

East Baton Rouge Parish School System

Wellness Policy and Initiatives: District-Wide

I. Introduction

In an effort to address the increasing numbers of children who are obese and suffer from chronic health conditions, Congress passed the Child Nutrition and WIC Reauthorization Act of 2004. The Act requires that each school district participating in the National School Lunch Program develop and implement policies that specifically address healthy eating, physical activity and other school-based wellness initiatives that promote a healthy school environment [7CFR 210.30(c)3].

The intent of this policy is to influence students of all grade levels to make nutritious food choices, establish healthy eating habits and increase physical activity, with an emphasis on developing life-long healthy habits. Furthermore, it is important to note that the implementation of the Wellness Initiatives includes both short and long-term goals.

II. Purpose

The East Baton Rouge Parish School System (EBRPSS) intends to prevent obesity and decrease the number of school-age children that are overweight through healthier food choices, nutritional education opportunities and increased physical activity within the school environment. EBRPSS recognizes that good nutrition and physical fitness are key components to optimal academic performance and long-term health benefits. Therefore, the EBRPSS Superintendent, building principals and/or other school personnel, as deemed appropriate, will administer the wellness initiatives set forth in this policy.

III. Policy Statements

- A. EBRPSS will make every effort to adapt the wellness policy (through 1-2 year action plans) to meet specific health issues identified district-wide, as well as dietary practices of diverse ethnic and socioeconomic groups.
- B. The EBRPSS Superintendent will assist in creating a school environment that reinforces consistent messages conducive to improved health district-wide, as well as ensure the implementation and enforcement of all wellness initiatives through delineation of operational responsibilities, as deemed appropriate.
- C. The building principals, Food Service Director, and School Health Advisory Council (SHAC) Members will assist in the implementation and compliance of this policy district-wide. The EBRPSS Superintendent will be apprised of the progression and overall effectiveness of the wellness initiatives on an annual basis through a written summary provided by the SHAC. The summary will provide an assessment of the strengths, weaknesses and areas that may need improvement and/or change. *(Refer to Section Continuous Quality Improvement/Compliance for Details)*
- D. EBRPSS will discourage the sale of foods of minimum nutritional value in vending machines, snack bars, school stores and a la carte offerings in the food service program which students have access to during the school day, especially in grades Pre-K-8. Healthy snack and food choices will be encouraged throughout the school district. (Refer to RS 17:197.1)
- E. All students in grades Pre-K-12 will have opportunities, support and encouragement to be physically active on a regular basis.
- F. Food and beverages sold or served at school will meet the minimum nutritional requirements set forth by federal and state guidelines. (Refer to RS 17:197.1)

- G. EBRPSS will provide nutrition education and physical education to develop and foster life-long habits of healthy eating and physical activity, and will establish linkages between health education, school health services, school meal programs and related school community services and resources.
- H. The Food Service Director, in collaboration with district-wide Food Service Managers will make every effort to provide students with access to a variety of affordable, nutritious and appealing foods that meet the health and nutritional needs of all students, as well as meet the minimal nutritional requirements set by state and federal regulations.
- I. The building principals will work collaboratively with the EBRPSS Food Service Director to ensure compliance with USDA guidelines for foods sold or served during the school day. The Food Service Director will serve as a resource for the principals in monitoring for compliance of these Wellness Initiatives, as well as assist in the communication of findings to the SHAC.
- J. All agreements with food or vending companies to sell foods or beverages in any school must contain only items found on the Pennington Biomedical Center Vending Snacks Recommended Criteria. This listing is updated by Pennington periodically and should be checked at least quarterly to determine that most recent version is being used. Agreements and contracts will consider the district-wide wellness initiatives, all local, state and federal nutritional recommendations, as well as school economic factors.
- K. The EBRPSS has policy in place regarding the presence and use of tobacco on school grounds and at school functions. Because tobacco is the leading cause of preventable death, disease, and disability, the East Baton Rouge Parish School Board shall provide a 100% tobacco-free school environment. Primary responsibility for tobacco-free communication and education is developed and maintained by **ICARE**—the EBRPSS’s safe and drug-free program. **ICARE** specialists are deployed to every school campus and are available throughout the school year for services and education to each school.
- L. The EBRPSS will establish a local SHAC comprised of individuals representing the community and school system to oversee the implementation of district-wide wellness initiatives and to serve as a resource for all schools as it relates to health, safety and wellness within the school environment.

