

Anchorage Independent 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 a school parent, Health and PE teachers, Director of Food Services, School Nurse, School Administrator, and School Counselor and parent representative. This committee works to review and implement the School Wellness policy, as well as addressing a wide range of health and wellness issues. This includes setting goals for nutrition education and physical activity, nutrition standards and promoting student and staff wellness throughout the school.

Wellness Plan

Nutrition

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 Anchorage School Child Nutrition program will comply with state, local, and federal guidelines for nutrition. The program will be accessible to all children, and comply with wellness policy goals. Further, the school provides foods 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 shall operate 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.

Individual Food and Beverage Nutrition Requirements

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 at least 100% real fruit/vegetable juice and that do not contain added sweeteners, unflavored milk 1% or fat free 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 offered at any location on the school site where food is sold. Such items will include, but are not limited to fresh fruits and vegetables, 100% fruit or vegetable juice, fruit based drinks that contain at least 50% real fruit juice and do not contain added caloric sweeteners, cooked, dried or canned fruit or vegetables.

Water will be 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.

Food and beverage items will not be used as rewards or incentives to motivate behavior or classroom performance unless dictated in a child's Individual Education Plan or 504 Plan. When food/beverage items are used as rewards, such items shall comply with nutritional guidelines set out in Kentucky Administrative Regulations.

Nutrition Education

Posters with positive images about nutrition and healthy eating are displayed. 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 grades 6-8 utilize the "Health Smart" curriculum series. Both of these series have strong nutrition and wellness units. 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.

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 or 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 Go 365 Wellness Programs, walking challenges, biometric screenings, and making flu vaccinations available on site, as well as 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. This may be found on the lunchroom website.

Birthday Celebrations:

Room Parents are encouraged to bring healthy treats as well as combining 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 2019-20, per the master schedule, has all students K-8 with 120 minutes of PE per week.

Extra-Curricular Sports

Anchorage Public School provides extra-curricular activities such as:

- 5th - 8th grade field hockey
- 5th - 8th grade boys' and girls' soccer

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

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 activities around fitness, keeping it fun.

Community Opportunities for Physical Activity:

Anchorage is fortunate to have large number of opportunities in the metro area for team and individual sports such as football, basketball, soccer, swimming, tennis, lacrosse, and gymnastics, and dance to name a few. Anchorage School Community offers club sports that includes K-5th soccer, K-5th basketball, fencing, lacrosse, golf and tennis.

Wellness Plan Review

Following the Board Review of the District Wellness Policy, the Wellness Committee will review the District/School Wellness Plan, as well as the latest federal and state recommendations pertaining to school health and wellness, 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://education.ky.gov/federal/SCN/Pages/Smart-Snacks.aspx>