

WELLNESS POLICY

The Sheldon Community School District Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

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. In accordance with law and this belief, the board commits to the following:

The school district will identify at least one goal in each of the following areas:

- Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- Physical Activity: Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- Other School Based Activities that Promote Wellness: As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy;
- Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

Legal Reference: 42 U.S.C. §§ 1751 et seq.
 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

Approved: <u>07/21/06</u>	Reviewed: <u>03/12/07, 03/08/10, 05/16/16</u>	Revised: <u>09/14/11, 08/15/12, 03/13/13, 03/11/15, 11/14/16</u>
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WELLNESS REGULATION

To implement the Wellness Policy, the following district specific goals have been established:

Goal 1 – Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following

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

1. Is part of not only health education classes, but also classroom instruction in the subjects of math, science, language arts, social science, physical education and electives (HS)
 - a. Hold a “Nutrition Week” or “Wellness Week” to focus on nutrition throughout the school. May focus on a different food group each day.
 - b. Find materials to incorporate healthy lifestyles and nutrition into physical education classes.
2. Includes enjoyable, developmentally appropriate, culturally relevant participatory activities.
 - a. Physical Education classes and recess use appropriate activities.
 - b. Links with meal program and other foods and nutrition related services such as “theme days” for lunch.
3. Promotes fruits, vegetables, whole grains, low fat and fat free dairy products and healthy food.
 - a. Hang posters in the multipurpose room and or Commons area that promotes healthy eating. Talk about what is on the posters and why they are important.
 - b. When writing the daily menu, show which food group the items belong to so students become aware of what they are eating.

Nutrition Guidelines for All Food Available on Campus

NG Goal A: Snacks and Celebrations – The District will:

1. Assess if and when to offer snacks based on timing of meals.
2. Will provide a list of healthy snack and celebration suggestions.
3. Encourage healthful snacks.
4. Administrators and teachers will evaluate their celebration practices that involve food during the school day.

NG Goal B: Vending and Concessions

1. Food items sold outside the meal program will offer some healthful alternatives.
2. Concession Stand Managers will investigate offering some healthful alternative snacks such as nuts, trail mix, etc.

NG Goal C: Meals served through the National School Lunch and Breakfast Programs will:

1. be appealing and attractive to children;
2. be served in clean and pleasant settings;
3. meet, at a minimum, nutrition requirements established by state and federal law;
4. offer a variety of fruits and vegetables, legumes and whole grains;
5. serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);

NG Goal D: 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:

1. provide continuing professional development for all nutrition professionals; and,
2. 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.

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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.

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.

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.

Birthdays/Celebrations/Party Treats – Students are allowed to bring treats for their class on their birthday (or half birthday) if they desire. Please do not send anything that the students cannot handle carrying to school themselves. The treats should be simple enough that the students can be done sharing in 10-15 minutes. If students bring treats to school, the treats must be store bought, pre-packaged and unopened. The ingredients must be clearly listed on the packaging.

Treats/snacks can be fun and healthy. We are encouraging students to choose healthy food items as a part of our district’s commitment to wellness. The following is a list of suggestions you may consider when selecting items for birthday treats and class parties.

Beverages

- Low-fat or non-fat milk (plain or flavored)
- 100% fruit juice
- Water (plain, flavored-no added sugars or sweeteners)

Food

- 100% fruit snacks
- Whole-grain crackers with cheese cubes
- String Cheese
- Pretzels
- Baked potato chips
- Low-fat popcorn
- Flavored rice cakes
- Graham crackers
- Animal crackers
- Angel food cake, plain or topped with fruit
- Low-fat pudding

Food (Continued)

- Low-fat yogurt cups
- Applesauce cups (unsweetened)
- Squeezable yogurt
- Frozen fruit bars (100% fruit-juice)
- Low-fat granola bars
- Trail/cereal mix (whole-grain, low-sugar cereals mixes with dried fruit, pretzels, etc.)
- Fresh fruit—This may be ordered through our school kitchen with one week’s notice.
- Dried fruit
- Raw vegetables with low-fat dip

Non-Food

- Pencils
- Erasers
- Stickers

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.

Monitoring – 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.

WELLNESS REGULATION

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 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.

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.

Goal 2 – Physical Activity: Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal(s) for addressing physical activity include the following:

PA Goal A: The school district will provide physical education that:

- 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.

PA Goal B: Elementary schools should provide recess for students that:

- Is at least 20 minutes per 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.

Physical Activity and Punishment

PP Goal A: Employees should not use physical activity (running laps, push-ups) or withhold opportunities for physical activity (PE) as punishment.

PP Goal B: Administrators and teachers will explore other alternatives for punishment and options for alternate recess activities and getting make-up work completed.

Goal 3 – Other School Based Activities That Promote Student Wellness: Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:

OA Goal A: Students need opportunities for physical activity beyond the PE class.

1. Teachers will be encouraged to provide short physical activity breaks between lessons or classes where appropriate.

OA Goal B: The school district will support parents' efforts to provide a healthy diet and physical activity by:

1. Encouraging parents to pack healthy lunches and snacks.
2. Provide a list of healthy snacks.
3. Include in newsletters information about physical activity opportunities and healthy eating practices.
4. Encouraging parents to share their healthy food practices as classroom guest speakers.

OA Goal C: The school district will offer and encourage more physical activity or game rewards.

WELLNESS REGULATION

Plan for Measuring Implementation

PM Goal A: Monitoring

1. The Superintendent will ensure compliance with established school district nutrition and physical activity wellness policies.
2. In each school, the principal will ensure compliance with those policies in school and will report on compliance to the Superintendent.
3. Food service staff will ensure compliance with nutrition policies within the food service areas and will report to the Superintendent.

PM Goal B: Policy Review

1. Policy will be reviewed every year by the Wellness Committee to review compliance, assess progress, and determine areas in need of improvement.

Public Involvement: There is a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy.

- The district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy;
- The superintendent invites suggestions or comments concerning the development, implementation, and improvement of the school wellness policy. As such, interested persons are encouraged to contact the superintendent.