

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 will support 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 will meet or exceed the guidelines set forth by the USDA. 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 over identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals 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".

The school district will develop a food advisory/local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local food advisory/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 of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals:

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

- is offered 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.
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices. For example: Harvest of the Month; Pick a Better Snack; Farm to School; Fresh Fruit and Vegetables (grant).
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services.

Physical Education

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; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess

Elementary schools should provide recess for students that:

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

Physical Activity

In compliance with the state mandated Healthy Kids Act, the school district shall ensure that students in grades K-5 participate in 30 minutes of physical activity daily. This activity can occur through physical education class, recess, or other classroom activities, or non-school activities. When the requirement is to be met through non-school activities, the school shall enter into a written agreement with the parents of the student.

In compliance with the state mandated Healthy Kids Act, the school district shall ensure that students in grades 6-12 participate in 120 minutes of physical activity in a 5 day week. This activity can occur through physical education class, interscholastic activities, marching band, dance, cheer or similar activities. Non-school activities such as gymnastics, dance, etc., also meet the requirements of the law. When the requirement is to be

met through non-school activities, the school shall enter into a written agreement with the parents of the student.

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.

The District encourages classroom use of 'pop-up" activities to provide one to five minute quick energizing physical exercises throughout the day.

CPR

In accordance with graduation requirements and the Healthy Kids Act, all Senior High students will complete a CPR course.

Physical Activity Opportunities after School

After-school child care and enrichment programs will provide and encourage--verbally, and through the provision of space, equipment and activities--daily periods of moderate to vigorous physical activity for all participants. For example, with our partnership with Unity Point Medical Center's Thrive Program.

Staff Wellness

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 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;

Schools should:

- engage students and staff 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

Schools will:

- operate the breakfast program.
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation.

- notify parents and students of the availability of the School Breakfast Program and,
- encourage parents to provide a healthy breakfast for their children through newsletter articles, 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 school district may:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students.

Meal Times and Scheduling

The school district:

- should schedule meal periods at appropriate times.
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

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

- All foods sold outside the meal will adhere to USDA standards for competitive foods in schools.
- All foods sold outside the meal will be approved by Principal and/or District's Food Service Director.

Fundraising Activities

The school district encourages fundraising activities that promote sound nutrition and physical activity.

Snacks

- Snacks served during the school day or in after school programs will follow USDA nutrition requirements.
- Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's age and other considerations.
- Classroom treats (birthday, holiday) need to be pre-packaged, and families are encouraged to provide a healthy snack.

Rewards

The school district will not withhold food or beverages (including food served through meals) as a punishment.

Food Safety

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

- 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.

Monitoring

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

In each school:

- the principal/food service director 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/food service director.

In the school district:

- the school district will report on the most recent USDA Administrative Review Audit Initiative review findings and any resulting changes. If the school district has not received Administrative review from the state agency within the past five years, the school district will request from the state agency that an Administrative 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 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 all school wellness committees.

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 three (3) 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, and individual schools within the school district will, revise the wellness

policies and develop work plans to facilitate their implementation.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1761 et seq. (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.,

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