

Student Personnel  
Series 500

Policy Title \_\_\_\_\_ Wellness \_\_\_\_\_ Code No. 507.1

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 supports and promotes proper dietary habits contributing to students' health status and academic performance. The school district supports the goal of having foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition content standards as set by the Health Kids Act. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will develop a local wellness policy committee comprised of representatives of the board, parents, students, 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 of the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

### **Specific Wellness Goals**

- The school district shall provide nutrition education and engage in nutrition promotion that:
  - promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-embracing nutrition practices;
  - emphasizes caloric balance between food intake and physical activity;
  - includes training for teachers and staff.
- The school district shall provide physical activity for students that includes:
  - 30 minutes per day of physical activity for grades K-5 and 120 minutes per week for grades 6-12;
  - students with disabilities, students with special health-care needs may be provided physical education in alternative educational settings;
- The school district shall encourage other school-based activities that are designed to promote student wellness. These could include activities such as:
  - encourage classroom teachers to provide short physical activity breaks, as appropriate between lessons or classes;
  - it is preferred that school-based marketing is consistent with nutrition education and health promotion;
  - promote the health and well-being of staff members by encouraging healthy eating, physical activity and other elements of a healthy life style among employees.

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

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**School Meals**

Meals served through the National School Lunch and Breakfast Programs shall:

- 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 which includes but is not limited to the nutritional content standards as set by the Healthy Kids Act;
- offer a variety of fruits and vegetables;
- offer low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- increase the use of whole grains, when practical.

Schools should periodically:

- 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; and
- have available information about the nutritional content of meals for parents and students.

**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 shall:

- 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; 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:

- shall attempt to provide 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;
- shall attempt to schedule lunch periods to follow recess periods (in elementary schools);
- shall provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- should take reasonable steps to 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 shall:

- provide continuing professional development for all nutrition professionals; and,
- provide 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.

**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 and Beverages Sold bell to bell in the cafeteria (e.g. vending, a la cart, sales)**

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, student stores or fundraising activities) during the school day, or through programs for students after the school day (from bell to bell), will meet the nutritional content standards. For current state guidelines, click here <http://tinyurl.com/Iowa-HKA>.

**Fundraising Activities**

To support children's health and school nutrition-education efforts, regulated school fundraising activities (activities that offer the sale of foods or beverages on school property and that target primarily to PK-12 students or student groups) will comply with the state nutritional guidelines. The school district continues to encourage fundraising activities that promote physical activity and has a list of ideas for preferred fundraising activities.

**Snacks**

Snacks served during the school day or in after-school care or enrichment programs should 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. If served bell to bell and in

the cafeteria, snacks will meet the state nutritional guidelines. 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 should 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 should 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**

Food items that meet the nutrition standards for meals or for foods and beverages sold individually are encouraged, along with the other foods and beverages offered or sold, at school-sponsored events outside the school day.

**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.

**The Board will monitor and evaluate this policy by:**

The superintendent will 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 Schools 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 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, parent/teacher organizations, principals and health services personnel in the school district.

## **Policy Review**

To help with the initial development of the school district 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 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.

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Legal Reference: (Code of Iowa) 507.9