

WELLNESS POLICY

The Northwood-Kensett School Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Northwood-Kensett Community 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 Northwood-Kensett 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 students’ 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 Northwood-Kensett School District supports and promotes proper dietary habits contributing to students’ health status and academic performance. All foods and beverages available for sale to students on school grounds and at school-sponsored activities during the school day (12:01 a.m. the night before until 30 minutes after the end of the school day) will comply with the federal Healthy, Hunger-Free Kids Act, Smart Snack regulations, and will meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The Northwood-Kensett 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 income; 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 Northwood-Kensett School District will develop a local wellness policy committee comprised of parents, students, and representatives of the school food authority, health teacher, physical education teachers, and school health professional. The committee will monitor implementation and evaluate the policy and related procedures. The committee will report annually to the board and community regarding the content and effectiveness of this policy and related procedures and recommend updates if needed. This policy will be reviewed at least every three years and recommend updates as appropriate for board approval.

Procedures related to the wellness policy will address the following areas:

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- Nutrition Education
- Physical activity
- School-based activities that are designed to promote student wellness
- Nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity within the district

Nutritional Education and Promotion

The Northwood-Kensett Community School District will provide nutrition education and engage in nutrition promotion that:

- Is part of health education, FCS, science, and physical education classes at the secondary building;
- Is provided in the elementary building per Iowa Core standards
- Promotes fruits, vegetables, whole-grain products, heart-healthy proteins, 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
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities such as taste-testing, farm visits and school gardens

Physical Activity

-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.

-Staff will not use physical activity (running laps, push ups, sit-ups, etc) as punishment and are encouraged to not routinely withhold opportunities for physical activity (e.g. recess, physical education).

Physical Education

The Northwood-Kensett Community 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;
- Provides physical education at a minimum of 30 minutes on scheduled gym days which will occur 3 out of the 6 day cycle for grades K-6 and every student in grade 7-12 a minimum of 30 minutes on scheduled gym days which will occur 3 out of the 6 day cycle unless an academic waiver has been completed.

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- Physical activity will occur for a minimum of 90 minutes per week for K-6 and 120 minutes per week for 7-12 grade students. Physical activity can include a combination of PE (physical education), recess, and other classroom activity that requires moderate physical activity; Engages students in moderate to vigorous activity during at least 50 percent of physical education class time; and
- Includes students with disabilities (students with special health-care needs may be provided in alternative education settings)

This requirement for students in grades 9-12 may be met by participating in the following activities including but not limited to:

1. Interscholastic athletics sponsored by the IHSAA or Iowa Girls High School Athletic Union;
2. School-sponsored marching band, show choir, dance, drill, cheer, or similar activities;
3. Non-school gymnastics, dance, team sports, individual sports; or
4. Similar endeavors that involve movement, manipulation, or exertion of the body.

When the requirement is to be met in full or in part by a pupil using the non-school activities, the school shall enter into a written agreement with the pupil. This will be signed by the principal, guardian and student. It will remain in effect for no longer than one school year.

This requirement for student in grades 9-12 may be met by participating in “zero hour” P.E. which is held prior to the start of the school day. When the requirement is to be met in this fashion, the school shall enter into a written agreement with the pupil. This will be signed by the principal, guardian and student. It will remain in effect for no longer than one school year.

Daily Recess

The Northwood-Kensett Community School District will provide recess to all pre-K through 6 grade students that:

- Is at least 10-20 minutes a day of unstructured, but supervised active play
- 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

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

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behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the Northwood-Kensett School District will:

- Discourage prolonged sedentary activities such as watching television, playing computer games, etc.;
- Encourages classroom teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes) between lessons and/or classes when appropriate

Communication with Parents

The Northwood-Kensett Community School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
place SAQ & Wt times on calendar?
- Support parents' efforts to provide a healthy diet and physical activity for their children;
- Support parents' efforts to provide their children with opportunities to be physically active outside of school
- 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 opportunities for parents to share their healthy food practices with others in the school community

Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The Northwood-Kensett Community School District will:

