

**ESSEX COUNTY SCHOOLS OF TECHNOLOGY**

# **2019 WELLNESS PLAN**

*Health & Wellness*



# Essex County Schools of Technology Wellness Policy

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## Essex County Schools of Technology Wellness Policy

*This district-level wellness policy meets the minimum Federal standards for local school wellness policy implementation under the Healthy, Hunger-Free Kids Act of 2010, the Alliance for a Healthier Generation Healthy Schools Program “Bronze”-level recognition criteria, and minimum best practice standards accepted in the education and public health fields.*

### Preamble

Essex County Schools of Technology (hereto referred to as the District) is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.<sup>1,2,3,4,5,6,7</sup> Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.<sup>8,9,10</sup> In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.<sup>11,12,13,14</sup>

This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the District.

## 2019 WELLNESS GOALS

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

√	All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP).
√	The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued.
√	The District will actively notify the public about the content of or any updates to the wellness policy annually.
√	All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.
√	The District will make available to parents and teachers a list of healthy alternative Smart Snacks fundraising ideas.
√	All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards
√	The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards
√	The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.
√	Schools 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.
√	Schools will ensure that varied physical activities/opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).
√	The District will protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.
√	To the extent practicable, the District will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.
√	The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

**ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY**

√	The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary.
√	The District will continue to collaborate with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.
√	The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.
√	The DWC will have a staff wellness representative that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.

**I. School Wellness Committee**

***Committee Role and Membership***

The District will convene a representative district wellness committee (hereto referred to as the DWC or work within an existing school health committee) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all schools and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health education teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., superintendent, principal, vice principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives from each school building and reflect the diversity of the community.

- *Each school within the District will establish an ongoing School Wellness Committee (SWC) that convenes to review school-level issues, in coordination with the DWC.]*

***Leadership***

The Superintendent or designee(s) will convene the DWC and facilitate development of and updates to the wellness policy and will ensure each school’s compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

Name	Title	Email address	Role
<b>James Pedersen</b>	Superintendent	<a href="mailto:jpetersen@essextech.org">jpetersen@essextech.org</a>	DWC
<b>Dixiana Carbonell</b>	Assistant Superintendent	<a href="mailto:dcarbonell@essextech.org">dcarbonell@essextech.org</a>	DWC
<b>Lori Tanner</b>	Board Secretary	<a href="mailto:ltanner@essextech.org">ltanner@essextech.org</a>	DWC
<b>Bernetta Davis</b>	Business Administrator	<a href="mailto:bdavis@essextech.org">bdavis@essextech.org</a>	DWC Policy Contact
<b>Gerhard Sanchez</b>	Director of Athletics & PE/Health	<a href="mailto:gsanchez@essextech.org">gsanchez@essextech.org</a>	DWC/SWC
<b>Michael Venezia</b>	Director of HR	<a href="mailto:mvenezia@essextech.org">mvenezia@essextech.org</a>	DWC
<b>Toni Pinkett</b>	Special Projects Facilitator	<a href="mailto:tpinkett@essextech.org">tpinkett@essextech.org</a>	DWC
<b>Danielle Stallings</b>	Maschios Food Services, Inc.	<a href="mailto:dstallings@maschiofood.com">dstallings@maschiofood.com</a>	DWC/SWC
<b>Delores Wallace</b>	Parent Coordinator/ Wellness Coordinator	<a href="mailto:dwallace@essextech.org">dwallace@essextech.org</a>	DWC/SWC
<b>Eric Love</b>	Payne Tech Principal	<a href="mailto:elove@essextech.org">elove@essextech.org</a>	DWC/SWC Policy Coordinator
<b>Carmen Morales</b>	Newark Tech Principal	<a href="mailto:cmorales@essextech.org">cmorales@essextech.org</a>	DWC/SWC Policy Coordinator
<b>Ayisha Robinson</b>	West Caldwell Tech Principal	<a href="mailto:arobinson@essextech.org">arobinson@essextech.org</a>	DWC/SWC Policy Coordinator
<b>Bonnie Rogers</b>	Nurse	<a href="mailto:brogers@essextech.org">brogers@essextech.org</a>	DWC

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school level wellness policy coordinators.

