

Southern Ute Indian Montessori Academy
Health and Wellness Program

Wellness Policy — as Approved by Tribal Council

Policy Model Guidelines

According to the United States Department of Agriculture and Centers for Disease Control and Prevention, 2005:

- Almost 9 million children and adolescents in the US are overweight.
- The prevalence of overweight among children aged 6 to 11 years has more than doubled in the past 20 years, increasing from 7 percent in 1980 to 16 percent in 2002.
- Overweight children and teens are more likely to become overweight or obese adults.
- The consequences of overweight and obesity may include:
 - Type 2 diabetes
 - Heart disease
 - High blood pressure
 - Stroke
 - Some types of cancer
 - Gallbladder disease
- Poor eating habits can contribute to dental caries, which remains the major cause of school absences.

The great news is that all of these health problems are preventable with proper diet and adequate physical activity!!!

What are American children eating today?

Good nutrition during the school years is vitally important for helping children grow strong, succeed in school and establish healthy habits for a lifetime. Sadly, the current eating habits of many American children are falling short of the mark.

- More than 60 percent of children and adolescents in the United States eat too much fat and saturated fat and not enough fruits and vegetables.
- Only 39 percent of children eat enough fiber (found in fruits and vegetables, whole grains, and legumes such as lentils, chick peas, and black beans).
- Eighty five percent of American females do not consume enough calcium. During the past 25 years, consumption of milk, the largest source of calcium, decreased 36 percent among adolescent females.
- At the same time, average daily soft drink consumption doubled among adolescent girls, increasing from 6 to 11 ounces, and almost tripled among adolescent boys, from 7 to 19 ounces.
- Between 18 and 20 percent of calories consumed by children and adolescents come from added sugars. The dietary Guidelines for Americans express concern that consuming excess calories from foods high in added sugars may contribute to weight gain or lower consumption of other foods.
- Poor eating habits may prevent American children from reaching their full potential.

Schools alone cannot solve the nutritional problems of children. It will take the combined efforts of families, schools, communities, government agencies, health providers, the food industry, and the media to make significant progress. The Academy, however, has an especially critical role to play with regard to providing nutritious and tasty meals to Southern Ute Indian students and their families.

Wellness Policy Guidelines – Part 1. Nutrition

- The Southern Ute Indian Montessori Academy serves breakfast, lunch and mid-morning snack to all students.
- Afternoon snack will be served to Infant and Toddler students and all students attending the after school program.
- Breakfast is \$1.00, lunch is \$1.25 per meal.
- The kitchen staff is responsible for generating billing sheets each month. Individual guides are responsible for marking each student who eats breakfast and/or lunch on the billing sheet. The Finance Department is responsible for billing the parent/guardian for each student eating at the school.
- Meals are provided for visiting parents and staff.
- One percent milk is served as the beverage of choice for breakfast and lunch for primary and elementary students. Water is also available. Whole milk is provided to the Infant/Toddler group (ages 1 year to 3 years old). Breast or formula milk is provided for infants less than one year.
- Bison grown by the Southern Ute Indian Tribe and butchered by Sunnyside with USDA inspection is provided as the choice for all red meat entrees.
- Breakfast and lunch are served in the dining hall, family style for all Primary and Elementary students, snack is provided in the classroom. Breakfast and lunch are served in the classroom for all Infants and Toddler students.
- Breakfast is served from 7:30 to 8:00 am. Lunch is served from 11:30 to 1:00 pm.
- Serving size is determined by the Child and Adult Food Care Program sponsored by Colorado Department of Health. Portions are determined by the kitchen staff and will be served family style in large bowls or platters. The guide is responsible in ensuring that all persons at the table are offered at least one portion of each item.
- Whenever possible, Native foods, grown and processed locally will be used. Sustainability is an ongoing goal that will be achieved as suppliers and consumers become available. The Farm-to-School program will be actively pursued.
- Monthly menus are published and disseminated one week before the beginning of the month.
- Nutrition committee will meet every three months to discuss menus and nutrition issues. The nutrition committee consists of the Kitchen Manager; the Coordinator of health, nutrition and safety; a Registered Dietitian from the Southern Ute Indian Health Center; the Head Cook; the Principal; one Guide from each age level; a parent representative; and a student representative.

The following are guidelines for the quality of food served at the Academy.

