit addresses the risks and consequences of tobacco, alcohol and other drug use and supports students' efforts to be drug free. The unit helps students achieve the following Healthy Behavior Outcomes:

- Avoid using (or experimenting with) any form of tobacco.
- Avoid secondhand smoke.
- Support a tobacco-free environment.
- Support others to be tobacco free.

- Avoid misuse and abuse of over-the-counter and prescription drugs.
- Avoid experimentation with alcohol and other drugs
- Avoid the use of alcohol.
- Avoid the use of illegal drugs.
- Support others to be alcohol and drug free.

Students review how tobacco, alcohol, marijuana, and medicine misuse and abuse affect the body, and examine the influences of media, friends and family on drug use. They learn how to resist negative peer pressure and use peer power to support and encourage others to be drug free. As an example, they interview a parent or guardian about his or her feelings toward tobacco, alcohol and other drug use. Activities such as these increase knowledge and build skills to help students avoid drug use.