

## 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 and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. *See the DE guidance on Healthy Kids Act, <https://www.educateiowa.gov/pk-12/learner-supports/healthy-kids-act>*

The school district will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. (See Appendix B) The superintendent will report to the board regarding the effectiveness of this policy.

### Specific Wellness Goals

- specific goals for nutrition education, (see Appendix A)
- physical activity, (see Appendix A)
- other school-based activities that are designed to promote student wellness, (see Appendix A)

Cross Reference:     504.5 Student Fund Raising  
                          504.6 Student Activity Program  
                          710.1 School Food Services  
                          710.2 Free or Reduced Cost Meals Eligibility  
                          710.3 Vending Machines

Approved May 15, 2006   Reviewed March, 2016   Revised March, 2022

### **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;
- 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: and
- Links with meal programs, other foods and nutrition-related community services.

### **Physical Education**

The school district will provide physical education that:

- Is taught by a certified physical education teacher;
- Is for all students in grades PK-12, including students with disabilities.
- Includes 90 minutes per week in elementary and 3600 minutes annually in high school with moderate to vigorous activity 50% of the time;
- May be provided in alternative educational settings (i.e. early bird, after school, walking, aerobics, intramurals, dance, community education programs, weight programs).

### **Daily Recess**

Elementary schools will provide recess for students that:

- Is at least 30 minutes a day;
- Is preferably outdoors; and
- Encourages moderate to vigorous physical activity through the provision of space and equipment.

### **Healthy Kids Act - Physical Activity**

Elementary students, K-5 will be required to participate in 30 minutes of physical activity per day. This requirement can be met through a combination of PE, recess, classroom and other activities. Students in grades 6-12 must engage in physical activity 120 minutes per week in which there are at least five days of school. This requirement can be met through a combination of PE, school and non-school sponsored athletics and other activities where the body is exerted. The district will monitor how students fulfill this requirement using the attached physical activity contract detailing outside activity. (See Appendix C)

### **Physical Activity and Punishment**

Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### **Other School-Based Activities that Promote Student and Staff Wellness**

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Provide parents a list of food ideas for healthy school celebrations/parties;
- Provide information about physical activity opportunities before, during and after the school day;
- Share information about physical activity and physical education through the school web site, school newsletter, or take-home materials, and special events.

The school district values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will:

- Maintain a staff wellness committee composed of staff members, including the school nurses; and
- Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.

### ***Nutrition Guidelines for Foods Available on Campus***

#### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- Offer both fruits and vegetables for lunch at 3-5 times a week
- Replace  $\frac{1}{4}$  of the white flour with whole wheat flour in selected recipes
- Replace  $\frac{1}{4}$  of the fat with applesauce in selected recipes
- Ensure that  $\frac{1}{2}$  of the bread products served are whole wheat or whole wheat white
- Offer fresh and/or frozen fruits and vegetables instead of canned (less sodium)
- Steam vegetables instead of boiling to prevent nutrient, texture and color loss
- Beginning fall of 2006, only offer skim and 1% milk products
- Beginning fall of 2006, only order 100% fruit juices
- Publish nutritional content information for all regularly served food products
- Provide water as beverage during meals
- Be appealing and attractive to children
- Be served in clean and pleasant settings

#### **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, schools will:

- Operate the breakfast program, to the extent possible;
- Arrange bus schedules and utilize methods to serve breakfasts that encourage participation;
- Notify parents and students of the availability of school breakfast program; and

- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

### **Meal Times and Scheduling**

The school district:

- Will 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,
- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### **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.

### **Qualification of Food Service Staff**

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

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

### **Sharing of Foods**

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Foods Sold Outside the Meal Program and/or School Day (e.g. vending and concessions)**

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores 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://www.educateiowa.gov/pk-12/learner-supports/healthy-kids-act>

### **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**

The district believes snacks served during the school day should 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 and parents.

**Rewards**

The school district will not encourage the use of 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**

The school district will disseminate a list of healthy party ideas to parents and teachers. By the 2010 school year, no more than one food or beverage that does not meet the specified nutrient standards will be allowed.

**Food Safety**

All foods prepared through food service operations will 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.

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.

**Plan for Measuring Implementation**

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

- building principals will ensure compliance with physical activity policies in the school and will report on the school's compliance to the superintendent;
- food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent.
- food service staff 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 superintendent will develop a summary report every five years on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from building principals and food service staff
- the report will be provided to the school board.

**Policy Review**

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

Assessments will be repeated every three years to help review policy 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.