Breakfast

- All pre-packaged cereals offered contain:

- Not more than 35% of weight from total sugar (or less than 9 grams per 100 calories)
- At least 1 gram of fiber per serving.
- Foods containing whole grains are offered daily.
- Fresh, frozen, dried, or canned fruit or vegetables are offered daily. Selection priority will be made in the order listed.
- Milk is offered for every breakfast: 1% for Primary and Elementary, 4% for students 1 to 3 years, formula/breast for students one and under.
- Juice will be served once a week; only 100% juice is served.
- Students will have at least 15 minutes to eat breakfast.
- Breakfast is served cafeteria style.

Lunch

- Students have at least 20 minutes to eat lunch.
- Students are allowed to bring their own sack lunch from home and are expected to eat family style with the other students and teacher.
- An entrée choice with total fat \leq 16 grams per serving is offered daily.
- At least 4 choices of fruits or vegetables are offered daily.
- At least 10 different fruits and 10 different vegetables are offered monthly.
- Fresh fruit or vegetables are offered daily.
- At least one food item containing whole grain is offered daily.
- Salad dressing contains not more than 6 grams of fat per ounce.
- Desserts with more than 5 grams of fat per serving are offered no more than twice a week.

Snack

- Mid-morning snack is offered to all children. Afternoon snack is offered to Infant/Toddlers and students attending After School.
- “Snack” means two or more items that are served as a unit. On all days of the week, snacks meet the following standards:
 - Fat – except for nuts, seeds and nut butters, not more than 35% of total calories from fat (or less than 4 grams per 100 calories)
 - Sugar – except for fruit (without sugar) and milk, not more than 35% of weight from total sugars (or less than 9 grams per 100 calories)
- Foods and beverages for classroom reward, parties, and celebrations will:
 - Meet the same guidelines as the meals
 - Not be provided until at least one hour after lunch.

Vending machines

There will be no vending machines available to students while attending school at the Academy.

Fund Raisers

- At least 50 percent of fundraising activities will not involve the sale of food and/or beverages.
- Food items sold at the fundraisers will follow the same guidelines as those used to prepare food in the kitchen.
- Students buying items at fund raisers will be encouraged to consume their product after the noon day meal.

Wellness Policy Guidelines - Part 2. Nutrition Education

At least 75 percent of nutrition education instruction involves hands-on activities that engage students in enjoyable, developmentally-appropriate, culturally relevant, participatory activities. Nutrition education topics are taught through the Ristra wellness education program and through individual classroom curricula. Topics included in the Ristra program include the following:

Pre-Kindergarten

- Proper hand washing
- Importance of drinking adequate water
- Food groups
- Trying new foods
- Feeling full and chewing thoroughly

Elementary

- Proper hand washing
- Importance of drinking adequate water
- Food groups
- Importance of eating a variety of foods
- Serving sizes
- Relationship of food intake (energy input) and physical activity (energy output)
- Nutrition facts label reading
- Choosing helpful foods using dining room meals as an example
- Foods that help keep the body healthy and foods that may contribute to poor health, including oral health
- Healthy body image
- Agricultural origins of common foods
- Basic food preparation skills
- Basic food safety (e.g. storing, cleaning)

Dining room

- Guides collaborate with the school nutrition staff to use the dining room as a learning laboratory that allows students to apply critical skills.
- Students learn about nutrition requirements for school meals and some students are involved in helping plan menus
- Attractive, current nutrition education materials are prominently displayed in the dining hall and are changed at least every 9 weeks.

Classroom

- At least 15 hours of classroom nutrition education are provided each year for all students:
 - As part of a comprehensive health education curriculum that focuses on understanding the relationship between personal behavior and health AND/OR
 - As learning experiences integrated throughout the curriculum in subject areas such as math, science, language arts and social studies.
- Each year, some individual classrooms participate in one or more events that are either centered on nutrition or include nutrition as a main component
- A community partner is involved in at least one school-wide event by helping with planning or actively participating in the event. Both before and after the event, related lessons are used to reinforce learning of the information presented at the event.

Events during the School Day

Opportunities that include nutrition topics include:

- Traveling health exhibits
- Health professionals as guest speakers
- Health fair
- Kid's health fair
- Farm/food production field trips
- School gardens

After School Programs

- After school programs reinforce classroom learning by providing interactive nutrition education activities (e.g. making healthful snacks, measuring serving sizes, etc.)
- At least twice a week, the after school educator explains why the snack served is a healthful choice.

