

507.9 Student Wellness

STUDENT WELLNESS

The Decorah Community School District 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, we 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. All foods and beverages available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and be in compliance with Smart Snack nutrition standards, and applicable state and federal laws. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality 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 or students who are unable to pay for their meals. Students will be served a reimbursable meal regardless of the school lunch balance. Applications for free/reduced price meals are emailed to all families at the beginning of the school year and again mid school year. The online application is also available on the district website's Nutrition Services page. The school district may utilize an electronic identification and payment systems; provide an alternate meal at no charge to any child who requests it; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

Parents, students, representatives of the school food authority, the school board, school administrators, community members and the general public, physical education teachers, and school health professionals may participate in the development, implementation, and periodic review and update of this policy. The school district will maintain a local school wellness team composed of such individuals. The local wellness team will develop a plan to implement this

wellness policy and periodically review and update the policy. The team will designate an individual to chair the team and help with the implementation and evaluation of the policy. The team will report annually to the board and community regarding the content and effectiveness of this policy and recommend updates if needed. When monitoring implementation, school buildings will be evaluated individually with reports prepared for each building and the school district as a whole for review by the school board. The wellness team will designate building advisors to make sure buildings are in compliance with this wellness policy.

Specific wellness goals will be evaluated on a yearly basis by the wellness team, with review and oversight provided by the school board. Specific goals for nutrition education, promotion, procurement, physical activity, and other school-based activities that are designed to promote student wellness are set forth in Appendices A, B, C, respectively. School food nutrition guidelines are set forth in Appendix D. The board will monitor and evaluate this policy as set forth in Appendix E.

A Triennial Assessment of policy implementation will be administered using the Wellness School Assessment Tool Implementation (WELLSAT-1).

The school district will be responsible to ensure that the public, including parents, students, and others in the community, are informed and updated about the content and implementation of this policy. The Triennial Assessment, along with yearly updates, will be posted on the school district's Wellness webpage.

The Northeast Iowa Schools Insurance Trust, which the school district has for their health insurance, provides yearly wellness blood draws and flu shots to all employees of the district at no cost.

School Wellness Committee Members:

April Brill	Safe Routes/Parent
Tim Cronin	Superintendent
Jennifer DeLaRosa	3rd Grade Teacher/Parent
Chad Elliott	Food Service Director/Parent
Julie Goedken	District Nurse
Gina Holthaus	Health Teacher/PE Teacher/Wellness Coordinator
Cristy Nimrod	PE Teacher
Amy Piphon	5-8 PE Teacher/7-8 Health Teacher/Parent
Shanna Putnam Dibble	ECSE/SEBH/Community Partnerships/Parent
Kristi Roffman	Food Service Administrative Assistant/Parent
Rick Varney	Elementary Principal

Appendix A

Nutrition Education, Promotion and Procurement

The school district will provide nutrition education and engage in the procurement of foods that uphold the nutrition guidelines of food as presented in Appendix D and applicable state and federal laws, and to the greatest extent possible provide local, fresh and healthy foods. Nutrition education and procurement will support the values of local food being good for our health, our environment, our community and our economy.

Nutrition Education and Promotion:

- includes developmentally appropriate, culturally relevant participatory activities such as contests, promotions, taste testing, farm visits and school gardens and is part of not only health education classes, but is encouraged with cross curricular implementations.
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices with a focus on locally produced foods.
- emphasizes caloric balance between food intake and physical activity.
- correlates with school meal programs, other foods and nutrition-related community services.

Food Procurement:

- The district shall source unprocessed locally grown or raised agricultural foods, within 150 miles, to the greatest extent possible, including school grown products (from school gardens), and menus will be developed to compliment local growing seasons and availability of foods.
- If the cost of unprocessed locally grown or raised agricultural food products is at or below 15% of comparably sourced foods, the district may use geographic preference for the procurement of local foods.

- The district will reach out to neighboring school districts to purchase locally grown food cooperatively, whenever possible, in order to increase the amounts of products purchased from local farms and lower food costs.
- The district will support and maintain school gardens that will serve as instructional tools for nutrition education, as well as encouraging curriculum integration into other content areas.
- The school gardens will also provide local fruits and vegetables to be incorporated into the district's school lunch. Products from the garden that are utilized by the district's Food Service will be reimbursed to the school garden fund at a percentage of the market value in order to provide sustainability for the garden projects.

Appendix B

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, except as otherwise provided by law.
- is taught by a certified physical education teacher.
- includes PLC (Professional Learning Community) for physical education teachers.
- includes students with disabilities as they are physically able (students with special health-care needs may be provided physical education in alternative educational settings).
- engages students in moderate to vigorous activity, on average, 50 percent of physical education class time.
- aligns curriculum for grades K-12 with state physical education standards.

Daily Wellness Time (unstructured movement time)

Elementary schools should provide wellness time for students that:

- is at least 20 minutes a day.
- is preferably outdoors.
- encourages moderate to vigorous physical activity adequate for space and available equipment.
- in addition, the district discourages extended periods (i.e., periods of two or more hours) of inactivity throughout the school day. Teachers are encouraged to include physical activity within the classroom learning environment.

