

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 supports and promotes proper dietary habits and physical activity that contributes to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day (bell to bell) must meet or exceed the school district nutrition standards and in compliance with 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 Department of Education guidance on the Healthy Kids Act, www.tinyurl.com/lowa-HKA

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; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district will develop a local wellness policy committee comprised of representatives of the board, parents, students, representatives of the food authority, physical education teachers, school administrators, school health professionals, and the public. The local wellness policy committee will develop a plan to implement the local wellness policy and periodically review and update the policy. The committee will designate an individual to monitor implementation and evaluate the implementation of the policy. The committee or designee will report annually to the board and community 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.

I. **Specific Wellness Goals**

- A. Nutrition Education and Promotion - The school district will provide nutrition education and engage in nutrition promotion that:
- includes all grade levels;
 - is part of not only health education and family and consumer science classes, but also all classroom instruction;
 - includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
 - promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices to students and parents;

- emphasizes caloric balance between food intake and physical activity; and
- links with meal programs, other foods and nutrition-related community services.

B. Physical Activity- The school district will provide elementary students, K-6, to have 30 minutes of physical activity per day. Middle and high school students must have at least 120 minutes of physical activity per week. This requirement can be met through a combination of PE, recess, classroom activities, 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 the school district must have an agreement detailing the outside activity.

Physical Education – The school district will provide physical education that:

- is taught on a 3 day rotation at the elementary and every other day at the middle school and high school
- 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 at least 20 minutes a day;
- is preferably outdoors; and
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.
- 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 - The school district discourages the use of excessive physical activity (e.g., running laps, push-ups) or withholding opportunities for physical activity (e.g., recess, physical education) as means of punishment.

Notes From Home Restricting Physical Activity (Elementary)- A note from a parent/guardian to restrict physical activity will be followed for up to five consecutive days. If restriction exceeds five days, a statement from the child's health care provider is required. Quality physical education and daily recess are necessary components of the school curriculum that enable students to develop physical competence, health-related fitness, self-responsibility, and enjoyment of physical activity so that they can be physically active for a lifetime. Recess does not replace physical education. Recess is unstructured playtime where children have choices, develop rules for play and release energy and stress. It is an opportunity for children to practice or use skills developed in physical education class.

Physical Activity Opportunities Before and After School - Before and after school 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.

C. Other School-Based Activities That are Designed to 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:

- send home nutrition information;
- 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;
- provide parents with a list of acceptable treats that meet the school district's snack standards and ideas for healthy celebrations/parties; and
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;

Food Marketing in Schools

The school district will encourage the marketing and promotion of foods and beverages that meet the Healthy Kids Act Nutritional Content Standards and USDA Smart Snacks Standards. The school district will:

- seek out future investments, contracts or agreements that include brand marketing that promote healthier lifestyle, food, and beverage choices.
- discourage beverages that contain caffeine, carbonation or unnatural ingredients;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors including: vending machine posters/covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit or non-food items for fundraisers.

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 and role model a healthy lifestyle. Each school should:

- establish and maintain a staff wellness committee composed of at least one staff member, a health professional, and employee benefits specialist;
- develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.

II. Nutrition guidelines for all foods available on campus

The nutrition guidelines for all foods available will focus on promoting student health and

reducing childhood obesity in the Van Buren Community School District. The district will provide foods that meet the most up-to-date state and national recommendations and current standards that are based on evidenced-based research.

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);
- ensure that all of the served grains are whole grain; and
- offer a “grab-and-go” line for students at the middle and high schools wanting fruit, veggies or healthy snacks that meet the USDA Smart Snacks Standards in place of a regular meal.

Schools should:

- 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;
- share information about the nutritional content of meals with parents and students; and,
- discourage parents, students and faculty from bringing in convenience or fast foods that are not consistent with USDA’s nutrition standards for school meals.

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
- offer a “grab-and-go” and Second Chance Breakfast for students at the middle and high schools for students wanting fruit, veggies or healthy snacks that meet the USDA Smart Snacks Standards or a regular meal.
- 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; and
- promote the availability of meals to all students.

Meal Times and Scheduling

The school district:

- will strive 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;
- will provide access to drinking water during the day and at before-and after-school activities;
- will 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 will provide continuing professional development for all nutrition professionals

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.