IV. EBRPSS School Health Advisory Council (SHAC)

EBRPSS will appoint a SHAC to implement the Wellness Initiatives district-wide, with the primary goal of enhancing, maintaining and improving the health and well-being of all students (based on Revised Statute 17:17D, enacted in the 2009 Regular Session of the Louisiana Legislature). The EBRPSS will maintain the SHAC to assist in fostering a healthy learning environment through the implementation of the guidelines set forth within this policy, as well as serving as a resource for all schools. The SHAC will meet monthly until the Wellness Initiatives are fully operational, after which the committee will meet, at minimum, quarterly.

Short-term goals for the SHAC include the establishment of sub-committees and/or work groups for special wellness and health projects (action plans will be created with a timeline of 1-2 years, depending on the scope of work); the members of each sub-group will be determined based on special interests and expertise of individuals.

SHAC members will represent the school and the community, and will include, but not be limited to parents, students, cafeteria managers, health and physical education teachers, other teachers, school nurses, curriculum/instructional representation, school board members, principals and students.

The Council's functions will include, but not be limited to the following:

- Overall operational responsibility, as assigned to select areas for implementation and compliance with wellness policy
- Active participation in committee meetings through open discussion and feedback
- Participation in district wide surveys and assessments, as needed, for the purposes of obtaining information for improved outcomes in the EBRPSS wellness initiatives
- Identification of any regulatory changes, on both the state and federal level, that directly impact the wellness initiatives
- Development, revision and updating of wellness policy to ensure compliance with state standards and mandates that reflect current best practices
- Advocacy for all schools to participate in wellness activities adopted by EBRPSS
- Reviewing, monitoring and reporting on the overall effectiveness of the district-wide wellness initiatives
- Advising Health Centers in Schools relative to the operation of the school-based health centers and school nursing program
- Reviewing data from the school system and external providers and making suggestions concerning partnerships with entities who can provide services to the students in EBRPSS
- Formation of a sub-committee to review quality improvement initiatives for Health Centers in Schools at a parish level that may include some members from the school building level
- Suggesting other needed subcommittees as future projects and ideas are formed

V. Nutrition Requirements

School Nutritional Education:

1. EBRPSS district leadership will oversee the integration of nutrition education into the overall Health and Safety instructional programs, as directed by the Louisiana Department of Education (LDOE) and the Comprehensive Health Education Act. District leadership will collaborate with Student Health Services and the SHAC to enhance district-wide programs related to the nutrition and health education components. Since the Office of Curriculum and Instruction will ensure compliance with state mandates taught in the classroom, this policy will address general recommendations and strategies that will promote healthy eating behaviors.
2. The primary goal of nutritional education in grades Pre-K-12 is to assist students to adopt eating behaviors that will promote health and reduce the risk for disease. EBRPSS advocates the following educational strategies that promote awareness of healthy choices in all grade levels. Nutritional education can occur through a variety of methods, in addition to sequential and structured classroom instruction.
 - a. Promote and reinforce nutritional and health messages throughout environment by:
 - Displaying visual posters and signage in classrooms, cafeterias and hallways that enhance health messages
 - Assuming proactive role in communicating health messages
 - Promoting concept of Five-Two-One-Almost None+10 (5-2-1-0+10) as component of nutritional counseling in the school nursing and school-based health centers
 - Displaying nutritional information about available menu foods and provide opportunities to practice food analysis and selection skills learned in classroom

- Involving students in the creation of health promotion message boards and motivational posters as they relate to health, nutrition, and physical activity
 - Obtaining continuous student feedback on new menu items
- b. Consider cultural diversity when developing lesson plans regarding nutrition; allow students to discuss cultural preferences/differences.
 - c. Make nutrition and physical education fun and participatory through access of free computer-based interactive games. Compact Disc interactive nutritional and health promotion lessons can be accessed from various websites (see the list at the end of this document).
 - d. Integrate and coordinate planned school menus with nutrition and physical education visual messages.
 - e. Provide nutritional counseling to students who are at risk and/or over weight by having school nurses and school based health center personnel consistently promote the 5-2-1-0+10 concept district-wide. Also, provide parents with nutritional health information during parent conferences, student health fairs and one-on-one counseling.
 - f. Provide access to healthy food choices on school menus.
 - g. Make available nutritional analysis of school food choices, whenever possible.
 - h. Increase parental awareness of health promotion activities, school wellness policies and initiatives through school district website(s) and Health Centers in Schools website, school newsletters, presentations at parent meetings and student-related health fairs.
3. To be in compliance with the LDOE requirements, EBRPSS will ensure:
 - a. Students in grades Pre-K-5 will receive a weekly nutritional component as part of the district's curricular offerings
 - b. Students in grades Pre-K-8 will receive instruction in health and nutrition at least annually
 - c. Students in grades Pre-K-12 will receive instruction on nutritional choices, food classifications and appropriate nutritional behaviors
 - d. Students in grades 9-12 will receive health education that includes a nutritional component multiple times in the high school years
 - e. A nutritional education needs assessment will be conducted periodically to determine the basis of the health/nutrition curriculum component; input will be sought from district leadership

