

WEST LIBERTY COMMUNITY SCHOOL DISTRICT WELLNESS POLICY

The West Liberty Community School District School (WLCSD) Board promotes healthy students by supporting wellness, good nutrition and physical activity as a part of the total learning environment. Improved health optimizes student performance potential. The West Liberty 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 and physical activity, West Liberty schools can contribute to the basic health status of students.

The WLCSD 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 WLCSD supports and promotes proper dietary habits contributing to students' health status and academic performance. The majority of foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district's nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. School meals and other foods provided by the district will comply with regulations as described in the federal Healthy Kids Act.

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; 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 whenever necessary.

The school district will maintain a local Wellness Policy Committee comprised of representatives of the board, parents, students, school administrators, classroom teachers, physical education teachers, school health professionals and school food service professionals. The local Wellness Policy Committee will develop a plan to implement and measure the local wellness policy and periodically review and update (monitor the effectiveness of) the policy. The committee will designate an individual to monitor implementation and evaluation of the policy and will serve as a resource to parents to address wellness concerns. The committee will report annually to the board and community in June regarding the content and effectiveness of this policy and recommend updates if needed. When monitoring implementation, schools will be evaluated individually with reports prepared by each school and the school district as a whole. The report will include which schools are in compliance with this policy,

the extent to which this policy compares to model Wellness policies, and describe the progress made in achieving the goals of this policy.

Specific Wellness Goals will be established and reviewed annually by June 15 to include:

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

The nutrition guidelines for all foods will be established with the objective of promoting student health and reducing childhood obesity in the school district as a whole. Specific guidelines will be established and reviewed annually by June 15. (see Appendix D)

The board will monitor and evaluate the appendices A to E to this policy on a yearly basis.

Approved: 6/7/06

Reviewed: 5/2/11

Revised: 11/19/12

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

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 modeled after the National Health Standards and Benchmarks and 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 participatory activities, that might include contests, promotions, taste-testing, farm visits and school gardens, or other activities embedded in the adopted health curricular materials;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes, at a developmentally appropriate level, the caloric balance between food intake and physical activity;
- links with meal programs to provide real-world, daily examples, other foods and nutrition-related community services; and,
- includes annual professional development training for teachers and other staff.

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

The West Liberty Community School District recognizes the many benefits inherent in the exercise of a consistent and sustained physical activity regimen. To this end, each school in the WLCSD will schedule the maximum allowable time for physical education, recess and/or other physical activity at every grade level, to meet or exceed the minimum times as defined by the Iowa Department of Education Healthy Kids Act and work to attain the goal of daily physical education as defined in the Center for Disease Control and Prevention recommendations.

In order to comply with state laws, students in grades K-5 must have a minimum of 30 minutes of physical activity (physical education and/or recess and other recognized classroom-based physical activities) per day, while students in grades 6-12 must have at least 120 minutes of physical activity per week. Middle and high school students may meet this requirement with a combination of physical education, school and non-school sponsored athletics and other activities where the body is exerted. Should a student wish to meet the requirement outside of school, the student and school district must have a written agreement detailing the outside activity. A physical activity sample agreement is included in the Iowa Department of Education Healthy Kids Act.

Daily Physical Education

The school district will provide physical education that:

- is daily (The Centers for Disease Control and Prevention recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students);
- is for all students in grades K-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 a minimum of 40 minutes a day for kindergarten through second-grade students;
- is a minimum of 30 minutes a day for third- through fifth-grade students;
- 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. Withholding recess or restricting a student's individual activity during recess time will not be considered unless in extreme circumstances where all other methods have been exhausted or for documented, continued unacceptable behavior exhibited during recess.

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.

Elementary and secondary schools will offer age-appropriate extracurricular physical activity programs, such as physical activity and sports clubs, that encourage moderate to vigorous physical activity and meet the needs, interests and abilities of all students including girls, boys and individuals with disabilities.