## **II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement**

### ***Implementation Plan***

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to each school, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: <https://www.essextech.org/policies-public-information/>

### ***Recordkeeping***

The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices, 60 Nelson Place, 1 North, Newark, NJ. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit DWC membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and
- Documentation of the triennial assessment\* of the policy for each school under its jurisdiction;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

### ***Annual Progress Reports***

The District will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the district in meeting wellness goals. This annual report will be published around the same time each year in July and will include information from each school within the District. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated District policy leader(s) identified in Section I; and
- Information on how individuals and the public can get involved with the DWC or SWC.

The annual report will be available in English, Spanish, French Creole, & Portuguese.

The District, in collaboration with the individual schools, will actively notify households/families of the availability of the annual report.

The DWC, *in collaboration with individual schools/SWCs,* will establish and monitor goals and objectives for the District's schools, specific and appropriate for each instructional unit (elementary or secondary OR elementary, middle, and high school, as appropriate), for each of the content-specific components listed in Sections III-V of this policy.

- *The District will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs or BMI, or psycho-social measures such as self-reported "connectedness," or other school climate measures. If needed, the District will collaborate with local research institutions and universities.*
- *The District will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meals programs, income reported from competitive food sales, fundraising revenues, and other such information, as feasible.*

### **Triennial Progress Assessments**

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy;
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is:

**Bernetta Davis**  
**Essex County Schools of Technology**  
**Business Administrator**  
[bdavis@essextech.org](mailto:bdavis@essextech.org)  
**(973) 412-2078**

- ✓ The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.
- ✓ The District will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updating the Policy**

The DWC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**



**Community Involvement, Outreach, and Communications**

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of DWC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district’s website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

**III. Nutrition**

**School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer’s specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities including:

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**ESSEX COUNTY SCHOOLS OF TECHNOLOGY**

**Additional Nutrition-Related Programs and Activities**

- ✓ **Culinary Arts: Farm to Table**
- ✓ **Urban Farm to Table Summer Youth Employment – Partners: Rutgers University & City of Newark**
- ✓ **2019 Global Youth Institute hosted by the World Food Prize**
- ✓ **ECST/ECC Youth Summer Program: Junior Chef Culinary Arts Bootcamp**
- ✓ **Special Services Summer Program: Academics & CTE (Culinary Arts)**

- ✓ **Physical Education (GR 9-12)**
- ✓ **Health & Wellness Education (GR 9 & 11)**
- ✓ **School Greenhouse**
- ✓ **Partners with Whole Foods/Whole Kids Foundation**
- ✓ **Certified Bee Keepers Program**
- ✓ **CASE AgScience Program**
- ✓ **Stone Barn Teacher Institute & Field Trips**
- ✓ **Aero Farms Partnership**
- ✓ **Slow Foods Winter Market**

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
  - Sliced or cut fruit is available daily
  - Daily fruit options are displayed in a location in the line of sight and reach of students
  - All available vegetable options have been given creative or descriptive names
  - Daily vegetable options are bundled into all grab and go meals available to students
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
  - White milk is placed in front of other beverages in all coolers
  - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
  - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
  - Student surveys and taste testing opportunities are used to inform menu development, dining space decor, and promotional ideas
  - Student artwork is displayed in the service and/or dining areas
  - Daily announcements are used to promote and market menu options

*Additionally:*

- *Menus will be posted on the District website or individual school websites and will include nutrient content and ingredients.*
- *Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.*
- *School meals are administered by a team of child nutrition professionals.*
- *The District child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.*
- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

### **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day\* and throughout every school campus\* ("school campus" and "school day" are defined in the glossary). The District will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

- *Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.*
- *All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.]*

### **Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the school campus\* during the school day\* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day\* will meet or exceed the USDA Smart Snacks nutrition standards and the [Healthy, Hunger-Free Kids Act of 2010](#). These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Use the Smart Snack calculator below to see if your product meets the USDA's Smart Snacks in School nutrition standards\* .