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), and after school snacks. Additionally *Federal child nutrition programs in which the district participates are the Fresh Fruit and Vegetable Program (FFVP) in specific high poverty elementary schools, the Summer Food Service Program (SFSP), and the Supper programs for schools offering afterschool tutorial programs.* The district also operates additional nutrition-related programs and activities including *Farm to School programs, school gardens, Breakfast in the Classroom, and Grab 'n' Go Breakfast.* 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 chafing 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 such as boxed salads are provided 2-3 times a week in secondary schools
 - A reimbursable meal can be created in any service area available to students
 - Student surveys and taste testing opportunities are used in menu development
 - School announcements are used to promote and market menu options

Menus

- Menus will be posted on the district website and available on Nutrislice, a free cell telephone application.
- Parents and students have the option to download a menu app to view the menu, nutrient content, photos, carbohydrate counts and information about allergens
- 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

- CNP staff recommends that students be allowed at least 10 minutes to eat breakfast and at least 20-30 minutes to eat lunch, counting from the time they have received their meal and are seated. Students are served lunch at a reasonable and appropriate time of day. Each principal schedules meal service times.
- A recommendation for the lunch meal to follow the recess period will be made to better support learning and healthy eating
- 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 the [Guide to Professional Standards for School Nutrition Programs](#) 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*. The district will make drinking water available where school meals are served during mealtimes. Drinking fountains will be maintained on a regular basis to ensure good hygiene standards.

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 guidelines on the [Pennington List](#) located at the [Louisiana Fitkids Website](#).

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.

Celebrations and Rewards

All foods offered on the school campus will meet *or exceed state 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 are available 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.
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.

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](#)*].

Non-Food Fundraisers:

- *Walk-a-thons, Jump Rope for Heart, fun runs, etc.*
- *Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks (Pennington list) nutrition standards.*

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, 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 at least ten or more evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at the Alliance for a Healthier Generation website.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all 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;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- *All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets Healthy Schools Program Silver/Gold-level criteria).]*

Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

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 *state nutrition standards for Smart Snacks*, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes 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.ⁱ 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 replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in 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.

As the District/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

VI. Physical Education (PE), Physical Activity (PA), and Health Education Requirements

EBRPSS's goal of physical education/physical activity is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Children and adolescents should participate in at least 60 minutes or more of physical activity every day according to the Centers for Disease Control and Prevention and Society of Health and Physical Educators – SHAPE America. A fundamental mission of EBRPSS schools is the promotion of healthy behaviors by providing individuals with knowledge, abilities, and skills to become healthy and productive citizens. During the school day, physical education, recess, and activity breaks give students a chance to be active.

All students shall be provided opportunities to be physically active on a regular basis. Opportunities for moderate to vigorous physical activity shall be provided through physical education and recess and may also be provided through school athletic programs, extracurricular programs, before- and after-school programs, programs encouraging students to walk or bicycle to and from school, in-class physical activity breaks, and other structured and unstructured activities.

Daily Physical Education (P.E.) K-12: All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, should receive daily physical education (or its equivalent of 150 minutes/week for elementary school students and 225 minutes/week for middle and high school students) for the entire school year.

The district believes that health, nutrition, physical education and physical activity are part of the total educational and academic framework for all students that can and will build self-esteem, enhance social development and improve overall health. Physical activity during the school day (including but not limited to recess, physical activity breaks, and/or physical education) shall not be withheld as punishment for any reason.

Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

Physical Education provides students with a planned, sequential, K-12 standards-based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.