Schools will collaborate with local agencies to promote local, state and national events that encourage physical activity by students, staff and families.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

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 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,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

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 with healthy eating information, in the form of seminars, nutrition information in written and web-based forms, and nutritional analyses of school menus.
- give parents and teachers, at the start of the school year, a list of appropriate foods for students/parents to bring for celebrations or parties as rewards or treats;
- 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;
- share information on physical education and physical activity opportunities, both in and out of school, as well as the appropriate snack foods and lunch choices with the community in school newsletters and on the district website.

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) 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;
- 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;

Examples: Marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.

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 by staff to maintain a healthy lifestyle. Each school will:

- Provide information about hypertension and other health issues to staff periodically by the school nurses
- Conduct a blood pressure screening day annually
- Implement an activity plan for staff based on employee input received from an employee survey

NUTRITION REQUIREMENTS FOR ALL FOODS AVAILABLE ON CAMPUS

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); and,
- ensure that half of the served grains are whole grain.
- To the extent possible, food items served and sold in schools shall be prepared from fresh, locally grown and produced ingredients. Food service staff, in partnership with West Liberty Farm to School and other partner organizations, will design and actively pursue programs to make this possible.
- To the extent possible, food items served and sold in schools shall offer a variety of choices that reflect the cultural diversity of the student body and its students' practices and preferences.
- Food items served and sold in schools will meet any special dietary needs of students.

Schools should:

- engage students 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.
- share information about the nutritional content of meals with parents and students. Nutritional values of specific foods served in the hot lunch program will be derived from USDA sources.

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 a School Breakfast Program.
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfasts or breakfast during morning break or recess, to the extent possible;
- 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, take-home materials 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;
- provide meals at no charge to all children, regardless of income; and,

- promote the availability of meals to all students.

Meal Times and Scheduling

The school district:

- will provide all students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should 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 attempt to schedule lunch periods to follow recess periods (in elementary schools);
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

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:

- Set expectations for continuing professional development for all nutrition professionals.
- Offer staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.
- Encourage information sharing among WLCSD nutrition professionals and those in neighboring school districts.

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

Elementary schools: The food service program will approve and provide all food and beverage sales to students in elementary schools. To this end:

- food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills; and,
- foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits and non-fried vegetables.

Secondary schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, or student stores) during the school day, or through programs for students after the school day, will attempt to meet the following nutrition and portion size standards:

Beverages Sold During the School day:

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).
- **Not allowed:** soft drinks containing caloric sweeteners

Foods

An a la carte program or vending machines, if offered in the WLCSD, must offer a variety of selections that will meet the requirements below:

A food item sold individually:

- will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- will have no more than 35 percent of its weight from added sugars;
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes; and,
- will include a choice of at least two fruits and/or non-fried vegetables for sale at any location on the school site where foods are sold.

Examples: Food items could include, but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).

Portion Size

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will attempt to involve food that meet the above nutrition and portion size standards for foods and beverages sold individually. The school district encourages fundraising activities that promote physical activity.

The school district will communicate to parents appropriate snacks and encourage them to bring healthy alternatives for snacks, rewards, and celebrations

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 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, after-school program personnel and parents.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Rewards

The school district will encourage not using 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

Schools should evaluate their celebrations practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.

School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.

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
- 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.

Summer Meals

Schools in which more than 50 percent of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program for at least six weeks between the last day of the academic school year and the first day of the following school year, and, preferably, throughout the entire summer vacation.

The goals outlined in the West Liberty Community School District Wellness Policy are a combination of state and federal laws, recommendations found in the State of Iowa Healthy Kids Act, and those made by Wellness Committee Members.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

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

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 physical activity wellness policies, based on input from the Wellness Committee and 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.

Policy Review

With assistance from the Wellness Committee, each school in the school district will periodically conduct an 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 by the Wellness Committee to identify and prioritize needs.

Assessments will be repeated every year to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district Wellness Committee 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, with the assistance of the Wellness Committee, revise the wellness policies and develop work plans to facilitate their implementation.