Integrating Physical Activity into Classroom Setting

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 the 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.
- provide opportunities for physical activity to be incorporated into other subject lessons.

- encourage classroom teachers to provide short physical activity breaks between lessons and classes, as appropriate.
- 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., wellness time, physical education) as punishment during the school day.

Physical Activity Requirement

Except as otherwise provided by law, physically able students in grades Kindergarten through 5 shall engage in physical activity for a minimum of 30 minutes each school day, and physically able students in grades 6 through 12 shall engage in physical activity for a minimum of 120 minutes per week in which there are at least 5 days of school. This requirement may be met by physical education classes, activities at recess or during class time, and before or after school activities.

Appendix C

Other School-Based Activities that Promote Student Wellness

Physical Activity as a Reward

Through the PBIS program students earn Viking Pride stickers and are able to choose a “reward.” The most popular rewards are dance parties, extra recess or running on the high school track.

Safe Routes to School (walking school bus)

We collaborate with Safe Routes to School in order for students to have an option to walk to school under adult supervision.

In addition we participate in Live Health Iowa's Walk to School day in the fall and again in the spring weather permitting. This is a TK-4th grade student participation.

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:

- 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, Smart Snacks, and health promotion. The school district will:

- limit its 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.
- limit other 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.
- consider other marketing activities that promote healthful behaviors.

Appendix D

Nutrition Guidelines for All Foods Available on Campus

The nutrition guidelines for all foods available will focus on compliance with applicable federal and state laws, Smart Snacks, and school district nutrition standards, and promoting student health and reducing childhood obesity.

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.
- comply with National School Lunch and Breakfast standards for meal patterns, nutrition level, and calorie requirements for age/grade levels.

- offer a variety of fruits and vegetables, legumes and whole grains: highlight local food when available and appropriate.
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non dairy alternatives (as defined by the USDA); fat-free chocolate milk will be available as an option one time per day at each grade level (K-8).
- provide free access to water fountains/ filling stations located by each cafeteria.

School will:

- engage elementary 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).
- encourage staff to model healthy eating habits.

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:

- provide and comply with the National School Breakfast standards for meal patterns, nutrition labels, and calorie requirements for all age/grade levels.
- 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.
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

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.
- schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:45 a.m. and 1:00 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.

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.
- provide yearly training programs for child nutrition directors, nutrition managers, and cafeteria workers such as: CEU training, Civil Rights, Bloodborne Pathogens, Allergens, and Norovirus which all comply with the USDA professional standards.

Sharing Foods

- The school district discourages students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Appendix D

Foods Sold Outside the Meal (e.g. vending, ala carte, sales)

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through ala carte (snack lines) and vending machines on school grounds during the school day or through programs for students after the school day will meet or exceed Smart Snack nutrition standards and be in compliance with applicable state and federal laws.

Parents are strongly encouraged to purchase a school lunch when eating with their child or pack a homemade meal.

Fundraising Activities

Regulated fundraising activities on school grounds during the school day are strongly suggested to comply with Smart Snack nutrition standards and be in compliance with applicable state and federal laws. The school district encourages fundraising activities that promote physical activity.

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 that meet Smart Snack nutrition standards.

If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

Celebrations

The district prohibits any distribution of food or treats outside the school lunch program, except foods that are commercially wrapped. Foods made at home may not be distributed within the school. If your child wants to bring a birthday treat, encourage them to bring a healthy snack or even better; bring an item for the classroom such as a classroom book or other classroom supplies. Here is a list of foods that would fall under the individually packaged healthy foods.

List of Healthy Foods:

- Cheese sticks
- Gram crackers
- Popcorn
- Fresh fruit/veggie tray
- Pretzels
- Baked crackers
- Granola bar/Cereal bar
- Packaged Rice Krispie Treats

The reason for this school district policy is because of the growing number of students who live with food allergies. Parents can purchase birthday treats from the Food Service Department which align with Smart Snack Standards. Here is a link for foods and prices:

 [Decorah Smart Snack Menu 22-23.pdf](#)

School Sponsored Events

Foods and beverages offered or sold on school grounds at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually following the applicable nutrition content standards.

Food And Water Safety

All foods made available on campus must adhere to food safety and security guidelines. All foods made available on campus must 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.

Free, safe, and fresh drinking water is available throughout the school day to students.

Appendix E

Plans for Measuring Implementation

Monitoring

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:

- 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.
- 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.

Specific wellness goals will be evaluated on a yearly basis by the wellness team. The team will report annually to the board and community regarding the content and effectiveness of the wellness policy and recommend updates if needed.

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.

The school district will at least once a year measure and make available to the public an assessment on the implementation of the school's district's wellness policy, including the extent to which schools in the district are in compliance with the policy, the extent to which the policy compares to model local wellness policies, and the progress made in attaining the goals of the policy. Updates will be posted on the school district's Wellness webpage for public review.

A Triennial Assessment of policy implementation, using Wellness School Assessment Tool Implementation (WELLSAT-1), will be used to 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. The Triennial Assessment Report will be posted on the school districts Wellness webpage for public review.