Physical Activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. Activities may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves. Opportunities to accumulate physical activity during the school day include time spent in physical education class, classroom-based movement, recess, walking or biking to school, and recreational sport play that occurs before, during, and after school. Note: physical activity is a component of, but is not a substitute for, quality physical education.

Physical Literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

The EBRPSS will provide students with physical education and physical activity opportunities will be available for all students throughout the school year. The physical education program will incorporate the Louisiana PE Standards, will promote benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

Physical Education/Physical Activity:

- Age appropriate physical education is activity that utilizes movement concepts, motor skills, cognitive skills and intensity appropriate for a student's state of development.
- Use of appropriate instructional strategies that provide meaningful inclusion of all students regardless of skill or fitness level, gender, race, or ethnic group
- Students with disabilities, special needs and/or who are unable to participate in the general physical education program will be provided an adaptive physical education program or other service(s) as determined by the Individual Education Plan (IEP) and IEP team.
- Provide a sequential physical education curriculum consistent with state and national standards for physical education
- Instruction should include a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child
- Provide maximum participation and ample practice opportunities for class activities
- The district will ensure that qualified, certified physical education teachers guide physical instruction in all elementary grades, as well as, in middle and high school physical education classes. The district will provide staff development for physical education instructors.
- The EBRPSS has appointed a certified Health and Physical Education teacher as the district's Supervisor of Health & Physical Education and Athletics. The role of the supervisor is to oversee the health and physical education/physical activity programs of the district.
- The Louisiana Physical Education Content Standards should guide PE teachers
- Students are required to complete all health and PE/PA requirements for graduation as described in Bulletin 741-Louisiana Handbook for School Administrators sections 2318 through 2320.
- The District physical education program will include and promote student physical fitness through individualized fitness and activity assessments (via the, Fitnessgram, or other appropriate assessment tool).
- A partial listing of resources that promote physical activity in the classroom can be found at the end of this document.

VII. Tobacco Policy

All tobacco products are prohibited on any school campus, school vehicle or parish school board property. School campus includes the elementary or secondary school building and buildings on that campus. School Board property shall include any portable buildings, field houses, stadiums, equipment storage areas, vacant land or any property owned, operated or

leased by the board. All tobacco products are prohibited at school-sponsored functions away from school property. Tobacco advertising is prohibited in school buildings, at school functions and in school publications.

“Tobacco-Free” signs shall be displayed on school property. Notice of this policy shall be posted at the entrances to the grounds of each school and school building, and within school vehicles. School employees who violate 100% Tobacco-Free School Policy shall be referred to the Louisiana Quit-Line (1-800-QuitNow) which is a free counseling service for tobacco cessation.

Students and parents are given notice of this policy every year through the Student Rights and Responsibilities Handbook (see General Discipline Regulations: Administrator Intervention). Students and parents are required to certify that a copy of the handbook has been received and read.

As an alternative to punishing those students who are found in violation of this policy, students shall be referred to the school’s health provider (Nurse, Health Center or Social Worker) for a tobacco intervention. The school’s health provider shall have the option of referring the student to the Fax to Quit Louisiana Program, coordinated by the Department of Health and Hospitals Tobacco Control Program, which refers the student to the Louisiana Quit-line, a free counseling service done over the phone for tobacco cessation.

Students who violate 100% Tobacco-Free School Policy shall be disciplined following the outlines in the Student Rights and Responsibilities Handbook.

VIII. Other School-Based Wellness Initiatives

EBRPSS has taken a proactive approach to meeting the multiple and often-complex health care needs of the student population. This is supported by the contractual relationship with Health Centers in Schools to oversee the school nursing program, the school-based health center program and other population health initiatives.

The intent is to identify, develop and implement wellness and health initiatives district wide through the many opportunities that exist within Student Health Services. We recognize that school nurses, school-based health center staff, and other partners are an integral part of the overall success of the wellness initiatives; health professionals provide a venue for strengthening the wellness policies, as well as other school-based wellness initiatives. For the purpose of this policy, this section will not address the many roles and responsibilities of the school-based health program, but will focus on the following ways it augments the district’s wellness initiatives:

- School-based medical providers will create a safe school environment for food-allergic students through the consistent utilization of **Voluntary Guidelines for Managing Food Allergies in Schools** training recommendations for teachers and cafeteria personnel. Members of the SHAC will randomly and periodically monitor select schools for compliance with the Voluntary Guidelines for Managing Food Allergies in Schools as well as to ensure a workable IHP exists for food-allergic students.
- **I CARE** is the alcohol, drug abuse, and violence prevention program for the district. It provides prevention coordination and intervention directly in schools through specialists who are licensed and trained to implement prevention curricula and strategies. Mandates in state law require the following:
 - ✓ Students in grades K-9 receive 16 contact hours and students in grades 10-12 receive a minimum of eight contact hours in substance abuse/prevention education
 - ✓ One hour of professional development for all school employees in substance abuse prevention (signs and symptoms, referral procedures and alternatives to discipline procedures)
 - ✓ Two hours of professional development in suicide prevention for all school employees

- ✓ Four hours of professional development to enable school staff and personnel to detect, prevent and end bullying
 - ✓ **I CARE** assists the district in meeting the above mandates by providing live workshops, online in-services, and purchasing, implementation and ongoing support of social-emotional prevention curricula in all school grades Pre-K-12.
- School-based medical and mental health staff will advocate healthier eating habits and increased physical activity by promoting the 5-2-1-0+10 concept through visual messages, as well as using the concept as a guide for nutritional counseling for students identified with unhealthy weights.
 - Five servings of fruits and vegetables each day
 - Two hours of screen time only
 - One hour of vigorous physical activity
 - Zero sugary drinks
 - + Ten hours of sleep every night
 - The district will provide for health, safety and wellness news for staff and students via designated link on each school's webpage and through various communication vehicles; Health Centers in Schools will assume responsibility for updating information, coordinating with several EBRPSS departments that work in communications and publishing newsletters.
 - Health Centers in Schools staff performs an Environmental Survey four times a year that examines each physical plant of the school for cleanliness, availability of soap and towels for good hand washing by students and adults, maintenance of the automatic external defibrillators on middle and high school campuses and other important health-related areas. Team members that use the survey also monitor the efficacy of the Epi-pens that are deployed on each campus to ensure that the medication has not been outside of the temperature range that would de-activate the medication. The Wellness Coordinator reviews each set of environmental surveys for compliance and reports deficiencies to the HCS Liaison.
 - EBRPSS has implemented a process that prevents the spread of disease and if disease is found, another process that involves a team of people who work to ensure student safety on campus.
 - Health Centers in Schools school-based health centers follow the Louisiana Office of Public Health Best Practices for Prevention in SBHCs—Screening for Tobacco Use.
 - The LSU Ag Center's Smart Bodies and Smart Choices programs are conducted with many EBRPSS elementary schools annually. **Smart Bodies** is an interactive educational program designed to help prevent childhood obesity. A joint initiative of the LSU Ag Center and Blue Cross and Blue Shield of Louisiana Foundation, **Smart Bodies** integrates classroom activities with hands-on learning to teach children how to build strong bodies and develop active minds. The **Smart Choices** program provides hands-on, interactive nutrition education with youth and adults. It is the goal of the program is to help participants to acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets; which contributes to their overall personal development.
 - The OLOL Children's Health Project "Blue Buses" deploy onto school campuses where HCS does not have full-time team members or a school-based health center.
 - All teachers and school staff have access to Health Teacher, a web-based health education program as well as Go Noodle, an interactive way to get students exercising in the classroom. All of the information on the Health

Teacher and Go Noodle websites has been correlated to the State of Louisiana teaching standards so that teachers can identify a way to meet the standard through the interactive program on-line.

IX. Continuous Quality Improvement/Compliance

Operational Responsibility:

The Superintendent and/or designated school personnel and SHAC members will assume operational responsibility to ensure that district-wide schools are meeting the tenets of the Wellness Initiatives. The SHAC will determine a two-three year focus for the EBRPSS with goals and action plans. Each year the SHAC will report to the EBR School Board on progress toward goals. Ongoing quality assessments and monitoring are essential to determine the effectiveness of the Wellness Initiatives and overall impact on student health and wellness. Continuous quality improvement efforts are instrumental in determining future changes to the policy and identifying areas that need improvement.

The Food Service Director will assume operational responsibility for compliance with state and federal nutritional requirements for school meals. A report of findings and/or any changes to the requirements will be made annually to the EBRPSS Superintendent and SHAC.

The district recognizes that the Wellness Initiatives set forth in this policy serve as a framework and that implementation will occur incrementally, based on priority and needs assessment(s).

