

Code No. 507.9 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 Central Community 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, physical activity and positive social relationships, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The Central Community 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 Central Community 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 Central Community School District nutrition standards and in compliance with the 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, www.tinyurl.com/Iowa.HKA*

The Central Community 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 Central Community School District may 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 "breakfast-in-a-bag".

The Central Community 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 evaluate the implementation of the policy. The committee chairperson will report annually to the board regarding the effectiveness of this policy.

Nutrition Education and Procurement

The Central Community School District will provide nutrition education and engage in **the** procurement of foods that to the greatest extent possible provide local, fresh, and healthy foods. Nutrition education and procurement will support the values of local food being good for our health, our environment, and our community, and our economy.

Nutrition Education:

- *is part of health education classes, and 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 contest, promotions, taste testing, and farm visits;
- *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;
- *includes training for teachers and staff.

Food Procurement

- *Central Community School District shall source local foods, within 150 miles, to the greatest extent possible, including school grown products (from school gardens), and menus will be developed to complement local growing seasons and availability of foods.
- *If the cost of local food remains at or below 10% of comparably sourced foods, the district may use geographic preference for the procurement of local foods.
- *The district will reach out to neighboring school districts to purchase locally grown food cooperatively, whenever possible, in order to increase the amount of products purchased from local farms and lower food costs.
- *The district will support and maintain school gardens that will serve as instructional tools for nutrition education, as well as encouraging curriculum integration into other content areas.

Promotional Goals and Physical Activity Goals

Daily Physical Education

The Central Community School District will provide physical education that:

- is for all students in grades **PK-12** for the entire school year;
- 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 at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

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 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.

Teachers may not take away recess time from any student as a consequence for not having homework completed or other negative behaviors. The only exception to this would be if a parent requests in writing that his/her child be kept indoors in order to complete work and receive instruction missed due to an illness.

The school nurse may also use discretion when keeping a child in from recess or other physical activity due to illness or injury of a student while at school.

Students who display a physical danger to others during a physical activity may be required to give up the time set for that physical activity. If the physical danger persists the student will have an alternative physical activity apart from peers that may be limited in time and type of activity. The limited time must be at least half of the time allotted for physical activity throughout a week.

Other School-Based Activities that Promote Student Wellness Goals

Integrating Physical Activity into Classroom Settings

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 Central Community School District will:

- 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 attempt to provide opportunities for physical activity before and after testing; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

The Central Community School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The Central Community School District will:

- 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 website, newsletter, other take-home materials, special events or physical education homework.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion.

The Central Community School District will:

- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- 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;
- market activities that promote healthful behaviors including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

Staff Wellness

The Central Community 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 plan will be based on employee input and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.

Nutrition Guidelines for All Foods Available on Campus Goals

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity at Central Community Schools. <http://www.hhs.gov/>

School Meals

Meals served through the National School Lunch and Breakfast Programs will meet the guidelines established by the USDA

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, including ‘breakfast in a bag’ breakfasts;
- notify parents and students of the availability of the School Breakfast Program, where available; 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 Central Community 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 Central Community School District may:

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

Meal Times and Scheduling

The Central Community School District will:

- schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 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 giving them access to a 20 minute lunch period;
- do our best to schedule elementary lunch periods to follow recess periods;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of The Central Community School District’s responsibility to operate a food service program, The Central Community School District will provide continuing professional development for all nutrition professionals.

Sharing of Foods

The Central Community School District discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about communicable diseases, 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 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 guidelines, go to <http://tinurl.com/Iowa-HKA>.

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 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.

The Central Community School District encourages fundraising activities that promote physical activity. (e.g. 5 K walk/run, Dodge Ball tournament, Badminton Tournament etc.)

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 or milk 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 Central Community School District will provide a list of healthful snack items to teachers, after-school program personnel and parents.

Rewards

The Central Community School District will not use foods or beverages, especially those that do not meet the nutritional standards for foods and beverages sold individually, as rewards for academic performance or good behavior during school hours, and will not withhold food or beverages (including food served through meals) as a punishment.

Celebrations

The Central Wellness Committee will evaluate celebration practices that involve food during the school day. The Central Community School District will provide a list of healthy party ideas to parents and teachers.

Food Safety

All foods sold or prepared 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
- 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.
- Student groups serving food items will be instructed in proper food handling according to HACCP guidelines

Plan for Measuring Implementation

Monitoring

The Wellness Committee members will insure compliance with established school district-wide nutrition and physical activity wellness policies.

In the school district:

- the principals 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 Central Community 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 Wellness Committee will meet on a quarterly basis to monitor the progress of the policy and share progress reports;
- The Wellness Committee 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 Central Community School board and also distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district. The report will be available to all patrons of the district through its publication in the school newsletter and the report being placed on the school website.
- a summary of the report will be published in September 15 Comprehensive School Improvement Plan for Central Community Schools (CSIP) and the Annual Progress Report (APR)

Policy Review

To help with the initial development of the school district's wellness policies, Central Community 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 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. 1751 *et seq.* (2005)
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: 504.5 Student Fund Raising
 504.6 Student Activity Program
 710 School Food Services

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