Family and Community

- Parents are invited to join their student(s) for school meals
- Tribal Council members are invited to join the students for school meals.
- Families are provided with information that encourages them to teach their children about health and nutrition, and to provide nutritious meals for their families in monthly newsletters and in the Academy newsletter.
- Opportunities are provided for parents and elders to share their healthy cultural food practices with the school and community.

Gardening Program

- All students have the opportunity to experience planting, harvesting, preparation, serving and tasting food including ceremonies and celebrations that observe food traditions, integrated with nutrition education and core curriculum.
- Staff shall integrate hands-on experiences in gardens and kitchen classrooms, and enriched activities such as farm field studies, farmer's markets tours, and visits to community gardens, with core curriculum so that students begin to understand how food reaches the table and the implications that has for their health and future.
- Sampling and tasting in school gardens and kitchen classrooms shall be encouraged as part of nutrition education.
- Staff is encouraged to utilize food from gardens and local farms in kitchen classrooms and dining room based upon availability and acceptability.
- Students shall play a role in a recycling program that begins with the purchase of recycled products, and maximizes the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Wellness Policy Guidelines – part 3. Physical Activity

The 2005 Guidelines for Americans recommend that children and adolescents engage in at least 60 minutes of moderate to vigorous physical activity preferably all days of the week. Therefore, students should be physically active for at least 300 minutes during the five-day school week. Physical education classes are a natural place for physical activity to occur. However, there are many other ways to incorporate physical activity into students' lives.

Physical education is a component of education that takes place through movement. It creates the opportunity for individuals to learn and understand academic applications for healthy lives. In physical education, as in all academic areas, student must learn the basic skills which require practice and refinement in physical education settings. Students integrate and apply these skills in everyday life. Through regular participation in physical activity, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences that contribute to their potential to be healthier members of society. Students should be challenged to participate daily in healthy choices and health-enhancing activities and behaviors.

Classroom

Physical education at the Academy is integrated into the classroom routine and is the responsibility of the classroom Guides. Each classroom determines the method and duration of rendering physical activity for their students. Standardized measurement of student ability and progress is determined by the President's Physical Fitness Test. This test measures the ability of each child to perform the following tasks:

- Sit-ups
- Shuttle run
- Sit and Reach
- Push-ups
- Run for distance

In addition to physical education students have options to participate in several other activities:

- Walking club
- Boys and Girls Club
- Swimming
- Tumbling Tots
- Recess

General classroom guidelines include the following:

- Students receive more than 200 minutes of physical activity per week
- During physical education classes, students engage in moderate to vigorous physical activity at least 30 minutes per day.
- The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.
- Adequate age-appropriate equipment is available for all students to participate in physical activity.
- Physical activity facilities at the Community Center and on school grounds are safe.
- Opportunities for physical activity are regularly incorporated into other subject areas such as math, language arts, and social studies.
- Classroom guides provide short physical activity breaks between lessons or classes, as appropriate.
- Physical activity is not used (e.g. running laps, pushups) or withheld (e.g. recess, physical education) as punishment
- Students have at least 20 minutes a day of supervised recess, preferably outdoors.
- Recess is offered before lunchtime for elementary and upper elementary students.

Wellness Policy Guidelines – part 4 Staff Wellness

The Academy encourages each member of the staff to serve as a healthy role model for students. The belief that **what is healthy for children is healthy for adults** shall be adopted such that those healthy behaviors taught in the classroom shall be lived by the staff teaching the content.

- Staff is encouraged to eat family style with the students during their assigned time in the dining room.
- Staff will model taking adequate portion sizes, ensuring that all at the table are served.
- Given the proper serving utensil, the staff will monitor the students' portion sizes.
- There is no charge to the staff for the meals at the Academy.
- Vending machines for the staff will hold healthy, low fat, low sugar beverage choices.
- The Coordinator of Health, Nutrition and Safety will develop a wellness committee that will meet regularly to plan staff health and wellness activities. The plan will be based on solicited input from school staff and will outline ways to encourage healthful eating, physical activity and other elements of a healthful lifestyle among school staff.
- At least one school-wide activity will be conducted each year that promotes staff wellness.

References

Making It Happen, School Nutrition Success Stories - United States Department of Agriculture and Centers for Disease Control and Prevention, 2005

Colorado Senate Bill 05-081 – Concerning the Adoption of School District Board of Education Policies Related to Improving Children’s Nutrition.

Local School Wellness Policy – A step-by-step guide to implementing P.L. 108-265, Section 204 and Colorado Senate Bill 05-081

Durango School District 9-R – Wellness Action Plan, March 2006.