An annual summary report will be made by the SHAC to EBRPSS concerning the progress toward healthier students (see Wellness Policy, III. C); this report will be issued no later than August of the next school year and include suggestions to strengthen health and wellness initiatives in the school district.

Needs Assessment and Evaluation:

The SHAC and other school personnel, as assigned, will perform a needs assessment of the school environment and Wellness Initiatives prior to implementation and periodically, thereafter. The needs assessment will assist in setting priorities for implementation of the Wellness Initiatives, as well as setting goals.

The district advocates the use of CDC's *School Health Index (SHI)* for the initial and ongoing assessment of the school environment. Our intent is to be able to benchmark with research-based school health programs and compare data, as appropriate.

The SHI will serve as a self-assessment for identifying strengths and weaknesses of our Wellness Initiatives and school environment, specifically the modules for healthy eating, physical activity and asthma.

The SHAC may also use other data collection and assessment tools for the purposes of identifying perceived needs and/or real needs within the district that include, but are not limited to:

- School statistical reports (such Health Related Illnesses)
- Parish statistical reports
- Observations/interviews with school personnel
- Surveys for targeted groups/populations

The district may also utilize any of CDC's published Division of Adolescent and School Health (DASH) assessment tools for a particular area such as the PECAT (Physical Education Curriculum Analysis Tool) or the HECAT (Health Education Curriculum Analysis Tool).

Evaluation will be an ongoing continuous process and the basis for revision and/or changes to practices relevant to the health and wellness of students. As part of the evaluation process, the SHAC will provide a written summary of the progress and effectiveness of the Wellness Initiatives in the annual report summary each year in August.

X. Communication and Promotion

EBRPSS promotes the Wellness Initiatives by:

- Releasing information connected to the policy via various newsletters
- Providing trainings for teaching staff as well as health staff about the policy and its impact on both systems
- Sharing the policy with partners and solicit their support in promotion of the policy in schools and in the community
- Sharing successful projects on school campuses that address wellness with all schools
- Reviewing data from surveys of students, faculty and parents that has been examined by the SHAC on an annual basis
- Using data from surveys to inform and assist the SHAC in the promotion and potential revision of the Wellness Initiatives

Documents Referenced in Policy

1. Best Practices, LA OPH Preventive Screening for Use of Tobacco
2. Department of Health and Hospitals, Title 51, Louisiana Office of Public Health Sanitary Code
3. EBRPSS Tobacco Policies for Employees and Students, including Section 13 of the Student Handbook
4. EBRPSS Crisis Management Plan
5. Five-Two-One-Zero + 10 (5-2-1-0+10), used by SBHC, school nursing staff, and health and PE educational staff members
6. Glossary of Terms—School Health Advisory Council
7. Child Nutrition and WIC Reauthorization Act of 2004, 7CFR 210.30(c)3
8. Pennington’s Vending Snacks meeting Recommended Criteria
9. Revised Statute 17:17D, enacted in the 2009 Regular Session of the Louisiana Legislature
10. Revised Statute 17:197.1 (2005 Louisiana Legislature)
11. Voluntary Guidelines for Managing Food Allergies in Schools

References:

- *Action for Healthy Kids: LA State Profile on Nutrition and Fitness*
- *Alliance for a Healthier Generation: School Beverage Guidelines*
- *CDC MMWR Recommendations and Reports, June 1996: Guidelines for School Health Programs to Promote Lifelong Healthy Eating*
- *Code of Federal Regulations, Title 7, Part 210*
- *Child Nutrition and WIC Reauthorization Act of 2004 - Section 204 of Public Law 108-265*
- *Food Allergy and Anaphylaxis Network*
- *LA Department of Education: Health and Safety Curriculum Standards (Bulletin 103)*
- *LA Department of Education: Physical Education Curriculum Standards (Bulletin 102)*
- *LSU Agriculture Center: Smart Bodies Program*
- *National Association of State Boards of Education Policy Update: New Guidelines on Beverages for Sale in Schools*
- *National Association for Sport and Physical Education*
- *Pennington Biomedical Center’s Vending Snacks Meeting Recommended Criteria—see website at <http://www.pbrc.edu/>*

Websites Containing Information Pertinent to this Document

East Baton Rouge Parish School System— <http://www.ebrschools.org/>

Health Centers in Schools— <http://www.schoolhealthathcs.org/>

Louisiana Fit Kids— <http://louisianafitkids.com/>

Pennington Approved Smart Snacks (in conjunction with the LDOE) can be found at https://www.pbrc.edu/training-and-education/pdf/Approved_listing.pdf

LA School Health and Safety Curriculum— <http://www.louisianabelieves.com/>

These websites offer information on the integration of health promotion activities into regular classroom lessons.

