

## WELLNESS POLICY

The board promotes healthy students and staff 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 will support and promote proper dietary habits that contribute to improved health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day and at the After School Program 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. Toward this end, the school district will utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

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. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals:

- Goals for Nutrition Education are found in *Appendix A*.
- Goals for Physical Activity are found in *Appendix B*.
- Goals for Other School-Based Activities that are designed to promote student wellness are found in *Appendix C*.

**WELLNESS POLICY**

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity in the school district are found in *Appendix D*.

The board will monitor and evaluate this policy in accordance with procedures found in *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.*,  
Iowa Code 256.7(29), 256.11(6) (2013)  
281 IAC 12.5(19), 12.5 (20), 58.11

Cross Reference: 504.5 Student Fund Raising  
504.6 Student Activity Program  
710 School Food Services

Approved 7/9/12 Reviewed \_\_\_\_\_ Revised 7/9/12 .  
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Appendix A

**NUTRITION EDUCATION**

Health Curriculum

- Utilize health related content area specialists from the Department of Education, Area Education Agency 267 and Iowa State University Extension offices to help facilitate curriculum development, Community based health, dentists and vision.
- Utilize the school nurse in the classroom to talk about specific Nutrition and Health topics.
- Provide Nutrition instruction that is consistent with or exceeds the U.S. Department of Agriculture (USDA)'s "Dietary Guidelines for Americans" and the most current "My Plate" plan.
- Utilize the District Wellness committee to seek ways to provide specific professional development opportunities for teachers in health education positions.
- Implement evidence-based nutrition instruction, supplemented by resources provided by the USDA's Team Nutrition or other vetted sources.
- Maximize classroom time by integrating nutrition education into lesson plans of other school subjects including math, science, language arts, physical education, health, and social studies.
- Inform parents about the Wellness Policy through related school activities, but not limited to; Parent-Teacher Conferences, newsletters, school websites and social media.
- Provide students with consistent nutrition education messages through multiple channels in addition to classroom instruction including nutrition information provided in the cafeteria, health fairs, after school programming and assemblies.
- No unhealthy drinks or carbonated beverages will be offered to students in the school district during the school day, in accordance with the current Smart Snacks in School guidelines.
- IFCS D Employees must set a good example with regards to drinking unhealthy beverages. IFCS D employees must not have unhealthy drinks visible to students during the school day.
- All students in the IFCS D will receive Health Education on a regular basis in accordance with the guidelines set forth by the Department of Education and Iowa Core Curriculum (Health Literacy)

Appendix B

**PHYSICAL ACTIVITY**

Daily Physical Education

- Continually updating and evaluating curriculum in keeping students active and healthy.
- Maintain that the majority of PE is used as active class time at all levels.

Daily Recess

- The IFCS D will neither deny nor require physical activity as a form of punishment for students.
- Use extra recess time as a positive incentive for students.

Professional Development

- Support professional development opportunities for physical education and health teachers through the securing of resources and attendance at seminars.

Community/Family Physical Activity

- Identify and encourage opportunities for family fitness at all levels, for example; Dale Howard Center, Meyer Municipal Aquatic Center, walk/bike Trails, etc.
- Provide sharing information about physical activity/education, health and nutrition through social media, print media, and special district events. – Cadet Gazette, Earth Day, Newspaper, Field Day, Winter Fest
- Encourage local facilities that promote activity to offer incentives for families to help reduce the cost of membership.
- Implement family centered activities at all levels.

