

# Wellness Policy

The Collins-Maxwell Community School District recognizes the relationship between student well-being, health and wellness, and student achievement as well as the importance of a comprehensive district wellness policy. The school district is committed to protecting children's health, well-being, and ability to learn to their fullest potential by supporting a school environment that promotes healthy choices and fosters lifelong habits with respect to eating and physical activity. Therefore, the district has created this Wellness Policy including goals for nutrition education and promotion, physical activity and physical education, health education, and other school-based activities that promote student wellness. The Wellness Policy adheres to relevant state and federal regulations and is evidence based.

Collins-Maxwell Community School District and its 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.

## Wellness Committee

The Collins-Maxwell CSD will be responsible for establishing a Wellness Committee. The Wellness Committee's role is advisory to the Superintendent and shall permit and encourage representatives from a wide range of school and health-related disciplines, including: school health professionals, school administrators, school nutrition, health and physical education educators, community agencies serving youth, parents/guardians, students, and local health care providers, The Wellness Committee may also serve as a resource to schools in connection with the implementation of this Wellness Policy.

## Development of Guidelines

The Superintendent, in consultation with the Wellness Committee, will develop implementation procedures consistent with this Wellness Policy. Other administrators will review the Wellness Policy and related implementation procedures and share policy expectations with staff on an annual basis to ensure implementation and adherence.

## **Nutrition Guidelines 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 state and federal law.
- Offer a variety of fruits and vegetables, legumes, and whole grains.
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

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.

(The information could be made available on menus, a website, on cafeteria menu boards, placards or other point-of-purchase materials.)

### **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.
- Serve breakfast for students in a designated area.
- Arrange bus schedules and utilize methods to serve breakfasts that encourage participation.
- Include “grab and go” breakfasts for students arriving late without breakfast. this also ensures students can get breakfast and arrive to class in a timely manner.
- Notify parents and students of the availability of the School Breakfast Program, where available.
- 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.
- Promote the availability of meals to all students.

## **Meal Times and Scheduling**

The school district will plan student meals at appropriate times, giving students enough time to appropriately eat their lunch. In accordance with this the school district will:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- 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
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- 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; 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 Sold Outside the Meal (e.g. vending, a la carte, sales)**

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 will meet nutrition standards as required by state or federal law. For current state guidelines, click here:

[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=1769&catid=838&Itemid=2545](http://educateiowa.gov/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545).

## **Fundraising Activities**

There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages. The school district encourages fundraising activities that promote physical activity. The school district will make available a list of ideas for acceptable fundraising activities.

## **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 not use foods or beverages that do not meet the nutrition standards for foods and beverages sold individually as rewards for academic performance or good behavior. The school also 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 will/are encouraged to meet the nutrition standards for meals or 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](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.

## Physical Activity

### Daily Physical Education

The school district will provide physical education for all K-12 students To fulfill state requirements the program will:

- Be scheduled for all students in grades K-12 for the entire school year.
- Be taught by a certified physical education teacher.
- Include students with disabilities, students with special health-care needs may be provided in alternative educational settings.
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time.

(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)

### Daily Recess

Elementary school students will be provided recesses to provide physical activity. These recesses will:

- Be at least 20 minutes a day.
- Preferably be outdoors (weather permitting).
- Encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Discourage 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. Iowa law now requires elementary students, K-5, to have 30 minutes of physical activity, not physical education, per day. This requirement can be met through a combination of PE, recess, classroom and other activities. Middle and high school students must have at least 120 minutes of physical activity per week. Again this is not just physical education but can be met with a combination of PE, 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 an agreement detailing the outside activity. A physical activity sample agreement may be found on IASB's Web site at:

<http://www.ia-sb.org/WorkArea/showcontent.aspx?id=7768> or the Iowa Department of Education Healthy Kids Act

## Nutrition Education and Promotion

The school district will provide nutrition education and engage in nutrition promotion that encourage and support students to adopt and maintain healthy behaviors. This will be done through standards-based health education, including nutrition education, and social emotional learning within a coordinated school health program. This will be in line with the CDC's Whole School, Whole Community, and Whole Child framework. Goals for nutrition education and promotion include the following:

- It is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The education 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.
- It 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.
- Emphasizes caloric balance between food intake and physical activity.
- Links with meal programs, other foods and nutrition-related community services.
- Includes training for teachers and other staff.
- Students receive consistent health messages from all aspects of the school program.
- Health education curriculum standards and guidelines address both nutrition and physical education.
- Nutrition is integrated into the health education curriculum.
- Staff who provide health and nutrition education will have appropriate training.
- The school district will ensure that specialist staff who teach health education in middle and high school are qualified educators who are certified by the State of Iowa to teach health education.
- Principals will provide training to enable school staff to value and promote physical health and nutrition education, healthy eating and opportunities for students to be physically active, and will ensure that school staff adheres to the Wellness Policy and related administrative guidelines and procedures.
- Where practicable, school gardens will be maintained as a health and nutrition resource and all gardens will include edible fruits and vegetables and use organic practices.
- Schools are encouraged to provide nutrition and physical activity information for families.

## **Mental Health Wellness**

Schools will provide students and staff with resources, education, and support to encourage and engage them in their mental health wellness. The Collins-Maxwell CSD will promote the importance of taking care of both your body and brain and empower students and staff in developing skills to engage in healthy thinking.

The goals for addressing mental health well being include the following:

- Develop and implement small groups for students that may need or want support in skill building (needs determined by self-report and data collection)
- Having an open-door policy with the counseling staff for students and staff to feel they are approachable and willing to discuss stressors as they occur
- Skill building in classrooms that promotes social and emotional learning as well as encouragement to seek and ask for help in times of need (developing belief that asking for help is a strength, not a weakness)
- Encouraging teachers in a culture of self-care, and knowing that in order to best care for our students, we have to care for our staff first.
- Encourage teachers to promote a growth mindset in the classroom
- Create a culture of care with staff by implementing self-care strategies and tools staff can use at school as well as events and activities outside of school to promote connection and cohesiveness between colleagues
- Promoting and practicing altruism by offering volunteer and kindness activities throughout the year for both students and staff to be involved in
- Offering outside resources such as clinical mental health counseling and behavioral support during school hours, if possible.
- Referring to outside mental health services when needed.
- Posting 24 hour Crisis Helpline text number for anonymous access to Crisis Counselor

Immediate personnel to contact when needing encouragement in mental health well being may include school counselors, social workers, and the school nurse.



## **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. The school district will work to:

- 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.
- 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 also communicate Wellness Policies and nutrition information with parents. In order to meet these goals the school district will:

- Send home nutrition information, post nutrition tips on school websites, and provide nutrient analyses of school menus.
- 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 a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities
- Provide opportunities for parents to share their healthy food practices with others in the school community.
- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day.
- Support parents' efforts to provide their children with opportunities to be physically active outside of school.
- Include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

### **Food Marketing in Schools**

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

- 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.
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- 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 membership.

## **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. In order to accomplish this, the district should:

- Establish and maintain a staff wellness committee composed of at least one staff member, health professional, and recreation program representative.
- Develop, promote, and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.
- Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among employees.

## **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.
- 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:

- There will be a 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.
- 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 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.