<https://foodplanner.healthiergeneration.org/calculator/>

## What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

**Celebrations and Rewards**

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. The district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The District will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

*[Meets HSP Silver]*



**HEALTHY FOOD IDEAS**

**School Snacks, Celebrations and Family Events.** Snack time, celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices. When food is a part of the school day or a special event, offer a variety of healthy options including fruits, vegetables, whole grains, low-fat/fat-free dairy products and water.

**Fruits**

- Fresh whole or sliced fruit assortment
- Fruit salad or kabobs
- Dried fruit or 100% fruit leathers
- Frozen fruit (try frozen grapes!)
- Sliced apples with cinnamon
- Unsweetened applesauce
- 100% fruit popsicles
- Banana pops — bananas, sliced in half, popsicle sticks inserted, rolled in yogurt and whole grain cereal toppings and frozen

**Grains**

- Low-fat popcorn
- Whole-grain bagel slices, muffins or pita with hummus
- Whole grain rice cakes
- Low-fat breakfast or granola bars

**Low-Fat & Fat-Free Dairy**

- String cheese
- Cottage cheese cups
- Yogurt (try squeezable!)
- Yogurt smoothies or parfaits

**Vegetables**

- Raw vegetables (baby carrots, sugar snap peas, sliced bell peppers and more) with low-fat dip
- Celery topped with low-fat cream cheese and 100% fruit preserves or nut butter and raisins
- Edamame — boiled soybeans served in the pods
- Dips: guacamole, hummus, salsa, bean dip, honey mustard, low-fat ranch, low-fat yogurt

**Drinks**

- Water — try infusing with fruit!
- 1% low-fat or fat-free milk
- 100% fruit juice (serve in small half-cup portions due to high sugar content)
- Sparkling punch (seltzer and 100% juice)

**ACTION FOR HEALTHY KIDS**



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## Healthy Snack & Beverage Ideas\*

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit – trays, salads or kabobs
- Fresh vegetables – trays, salads or kabobs
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits – freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Small whole grain waffles or pancakes topped with fruit or nut or seed butter
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Nut or seed butter and jelly sandwiches on whole grain bread
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Whole grain cereal bars
- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

\*Check ingredient statements and nutrition information to ensure items meet the USDA Smart Snacks in School nutrition standards. Ensure food allergies of any participants are known before serving any food item.

Pair foods together for an afternoon snack to power youth up for their activities, whether that is physical activity or educational activities. Combine a lean protein with a fruit or vegetable, such as sunflower seeds dried raisins. Or a low-fat dairy food and whole-grain rich choice, like string cheese and whole grain crackers. Try low-fat dairy and fruit – yogurt and strawberries. Pair a whole-grain rich food with a lean protein by spreading hummus on a whole grain tortilla. Or serve a whole-grain rich food and vegetable, such as a whole grain cereal bar and cherry tomatoes. Get creative!

For more information on healthy snacking or finding healthy snacks and beverages, visit [healthiergeneration.org](http://healthiergeneration.org)




**Fundraising**

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus\* during the school day\*. The District will make available to parents and teachers a list of healthy fundraising ideas [examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)].

HEALTHY FUNDRAISING SOLUTIONS CONTINUED

**CREATIVE FUNDRAISING IDEAS**  
 There are many examples of creative fundraisers that support your school or afterschool program while also supporting a healthy environment for kids. Here are a few of our favorites:

  
**GET KIDS MOVING**

Host a walk-, run-, bike-, dance-, skate-a-thon or a 5K color run


Organize a Zumba, dance or yoga night

Visit an ice skating rink

Hold a jump rope or hula hoop competition

Create a team sports tournament for youth and their families

Hold a field day at school and encourage youth and families to form teams and compete

  
**SPARK CREATIVITY**

Host a talent show

Hold a yard sale or auction where youth, staff and parents donate items


Ask local businesses to donate:

- a portion of sales of healthy menu items
- products or services to an auction
- event tickets to a raffle

Sell school-branded promotional items such as t-shirts or water bottles

Organize a student art or craft fair

Hold a coin drive competition between classrooms

  
**SUPPORT HEALTHY EATING**

Hold a "Taste of Your Town" event and invite local chefs to donate healthy dishes

Sell cookbooks with healthy recipes donated from parents, students and staff


Host a healthy cooking class and ask a local chef to donate his/her time

Sell healthy snacks made by youth after school\*


Create a healthy family night and invite parents to attend and enjoy a healthy meal with their children and school or program staff

Hold a youth healthy cooking competition and ask local grocery stores to donate food to keep costs down

\*Foods or beverages sold as fundraisers should meet the USDA's Smart Snacks in School nutrition standards. Consider reaching out to your School Nutrition Program to set up cooperative purchasing of Smart Snacks compliant products.



