

# **Lakeview School Program Policy Manual**

## **Section One**

State Compliance  
Policies/Procedures

## **Policy:                      School Nutrition and Student Wellness**

### **Purpose**

Lakeview School recognizes that children who have cerebral palsy, spina bifida, neuromuscular disorders and/or severe medical conditions have special health and nutrition needs that need to be addressed throughout their school day. These students often have difficulty maintaining a healthy weight and energy level that can affect their ability to learn and participate in therapy programs. There are many medical conditions that are linked with nutritional risk. Therefore, in anticipation of these risks, Lakeview is proactive in preventing nutritional disorders.

### **Definitions**

**Foods of Minimal Nutritional Value (FMNV):** As per the USDA, the following are identified as foods of minimal nutritional value; soda, water ices, chewing gum, hard candy, jellies and gums, marshmallow candies, fondants, licorice, spun candy and candy coated popcorn.

**Nutritional Supplements:** Dietary additives which combine nutrients (proteins, essential vitamins and minerals) the body needs to be physically and mentally at its best and to provide a balanced diet. Supplements are often in the form of a drink/liquid or a powder. The liquid supplements are more easily digested and absorbed in the body.

The supplements contain and are sometimes needed for:

- Fiber – to help promote a healthy digestive system
- Calcium – to help grow strong bones
- Proteins – to help healing
- Catch up growth or to support healthy weight gain.

**Gastro-Esophageal Reflux Disease (GERD):** A condition in which food or liquid travels from the stomach back up into the esophagus (the tube from the mouth to the stomach). This partially digested material is usually acidic, and can irritate and sometimes damage the delicate lining of the esophagus. GERD can cause heartburn, pain and other symptoms that affect an individual's well being and can exacerbate already existing medical conditions or contribute to the development of new health/medical concerns.

**Health Care Plan:** A list of collective health/medical problems or diagnoses necessary for the care of students within the school setting. For each identified problem/diagnosis, there are specific goals; the school nurses develop interventions and criteria for care.

### **Statutory Requirements**

**PL 108-625, Section 204**

**7 CFR Part 210**

### **Policy Guidelines**

Lakeview School sets forth the following policies and practices to ensure the health and wellness of all students enrolled in the school program by:

- Providing students with healthy and nutritious foods;

- Encouraging the consumption of fresh fruits, vegetables, low fat milk and whole grains;
- Supporting healthy nutrition through student and parent/guardian nutrition education programs;
- Monitoring student diets and caloric intake under the supervisor of the school's Developmental Pediatrician and Nutritionist;
- Providing students and their parents/guardians with the opportunity for consultation with the school's Developmental Pediatrician and or Nutritionist regarding student diet and caloric intake;
- Encouraging students to make healthy food choices and consume all components of the school meal;
- Providing students when possible with the opportunity to engage in daily physical activity.
- Monitoring students with Gastro esophageal Reflux Disease through modifications to diet, meal schedules and other medical interventions prescribed by the student's physician or the school's Developmental Pediatrician;
- Providing nutritional supplements as necessary under the direction of the student's physician or school's Developmental Pediatrician;
- Maintaining up to date nutritional information and dietary recommendations on individual Student Health Care Plans.

All reimbursable school meals shall meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.

The following items may not be served, sold or given out as free promotion anywhere on school property at any time before the end of the school day:

- Foods of minimal nutritional value as defined by the U.S. Department of Agriculture regulations:
- All food and beverage items listing sugar in any form as the first ingredient, which may include any but not be limited to: corn syrup, dextrin, fructose, high fructose corn syrup, galactose, glucose, honey, lactose, malt, maltose, maple syrup, molasses and sucrose;
- All forms of candy including gummy fruit snacks.

Condiments and food items that list sugar as a first ingredient such as syrup or jelly may be served as an accompaniment to a meal component, or may be included as part of a recipe.

All snack and beverage items sold or served anywhere on school property during the school day including items sold as a la carte lines, vending machines, snack bars, school stores and fundraisers, shall meet the following standards:

- Based on manufacturers nutritional data or nutrient facts labels:
  - a. No more than eight grams of total fat per serving, with the exception of nuts and seeds or nutritional supplements
  - b. No more than two grams of saturated fat per serving.
- All beverages shall not exceed 12 ounces, with the following exceptions:
  - a. Water
  - b. Milk containing one percent or less fat
- Whole milk shall not exceed eight ounces, unless specified in the student's nutrition and meal plan under the guidance of the School Nutritionist and as prescribed by a physician.

- 100% of all beverages offered shall be milk, water or 100 percent fruit or vegetable juices. Thickened juices used for students with dysphagia shall also conform to these guidelines.
- No more than 40% of all puddings, ice creams or frozen desserts shall be allowed to exceed the above standards for sugar, fat and saturated fat.
- Nutritional supplements provided to low weight students with health needs shall not exceed the above standards for sugar, fat and saturated fat. These supplements may be added to the student's meal or offered as a snack as directed by the school physician or nutritionist.
- To increase fiber in student diets, whole or pureed fruits may be added to student meals or offered as a snack as directed by the school physician or nutritionist

Supplemental meals or feedings may be added prior to or after the designated lunch period when prescribed by a physician or nutritionist and documented within the student's individual Health Care Plan.

Food and beverages served during special school celebrations or during curriculum related activities (i.e. cooking activities, cultural foods when used as a part of a lesson, etc.) shall be exempt from this policy, with the exception of foods of minimal nutritional value as defined by USDA regulations.

Students with medically authorized special needs diets as per **7 CFR Part 210** may require specialized feedings to be administered by nurses using FMNV's as prescribed by a physician and incorporated into their specific student Health Care Plan. Additional nutritional supplements may also be added as prescribed by physician.

Students with documented behavioral plans that include the use of specific food reinforces as an overall part of their behavior modification program may use FMNVs as indicated in their IEP. FMNVs shall only be used when administering specific behavioral techniques as designated in the behavioral plan. In the event FMNVs become pervasive or begin to interfere with the student's consumption of appropriate nutritional foods, an alternate behavior modification program will be investigated. Prior to the use of FMNVs for behavior plans, every attempt should be made to balance the student's reinforcement schedule with their daily nutritional needs and meal plans.

Adequate time shall be allowed daily for the consumption of student meals. Lunch time will be conducted from 11:30 a.m. to 1:00 p.m. daily with the exception of early dismissal days (1:00 p.m. dismissal), in which case lunch period will begin 30 to 45 minutes earlier to allow sufficient time for student feeding. Lakeview shall provide a pleasant dining environment for all students. Following meals, students diagnosed with GERD, will remain upright for a minimum of 30 minutes or as directed by their mealtime guide to allow for adequate digestion of meals and reduce symptoms of GERD. Physical activity, adapted physical education classes and physical therapy will not be scheduled within 30 minutes of the completion of student lunches.

Lakeview School shall incorporate nutrition education and physical activity consistent with the New Jersey Department of Education Core Curriculum Standards.

Lakeview School is committed to promoting the Nutrition Policy with all food service personnel, teachers, therapists, nurses, paraprofessional and other school administrative staff, to provide them with the skills they need to implement this policy and promote healthy eating practices. Lakeview will work toward expanding awareness about this policy among students, parents, teachers and the

community at large. A School lunch advisory committee will be established at the start of each school year comprised of program staff, parents and students. This group will conduct a survey regarding current practices and lunch program offerings and assess the need for modifications/changes to the school lunch program menus and food choices.

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