Appendix C

**OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELFARE**

Meal Times and Scheduling:

- Ensure that at each school there is plenty of food available to every student at breakfast and lunch

Food Marketing in Schools:

- Continue using vendors for fundraising at the building level that involves the sale of healthy food or non-food items.
- No fundraising during the school day to students.
- Promote the importance of healthy eating and lifestyle habits through the use of print media (i.e.- posters, pictures) that would be displayed throughout the building.
- Provide parent organizations and parents at all levels with information promoting the use of healthy lunches and snacks for school lunches, snack times.
- Increase fresh fruit and vegetables that are available to students at breakfast/lunch at all levels.
- Signs and marketing materials advertising restricted foods and beverages are not allowed to be visible to students district wide during the school day.
- Students participating in the school breakfast program will increase by 5% each year.
- The Students Times section of the local newspaper will be utilized to educate students, parents and the community about healthy food choices and exercise.
- The food service director will utilize the Cadet Gazette to promote and inform students, parents and the community about healthy food practices for breakfast and lunch.

Sustainable Food Practices

- Utilize local vendors in the use of infusing fresh fruits and vegetables from a variety of state or local vendors into food service programs or other school-based events (i.e. – fundraisers, special events, etc...)

Staff Wellness

- Develop partnerships area health organizations to promote and support staff wellness opportunities such as screenings, health education, and physical fitness that result in better health for staff members and integrate into the school calendar if possible. Park and Rec adult activities, open gym for teachers

School Celebrations

- Disseminate a suggested list of healthy party ideas to parents and teachers for use at classroom parties/events.
- The use of foods or beverages, especially those that are considered unhealthy, will not be used as rewards for academic or behavioral performance or good behavior.

Role Models for Nutrition

- Teachers, support staff, administrators and food service professionals will be expected to serve as appropriate role models with regards to the consumption of healthy foods and beverages during the school day.
- Each school within the district will have 2 representatives on the Wellness Committee.

Appendix D

**NUTRITIONAL GUIDELINES FOR ALL FOODS AVAILABLE IN THE SCHOOL DISTRICT**

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity in the school district include:

School Meals

- Establish a review of current food service programs to ensure compliance with the National School Lunch and Breakfast programs, Smart Snacks in Schools, and alignment with school wellness policy purpose and goals.

Food Service Serving Lines

- Maintain current practice at each school of allowing all students enough time to each lunch.

Vending Machines

- Continue to eliminate all unhealthy foods in vending machines.

Portion Sizes

- Continue to follow the Smart Snacks in Schools guidelines for portion sizes at all levels.

Ala Carte/Snacks/Beverages

- Work together with food service staff to monitor and ensure foods and beverages sold ala carte (outside of the reimbursable meal programs) during the school day will meet all federal nutrition and portion size standards along with the Smart Snacks for Schools guidelines.
- Enforce the practice of not allowing unhealthy food and beverage products into classrooms during the school day for both staff and students and establish/enforce new or updated procedures.
- Provide parents with a list of healthy snack options to bring to school for lunch, birthdays and other class parties.
- Staff will be trained annually on Smart Snack criteria to ensure knowledge of most current policies through Professional development at the beginning of the school year and through emails when updates are made throughout the school year.

Appendix E

**MONITORING AND EVALUATION**

It shall be the responsibility of the Superintendent, in conjunction with the building principals and the district's school nurse to monitor and evaluate this policy each year and ensure compliance with established school district-wide wellness policies.

In each school:

- The principal will ensure compliance with those policies in both the school and areas of curriculum and professional development and will report on the school's compliance as requested by 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 district food service coordinator or building principal as needed.

In each school district:

- The district food service coordinator will report to the district wellness committee on the most recent state and federal regulations regarding school nutrition and will work with this committee to ensure compliance with wellness committee goals.
- A representative from the district wellness committee will coordinate meetings for this group and will be responsible for reporting to the board at the time the policy is reviewed regarding district-wide compliance with the policy's established goals.
- The committee's findings will be reported to the school board as well as distributed to all school wellness committee members, parent/teacher organizations, principals, and health services personnel in the school.
- The Wellness Committee will meet every other month.

**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 will be repeated every 4<sup>th</sup> year 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, and individual schools within the school district, will revise the wellness policies, develop work plans to facilitate their implementation, and update the policy during its' annual review.