- ✓ www.bam.gov
- ✓ www.GrowUpHealthy.gov
- ✓ www.Actionforhealthykids.org
- ✓ www.choosemyplate.gov
- ✓ www.take10.net

- ✓ www.heart.org
- ✓ www.emc.cmich.edu/brainbreaks/
- ✓ www.HealthTeacher.com
- ✓ www.smartbodies.org/default.aspx
- ✓ www.fns.usda.gov/TN

Schools can search the websites below for information concerning healthy options for fund-raisers

- ✓ www.PTOtoday.com
- ✓ www.fundraising-ideas.com

Schools can find additional ideas to increase physical activity at the websites listed below:

- ✓ www.sparkspe.org
- ✓ www.flaghouse.com
- ✓ www.fns.usda.gov
- ✓ [www.shapeamerica.org \(NASPE\)](http://www.shapeamerica.org)
- ✓ www.heart.org
- ✓ www.louisiana2step.com
- ✓ www.pecentral.org
- ✓ www.healthybr.com
- ✓ www.NFLRush.com – NFL Play 60 and Fuel Up to Play 60

**REGULAR MEETING OF THE
EAST BATON ROUGE PARISH SCHOOL BOARD
SEPTEMBER 21, 2017**

The East Baton Rouge Parish School Board met at the School Board Office at 1050 South Foster Drive, Baton Rouge, Louisiana at 5:00 p.m. on the twenty-first day of September, 2017, and convened in regular session. The Vice-President called the meeting to order with the following members present: Mr. Mark Bellue; Ms. Vereta T. Lee; Dr. Kenyetta Nelson-Smith; Ms. Dawn Chanet Collins; Ms. Evelyn Ware-Jackson, President; Ms. Jill C. Dyason; Mr. Michael Gaudet; Mrs. Connie Bernard, Vice-President, and Mr. David Tatman.

Others present were: Mr. Warren Drake, Superintendent; Mr. Domoine Rutledge, General Counsel; Mr. Adam Smith, Associate Superintendent; Mr. Ben Necaise, Associate Superintendent; Dr. Quentina Timoll, Assistant Superintendent for Curriculum and Instruction; Mrs. Andrea O’Konski, Chief Officer for Accountability and Assessments; Mr. James Crochet, Chief Officer for Business Operations; Mrs. Millie Williams, Chief Officer for Human Resources; Mr. Gary Reese, Chief Officer for Student Support Services; and Mr. Richard Ellis, Chief Officer for Technology.

School Board Member Dawn Collins gave the invocation. Cadet Captain Mel Adolfo, Cadet Battalion Commander led the Pledge of Allegiance accompanied by Retired Colonel William Laigaie.

Approval of the School Board Minutes for the Regular School Board Meeting of August 17, 2017 and Committee of the Whole Meeting of September 7, 2017

By Mr. Tatman

Resolved, that the reading of the minutes of the East Baton Rouge Parish School Board Regular meeting of August 17, 2017, and Committee of the Whole meeting of September 7, 2017, be dispensed with and that they be approved as published in the Official Journal.

Seconded By Dr. Nelson-Smith

Unanimously adopted by a vote of all the members.

Board Received Personnel Changes for Information Only

Board Received Monthly Financial Report for Information Only

Unfinished Business

Approval of Superintendent’s Contract Extension

By Mr. Tatman

Resolved, that the East Baton Rouge Parish School Board does hereby approve the contract extension for the Superintendent of Schools and related matters.

Seconded By Ms. Dyason

Unanimously adopted by a vote of all the members.

Approval of Cooperative Endeavor Agreement Amendment between the East Baton Rouge Parish School Board, the City of Baton Rouge/Parish of East Baton Rouge, the East Baton Rouge District Attorney, and the Office of the Sheriff for the Parish of East Baton Rouge to Operate and Sustain the Family and Youth Service Center

By Vice-President Bernard

Resolved, that the East Baton Rouge Parish School Board does hereby approve the Cooperative Endeavor Agreement Amendment between the East Baton Rouge Parish School Board, the City of Baton Rouge/Parish of East Baton Rouge, the East Baton Rouge District Attorney, and the Office of the Sheriff for the Parish of East Baton Rouge in the amount of \$100,000.00 per year for a period of five (5) years to operate and sustain the Family and Youth Service Center commencing July 1, 2017, and ending June 30, 2022.

