

## WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

The board will designate the superintendent to monitor implementation and evaluate the policy. The superintendent will report annually to the board regarding the effectiveness of this policy.

### Specific Wellness Goals

- Specific goals for nutrition education, (*see Appendix A*)
- Physical activity, (*see Appendix B*)
- Other school-based activities that are designed to promote student wellness, (*see Appendix C*)
- The nutrition guidelines for all foods available, (*see Appendix D*)
- The board will monitor and evaluate this policy by – (*see Appendix E*)

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)  
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Cross Reference: 504.6 Student Activity Program  
710 School Food Services

Approved 5/20/15

Reviewed 4/15/15

Revised \_\_\_\_\_

## NUTRITION EDUCATION AND PROMOTION

The school district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program 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 classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and physical activity;
- Links with meal programs, other foods and nutrition-related community services; and,
- Includes training for teachers and other staff.

## PHYSICAL ACTIVITY

### **Physical Education**

The school district will provide physical education that:

- Is available for all students kindergarten through twelfth grade
- Is taught by a certified physical education teacher
- Includes 40 minutes per specials cycle at the elementary level; 50 minutes every day at the junior high level; and a goal of 225 minute of activity per week for high school students including both physical education classes and outside of school activities
- Includes students with disabilities; students with special health-care needs may be provided with alternative educational settings; and
- Engages students in moderate to vigorous activity during physical education class time

### **Daily Recess**

Elementary schools should provide recess for students that:

- Is at least four-five minutes a day;
- Is preferably outdoors; and
- Encourages moderate to vigorous physical activity

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity and Discipline**

Employees should not use physical activity (e.g., running laps, pushups) as disciplinary action. Withholding opportunities for physical activity (e.g., recess, physical education) is discouraged.

### **Physical Activity Outside of the Gym Walls**

- Intramural Activities:
  - Offered before or after school when possible
- Brain Breaks:
  - Classroom activities lead by the teacher during the school day to keep students' minds active and ready to learn
- Extracurricular Activity Club
  - Students, staff and family members are able to participate in the activity club
  - Participants track the amount of physical activity completed outside of the school day and school walls

## OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

### **Integrate physical activity into classroom settings, by doing the following:**

- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Discourage sedentary activities, such as watching television, playing computer games, etc.;
- Provide opportunities for physical activity to be incorporated into other subject lessons; and,
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### **Marketing food in school in a manner consistent with nutritional education and health promotion, by doing the following:**

- Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- Market activities that promote healthful behaviors.

### **Communication with parents regarding providing students with a healthy diet and daily physical activity, by doing the following:**

- Sending home nutrition information and post nutrition tips on school web sites;
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- Asking parents or guardians to notify the school if their student has any food allergies or special dietary requirements;
- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- Support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- Include sharing information about physical activity and physical education through a web site, and/or newsletter.

### **Staff Wellness**

The district values the health and well being of every staff member. Staff members are encouraged to plan and implement activities that support efforts to maintain a healthy lifestyle.

## **School Meals**

Meals served through the National School Lunch and Breakfast Programs will

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal law;
- Offer a variety of fruits and vegetables, legumes and whole grains;
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- Ensure that half of the served grains are whole grain.

Schools Should:

- Engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices; and,
- Share information about the nutritional content of meals with parents and students (The information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of purchase materials.)

## **Breakfast**

- To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the school will:
- Operate the breakfast program, to the extent possible; and
- Arrange bus schedules and utilize methods to serve breakfasts that encourage participation; and
- Notify parents and students of the availability of the district's breakfast program and encourage parents to provide a health breakfast for their children; and
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

## **Free and Reduced-Priced Meals**

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the district may:

- Utilize electronic identification and payment systems;
- Provide meals at no charge to all children, regardless of income; and,
- Promote the availability of meals to all students.

## **Meal Times and Scheduling**

The school district:

- Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

## **Qualification of Food Service Staff**

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- Provide continuing professional development for all nutrition professionals; and,
- Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

## **Sharing of Food**

The district discourages students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies, spreading of germs and communicable diseases, and other restrictions on student diets.

## **Foods Sold Outside the Meal (e.g. vending, a la carte, sales)**

All food and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law. For current state guidelines, click here:

[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=1769&catid=838&Itemid=2545](http://educateiowa.gov/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545)

## **Fundraising Activities**

There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK – 12 students by or through other PK – 12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.

## **Snacks**

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

## **Rewards**

The district will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

## **Celebrations**

Schools should evaluate their celebrations practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.

## **School-Sponsored Events**

Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.

## **Food Safety**

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.  
[http://www.fns.usda.gov/tn/Resources/servingsafe\\_chapter6.pdf](http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf)
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

## **Summer Meals**

Schools in which more than 50 percent of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and, preferably, throughout the entire summer vacation.

## PLAN FOR MEASURING IMPLEMENTATION

### **Monitoring**

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

Additionally, the following actions will occur:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- Food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.
- The school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible;
- The Food Service Director will develop a summary report every three years on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and,
- The report will be provided to the school board and also distributed to the district.

### **Policy Review**

To help with the initial development of the school district's wellness policies, each school in the school district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs.

Assessments conducted to review compliance, assess progress, and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district will revise the wellness policies and develop work plans to facilitate their implementation.