Classroom Snacks

The school will encourage snacks brought from home for school celebrations and other functions to be commercially prepared foods or fresh, uncut fruits and vegetables. When homemade food is sent, it is difficult to ensure that the food is safe from bacterial contamination, so whenever possible, and to protect food safety, foods shared with other students should be commercially prepared, prepackaged, unopened and, when possible, individually wrapped. It is also difficult to ensure that foods sent from home are safe for children with food allergies. To protect our food-allergic students, food must be sent with an ingredient label intact or parents are encouraged to provide nonfood treats. Healthy snacks are also available upon request from the school food service program.

Rewards

The district encourages the use of non-food items such as stickers, pencils and erasers as reward items for academic performance or good behavior. Food or beverage will not be withheld (including those served with meals) as a means of punishment.

Foods Sold Outside the Meal

Per state and national guidelines, foods and beverages sold outside the reimbursable meal program (including those sold through ala carte lines, vending machines, and fundraising) during the school day must meet the Iowa Healthy Kids Act Nutritional Content Standards, and the Healthy Hunger-Free Act of 2010 Smart Snack Standards.

Students are not permitted in the teacher's workroom nor have access to any of the foods or beverages that are available for staff, located in the workroom. Staff are discouraged from eating or drinking those items in front of the students and to act as a healthy role model for the school.

Concessions

The school district encourages concessions that are sold outside of the instructional day to offer nutritious options for sale including, but not limited to; fresh fruits, vegetables, yogurt, granola bars, and string cheese. Water should also be offered wherever beverages are sold.

III. Plan for Measuring Implementation

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.

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.
- wellness committee meeting minutes, school surveys, and policy assessments will be made available to the public via the school district's website.

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 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 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.*,

Cross Reference: 504 Pupil Activities Program
701 School Lunch Program

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Revised April 22, 2010, June 14, 2012, April 16, 2014

Healthy Kids Act Nutritional Content Standards

(For foods and beverages sold on or provided on school grounds during the school day, first bell to last bell.)

Nutritional Content Standards Food Table-Effective July 1, 2010

Nutrient	A la carte, Vending, and Regulated Fundraising Items
Calories	< NSLP entrée items* OR < 400 calories per entrée item < NSLP sides* OR < 200 calories
Sodium	< NSLP entrée items* OR < 600 mg per entrée item [< 480 mg/serving entrees (2014)] < NSLP side* OR < 400 mg /serving sides [< 200 mg/serving sides (2014)]
Saturated Fat	< 10% calories (excluding reduced fat cheese)
Trans Fat	< 0.5 gm/serving
Total Fat	< 35% calories (excluding nuts, seeds, nut butters and reduced fat cheese)
Sugar	< 35% calories (excluding fruits and yogurts)
Dietary Fiber/Whole Grain	50% of grains offered must be whole grain (primary ingredient by weight)

*NSLP (National School Lunch Program) menu items offered in the same portion size and frequency per week as they appear on the NSLP menu.

Regulated Fundraising is the sale of foods or beverages on school property targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores.

Nutritional Content Standards Beverage Table-Effective July 1, 2010

Beverage	A la Carte, Vending, and Regulated Fundraising Items
Milk	Low/nonfat regular Low/nonfat flavored no non-nutritive sweeteners In addition: < 27 gm sugar/8 oz. (2014) < 24 gm sugar/8 oz. (2017) < 22 gm sugar/8 oz. (2020)
100% Fruit/Vegetable Juice	No added sweeteners
Water	No added non-nutritive sweeteners
Sports Drinks, Flavored Water	None to be made available to elementary students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items
Caffeinated Beverages	None to be made available to students in elementary grades during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items, with the exception of beverages that contain trace amounts of naturally occurring caffeine-related substances (e.g., chocolate milk)
Soda/Carbonated Beverages	None to be made available to any students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items

In addition to compliance with the above tables, schools and school districts that offer *a la carte*, vending, and regulated fundraising items shall ensure that those offerings include at least two fruits or non-fried vegetables, with no more than one being a juice option.

These state rules do not regulate the nutritional content of foods or beverages provided through a school breakfast program or school lunch program's reimbursable meals, sold as a part of other fundraising events, sold at concession stands, provided by parents, other volunteers, or students for class events, or provided by staff for consumption by staff or students.

Go to http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1740 to find the Nutrition Calculator. This calculator will determine whether a food product meets the Healthy Kids Act Nutritional Content Standards for a la carte, vending, and regulated fundraising items sold to students during the school day.