

## WELLNESS

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 wellness, 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 wellness.

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.

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 school district will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The Superintendent, in conjunction with the local wellness policy committee, will develop a plan to implement and monitor the effectiveness of the policy. The Superintendent and local wellness committee will report every three years to the board regarding the effectiveness of this policy.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2014)  
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,  
Iowa Code 256.7 (29), 256.11 (6)  
281 IAC 12.5 (19), 12.5 (20), 58.11

Cross Reference: 504.6 Student Activity Program  
710 School Food Services

1. Nutrition and Education and Promotion:

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

- is offered as part of a comprehensive, standards-based curriculum 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 activities
- promotes the consumption of 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 wellness
- links with meal programs, other foods and nutrition-related community services

2. Physical Activity: The district is aligned and promotes the protocol of the Healthy Iowa Kids Act (2009)

The school district will provide physical education that:

- is for all students in grades K-12
- is taught by a certified physical education teacher
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings when appropriate
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Elementary schools should provide recess for students that:

- is daily
- is preferably outdoors
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment

When activities make it necessary for students to remain indoors for extended periods of time, schools should give students periodic breaks during which they are encouraged to stand and be active.

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

3. Other School-Based Activities That Promote Student Wellness

**Integrating Wellness into Classroom Settings**

For students to fully embrace regular wellness as a personal behavior, students need opportunities for wellness beyond the physical education class. Toward that end, the school district will:

- discourage sedentary activities, such as watching television, playing computer games, etc.
- encourage classroom teachers to provide short wellness breaks between lessons or classes, as appropriate.
- provide opportunities for wellness to be incorporated into other subject lessons
- encourages many transitions per day which allow for movement

### **Communication with Parents**

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

- 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
- include sharing information about wellness and physical education through district and school publications
- provide stakeholders information regarding healthy nutrition and living through district and school publications

### **4. Nutrition Guidelines For All Foods Available On Campus**

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity and are available upon request

### **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
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)
- encourage the use of whole grain products

Upon request the district and/or the schools will share information about the nutritional content of meals with parents and students and 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

### **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 the School Breakfast Program, where available
- encourage parents to provide a healthy breakfast for their children

### **Meal Times**

The school district:

- will provide students with appropriate time to eat breakfast and lunch;
- will provide students access to hand washing or hand sanitizing before they eat meals

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 (e.g. vending, a la carte, sales)**

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, go to <http://tinyurl.com/Iowa-HKA> .

### **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. 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.

### **Summer Food Service Program**

The District will continue to encourage the Summer Food Service Program at various schools and work with the city to promote the program throughout the community.

### **Fundraising Activities**

District 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. District fundraising activities must comply with the state nutrition guidelines.

### **Rewards**

The school 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.

### **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
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, cafeteria workers, according to their levels of responsibility

### **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.

## 5. Monitoring

The superintendent, with the administration, will ensure compliance with established school district-wide nutrition wellness policies and requirements of the Healthy Kids Act (HKA)

### **In each school:**

- 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.

### **In the school district:**

- 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 superintendent will develop a summary report every three years on school district wide compliance with the school district's established nutrition and 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 all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.
- Annually the Food Service Manager will provide a report to the Superintendent or designee of the quality of the food service program.
- Annually the Wellness Committee will make a report to the Superintendent or designee on Wellness, nutrition and promotion of healthy lifestyles.

The Board of Education will review the wellness policy and procedures every five years.