- Limit food and beverage marketing (i.e. vending machines) to the promotion of foods and beverages that meet the federal nutrition regulations for meals or for Smart Snack foods and beverages sold individually to specific grade groups.
- Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- Promote healthy foods, including fruits, vegetables, whole grains, heart-healthy proteins, and low-fat dairy products

Staff Wellness

The Northwood-Kensett Community School District values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. The school district will:

- Develop, promote and oversee a multifaceted plan to promote staff health and wellness guided by the school nurse

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- 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

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 safe, clean, and pleasant settings;
- Meet the meal pattern and nutritional requirements established by federal and state regulations of the Healthy, Hunger-Free Kids Act;
- Offer a variety of fruits and vegetables, and;
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

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, the Northwood-Kensett Community School District will:

- Operate the breakfast program, to the extent possible;
- Notify parents and students of the availability of the School Breakfast Program, and;
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take home materials, or other means.

Meal Times and Scheduling

The Northwood-Kensett Community School District will:

- Provide students with at least 10 minute to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Schedule meal periods at appropriate times, e.g., lunch should be served between 10:55 a.m. and 1:00 p.m.;
- Will 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).

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Free and Reduced-Priced Meals

The Northwood-Kensett Community 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-priced meals. Toward this end, the school district may:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students
- provide meals at no charge to all children, regardless of income

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 Northwood-Kensett Community School district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about sanitation, allergies, and other restrictions on some children's diets.

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 during the school day (12:01 a.m. the night before until 30 minutes after the end of the school day), are targeted to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores, and in which the food and beverages sold are intended to be consumed by students during the school day. Regulated fundraising activities must meet the Smart Snacks nutritional guidelines as indicated in Iowa Administrative Code 281-58.10. **However, this only applies if the food or beverage being sold via the fundraiser is intended to be consumed during the school day/hours.** Fundraisers that sell food or beverages that take place on the weekend, evenings, or off-campus, are not subject to the Smart Snack regulations. All other fundraising activities involving foods or beverages are encouraged, but not required, to comply with the federal and state nutrition regulations.

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During the School Day

Vending, a la carte, and regulated fundraising items SOLD to students during the school day (between 12:01 a.m. the night before until 30 minutes after the end of the school day), with the intent of being consumed during the school day, must meet the Healthy, Hunger-Free Kids Act and Smart Snack regulations.

Students are not permitted in the teachers' 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 are encouraged to act as healthy role models for the school. Staff members are encouraged, but not required, to follow the district's Nutritional Standards.

Celebrations (Classroom Parties and Treats)

The Northwood-Kensett Community School District encourages parents to provide healthy food and drinks. Please note that classroom snacks/treats that are provided FREE to all children in a classroom, are not required to follow the Smart Snack guidelines. However, the district strongly encourages all staff and parents to provide healthy and nutritious snack/treat options. A healthy snack handout is provided on the district's website. Healthy snacks/birthday treats are strongly encouraged but not required.

Staff will be encouraged and provided a list of alternative ways to reward children. Foods and beverage rewards will be kept to a minimum .

Plan for Measuring Implementation

In the Northwood-Kensett Community School District:

- The food service supervisor will ensure compliance with nutrition policies within food service areas and will report compliance to the principal.
- The Principal will ensure compliance with the Wellness Policy goals that pertain to his/her building and will report on the schools compliance to the superintendent; and,
- The Superintendent will review the effectiveness of the Wellness Policy on an annual basis and report to the school board

Wellness Committee Members

Heather Rheingans- School nurse/Chairperson
Ted Bieth- Physical Education teacher
Mike Kessel- Physical Education and Health teacher
Deb Roff- Director of Nutritional Services
Nancy Franck- parent/community member

Taylor Jorgensen - student
Mackenzie Duvall - student

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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.*,
Iowa Code 256.7(29), 256.11(6)
281 IAC 12.5(19), 12.5(20), 58.11

Cross Reference: 504.6 Student Fund Raising
504.8 Student Activity Program
710 School Food Services

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