Seconded By Ms. Lee

Unanimously adopted by a vote of all the members present. (Mr. Gaudet was absent.)

Approval of Consent Agenda Items, Excluding Item #14

By Ms. Lee

Resolved, that the East Baton Rouge Parish School Board does hereby approve the Consent Agenda items, excluding item #14.

Seconded By Dr. Nelson-Smith

Unanimously adopted by a vote of all the members present. (Mr. Gaudet was absent.)

The following items were approved as part of the Consent Agenda:

Approval of the following grants:

- a) Junior League of Baton Rouge 2017-2018 Painted Playground Project in the amount of \$12,000.00 to provide approximately twenty (20) schools with a place to encourage activity through games and agility practices from "directions" painted on the ground and package play kits.
- b) Deborah Rochelle Teacher grants in the amount of \$24,213.00.
- c) National Institute of Justice (NIJ) School Safety research grant amendment in the amount of \$23,000.00 to include McKinley High School.

Approval of professional services contracts between the East Baton Rouge Parish School Board and the following:

- a) Moving Forward N' Education, LLC, in the amount of \$75,000.00 to provide tutoring and remediation services for students at Hosanna Christian Academy of Baton Rouge for the period of August 31, 2017, through June 30, 2018. (Funding Source: Title I – Non-Public)
- b) Teach 4 LIFE Enterprise, LLC, in the amount of \$27,500.00 to provide professional development to teachers and parents at South Baton Rouge Charter for the period of August 21, 2017, through May 30, 2018. (Funding Source: Title I)
- c) Teach 4 LIFE, LLC, in the amount of \$15,000.00 to provide professional development for

teachers in the area of mathematics and parent workshops at Hosanna Christian Academy for the period of August 21, 2017, through May 30, 2018. (Funding Source: Title I)

- d) FACTS Educational Solutions, LLC, in the amount of \$201,000.00 to provide direct and indirect instructional services to Catholic Diocese schools for the period of September 21, 2017, through April 30, 2018. (Funding Source: Title I)
- e) Academic Resources, LLC, in the amount of \$11,357.00 to provide tutoring and remediation services for students at Brighter Horizon School of Baton Rouge for the period of September 22, 2017, through May 11, 2018. (Funding Source: Title I – Non-Public)
- f) Academic Resources, LLC, in the amount of \$10,000.00 to provide tutoring and remediation services for students at Jehovah Jireh Christian Academy for the period of September 21, 2017, through June 30, 2018. (Funding Source: Title I – Non-Public)
- g) Chase Healthcare in the amount of \$87,000.00 to provide LPN nursing services for a student at Southdowns Pre-K. (Funding Source: 20 Grant Fund – Federal)
- h) D. S. Sullivan, LLC, in the amount of \$20,000.00 to provide O&M evaluations and training to eligible students as determined by IEPs. (Funding Source: IDEA)

Approval of the Revised Accountability Plan for the East Baton Rouge Parish School System in accordance with Bulletin 130.

Approval of a recommendation from Mr. Domoine Rutledge, General Counsel, EBRPSB, in the matter of: Anika Muse-King, Suit No. 655116, Section 15; 19th JDC, Parish of East Baton Rouge, State of Louisiana.

END OF CONSENT AGENDA ITEMS

Approval of Board Policies

By Mr. Tatman

Resolved, that the East Baton Rouge Parish School Board does hereby approve the School Board policies: School Board Ethics (BE), Preservation of Records (DIEA), Bids and Quotations (DJED), Purchasing (DJE), Contracts and Compensation (GBA), Employment of Personnel (GBD), Evaluation (GBI), Promotion (GBJ), Home Study Program (IDCH), School Wellness(JGB), Child Abuse (JGCE), and Student Fees, Fines, & Charges (JS).

Seconded By Vice-President Bernard

Unanimously adopted by a vote of all the members present. (Mr. Gaudet was absent.)

There being no further business, the Board adjourned by acclamation.

Warren Drake
Secretary/Treasurer to the Board