For more information on healthy fundraising, visit [HealthierGeneration.org](http://HealthierGeneration.org)



**Nutrition Promotion**

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent



nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at [www.healthiergeneration.org/smartsnacks](http://www.healthiergeneration.org/smartsnacks).

**Nutrition Education**

The District aims to teach, model, encourage, and support healthy eating by students. Schools 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;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teach media literacy with an emphasis on food and beverage marketing; and
- Include nutrition education training for teachers and other staff.

**Essential Healthy Eating Topics in Health Education**

The District will include in the health education curriculum the following essential topics on healthy eating:

TOPIC	COURSE NAME	UNIT NUMBER & TITLE
The relationship between healthy eating and personal health and disease prevention	Health III	Unit 1: A Healthy Foundation
Food guidance from <a href="#">MyPlate</a>	Health III	Unit 4: Nutrition
Reading and using USDA's food labels	Health III	Unit 4: Nutrition
Eating a variety of foods every day	Health III	Unit 4: Nutrition

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<b>Balancing food intake and physical activity</b>	Health III	Unit 1: A Healthy Foundation
<b>Eating more fruits, vegetables, and whole grain products</b>	Health III	Unit 4: Nutrition
<b>Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain <i>trans</i> fat</b>	Health III	Unit 4: Nutrition
<b>Choosing foods and beverages with little added sugars</b>	Health III	Unit 4: Nutrition
<b>Eating more calcium-rich foods</b>	Health III	Unit 4: Nutrition
<b>Preparing healthy meals and snacks</b>	Health III	Unit 4: Nutrition
<b>Risks of unhealthy weight control practices</b>	Health III	Unit 1: A Healthy Foundation
<b>Accepting body size differences</b>	Health III	Unit 1: A Healthy Foundation
<b>Food safety</b>	Health III	Unit 4: Nutrition
<b>Importance of water consumption</b>	Health III	Unit 4: Nutrition
<b>Importance of eating breakfast</b>	Health III	Unit 4: Nutrition
<b>Making healthy choices when eating at restaurants</b>	Health III	Unit 4: Nutrition
<b>Eating disorders</b>		
<b>The Dietary Guidelines for Americans</b>	Health III	Unit 4: Nutrition
<b>Reducing sodium intake</b>	Health III	Unit 4: Nutrition
<b>Social influences on healthy eating, including media, family, peers, and culture</b>	Health III	Unit 2: Healthy Decision Making and Goal Setting
<b>How to find valid information or services related to nutrition and dietary behavior</b>	Health III	Unit 2: Healthy Decision Making and Goal Setting
<b>How to develop a plan and track progress toward achieving a personal goal to eat healthfully</b>	Health III	Unit 2: Healthy Decision Making and Goal Setting
<b>Resisting peer pressure related to unhealthy dietary behavior</b>	Health III	Unit 1: A Healthy Foundation
<b>Influencing, supporting, or advocating for others' healthy dietary behavior</b>	Health III	Unit 2: Healthy Decision Making and Goal Setting

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

### ***Food and Beverage Marketing in Schools***

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined<sup>15</sup> as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, districts will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

## **IV. Physical Activity**

Children and adolescents should participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based

physical activity program (CSPAP) that includes these components: physical education, clubs, sports programs, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in “Physical Education” subsection).

