

Code No. 507.13

WELLNESS POLICY

The Centerville School 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; 164

- 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.

Date Approved: May 16, 2006

Date Revised: August 10, 2010

Date Revised: June 10, 2017

Date of Revision: July 9, 2018

Code No. 507.13R1

NUTRITION EDUCATION AND PROMOTION

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

- is offered at each grade level to provide students with the knowledge and skills necessary to promote and protect their health;
- 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; and,
- links with meal programs, other foods and nutrition-related community services.

Code No. 507.13R2

PHYSICAL ACTIVITY

Physical Education 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', 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 through the provision of space and equipment.
- Discourages extended periods of inactivity.

Physical Activity

- PK-5 students will not have less than 30 minutes per day.
- 6-12 students will not have less than 120 minutes per week.
- Agreements detailing acceptable outside activities may be developed and recorded.
- Should not be used as punishment – participation or with holding.

Date of Revision: September 8, 2009

Code No. 507.13R3

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

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 fat-free milk; and,
- attempt that half of the served grains are whole grain, as available.

Schools should:

- Share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria menu boards, placards other point-of-purchase materials.)

To encourage 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;
- 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; (Lunch Cashier System)
- Promote the availability of meals to all students Meal Times and Scheduling

The school district:

- Will provide students with adequate time to eat after sitting down for breakfast and sitting down for lunch;
- To the extent possible, 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 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:

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

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.

Code No. 507.13R3 (Continued)

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Food Sold Outside the Meal (e.g. vending, fundraising sales) Will be decided by and at the discretion of the building principal and include healthy choices.

FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV) Federal regulations prohibit the sale of certain foods, determined to be of minimal nutritional value, in the foodservice area during meal periods. A.

Restricted Foods Foods and beverages that are restricted from sale to students are classified in the following four categories:

1. Soda Water: Any carbonated beverage. No product shall be excluded from this definition because it contains discrete nutrients added to the food such as vitamins, minerals and protein.

2. Water Ices: Any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit or fruit juice.

3. Chewing Gum: Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

4. Certain Candies: Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types: hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, candy coated popcorn.

Note: USDA has approved exceptions for certain products included in the above categories. See TDA, Food and Nutrition Division, Administrators Reference Manual, for the current list of these exemptions.

This policy does not restrict what parents may provide for their own child's lunch, but encourages healthy choices. All classroom snacks must be prepared and factory sealed with ingredients list and nutritional information (no homemade treats permitted.).

Portion Size Centerville Community School District uses the Enhanced Food-based meal planning approach. The Enhanced Food-based menu planning approach requires specific food group components in specific amounts. There are different established age/grade groups. And, there are increased servings of vegetables/fruits and grains. This approach uses meal patterns designed to:

Provide $\frac{1}{3}$ of the RDA for key nutrients as well as $\frac{1}{3}$ of caloric needs for specific age/grade groups for lunch.

Provide $\frac{1}{4}$ of the RDA for key nutrients as well as $\frac{1}{4}$ of the caloric needs for specific age/grade groups for breakfast

Helps ensure consistency with the Dietary Guidelines Dietary Guidelines include:

1. Eat a variety of foods.
2. Balance the foods you eat with physical activity-maintain or improve your weight.

3. Choose a diet with plenty of grain products, vegetables & fruits.
4. Choose a diet low in fat, saturated fat and cholesterol.
5. Choose a diet moderate in sugars.
6. Choose a diet moderate in salt & sodium.
7. This school programs that encourage students to choose a drug-free and alcohol-free lifestyle.

It is important to remember that dietary guidelines are meant to be applied over a period of time, not to one food or meal. They call for moderation and the avoidance of extreme in the diet.

Code No. 507.13R3

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Fundraising Activities To be decided by building principal To support children's health and school nutrition-education efforts, school fundraising activities will include healthy choices. The school district encourages fundraising activities that promote physical activity.

Celebrations To be monitored by building principal

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.
- 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.
- All classroom snacks must be prepared and factory sealed with ingredients list and nutritional information (no homemade treats permitted.).

Nut Aware The purpose of the guidelines for "Nut Aware" is to reduce the risk of accidental exposure for students who possess an allergy to peanut and/or tree nut products. The following is a list of shared responsibilities that should be followed:

School's responsibility-

- Create an environment where children with food allergies will be safe.
- Use prevention and avoidance strategies
- Be prepared to handle an allergic reaction

- Encourage and allow time for proper handwashing
- Address teasing-bullying

The family's responsibility:

- Notify school of the child's allergies (food service and nursing)
- Provide written medical documentation, instructions, and medications as directed by physician. Using the Diet Modification form update annually
- Provide properly labeled and current medications.
- Provide emergency contact information
- Encourage and educate their child on proper handwashing

The Student's responsibility:

- Wash hands before and after meals
- No food trading
- Don't eat anything with unknown ingredients or a food known to contain allergens
- Be proactive in managing his/her own food allergy depending on their developmental level
- Notify an adult immediately if something is eaten that may contain an allergen

Summary: Our school is not "peanut free", but we do provide a safe environment for students with known peanut/tree nut allergies and other food allergies and provide our staff with education and information on preventive measures and treatment in case of a reaction.

Physical Activity Contract

In 2008, the Iowa Legislature enacted "the Healthy Kids Act," requiring that all students in grades 6 – 12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we monitor how students fulfill this requirement.

Please fill out the items below, sign (both student and parent/guardian), and return to the school by September 15th. If you have any questions, contact the building principal.

Name of Student: _____ Grade _____

School activities that student will be involved in during the 2009-10 school year (include estimate of minutes per week):

FALL WINTER SPRING Cross country Basketball Track Football Wrestling Golf Volleyball Show choir
Tennis Marching band Cheerleading Soccer Cheerleading Baseball Trapshooting Softball Other* (what,
when, how many minutes per week):

* Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, etc.) that student will be involved in during the school year.

Activity Minutes Per Week

1. _____
2. _____
3. _____
4. _____

Signature of Student: _____ Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____

Code No. 507.13R4

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.

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 6 years (Health Curriculum Cycle) 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.