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

**Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection).

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

*All District secondary students are required to take physical education throughout all secondary school years.*

**Essential Physical Activity Topics in Health Education**

The District will include in the PE/health education curriculum the following essential topics on physical activity:

TOPIC	COURSE TITLE	UNIT NUMBER & TITLE
<b>The physical, psychological, or social benefits of physical activity.</b>	PE I-IV	Unit 1: Foundations of Wellness, Teambuilding & Character Education
<b>How physical activity can contribute to a healthy weight.</b>	PE I-IV	Unit 1: Foundations of Wellness, Teambuilding & Character Education
<b>How physical activity can contribute to the academic learning process.</b>	PE I-IV	Unit 1: Foundations of Wellness, Teambuilding & Character Education
<b>How an inactive lifestyle contributes to chronic disease.</b>	PE I-IV	Unit 1: Foundations of Wellness, Teambuilding & Character Education

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<b>Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.</b>	PE I-IV	Unit 2: FITT
<b>Differences between physical activity, exercise, and fitness.</b>	PE I-IV	Unit 2: FITT
<b>Phases of an exercise session, that is, warm up, workout, and cool down.</b>	PE I-IV	Unit 2: FITT
<b>Overcoming barriers to physical activity.</b>	PE I-IV	Unit 3: Individual Physical Activities
<b>Decreasing sedentary activities, such as TV watching.</b>	PE I-IV	Unit 3: Individual Physical Activities
<b>Opportunities for physical activity in the community.</b>	PE I-IV	Unit 3: Individual Physical Activities
<b>Preventing injury during physical activity.</b>	PE I-IV	Unit 2: FITT
<b>Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active.</b>	PE I-IV	Unit 5: Team Sports
<b>How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity.</b>	PE I-IV	Unit 3: Individual Physical Activities
<b>Developing an individualized physical activity and fitness plan.</b>	PE I-IV	Unit 2: FITT
<b>Monitoring progress toward reaching goals in an individualized physical activity plan.</b>	PE I-IV	Unit 2: FITT
<b>Dangers of using performance-enhancing drugs, such as steroids.</b>	Health III	Unit 5: Medicine & Drugs
<b>Social influences on physical activity, including media, family, peers, and culture.</b>	Health III	Unit 2: Healthy Decision Making & Goal Setting
<b>How to find valid information or services related to physical activity and fitness</b>	PE I-IV	Unit 4: Dance & Movement
<b>How to influence, support, or advocate for others to engage in physical activity.</b>	PE I-IV	Unit 5: Team Sports
<b>How to resist peer pressure that discourages physical activity.</b>	PE I-IV	Unit 1: Foundations of Wellness, Teambuilding & Character Education

***Before and After School Activities***

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by:

- Freshmen, JV, and Varsity Sports: Boys/Girls- Soccer, Intramural/Indoor Track, Basketball, Volleyball, Bowling
- Over 30 clubs districtwide
- CTSO-Career & Technical Student Organizations
- After-School and Summer Enrichment Programs
- Competitions
- College Level Programs
- Weight Room – Strength/Endurance/Flexibility Conditioning

**V. Other Activities that Promote Student Wellness**

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the DWC/SWC.

All school-sponsored events will adhere to the wellness policy.

***Community Partnerships***

The District will continue to collaborate with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

***Community Health Promotion and Engagement***

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed

and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, the District will use electronic mechanisms (such as email or displaying notices on the district’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

### ***Staff Wellness and Health Promotion***

The DWC will have a staff wellness representative that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader’s name is Michael Venezia.

### ***Professional Learning***

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

### ***Glossary:***

**Extended School Day** - time during before and afterschool activities that includes clubs, intramural sports, band and choir practice, drama rehearsals, etc.

**School Campus** - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** - midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

## Appendix A: School Level Contacts

School	Name	Title	Email Address	Role
Essex County Payne Tech	Eric Love	Principal	<a href="mailto:elove@essextech.org">elove@essextech.org</a>	SWC Policy Coordinator
Essex County Newark Tech	Carmen Morales	Principal	<a href="mailto:cmorales@essextech.org">cmorales@essextech.org</a>	SWC Policy Coordinator
Essex County West Caldwell Tech	Ayisha Robinson	Principal	<a href="mailto:arobinson@essextech.org">arobinson@essextech.org</a>	SWC Policy Coordinator

<sup>1</sup> Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523-532.

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