

## SAYDEL COMMUNITY SCHOOL DISTRICT

### OPERATIONAL GUIDELINES FOR WELLNESS REGULATIONS

#### **Nutrition Education**

The school district will provide at Saydel High School a required 1-credit health education course plus offer additional 1-credit health course taught by a credentialed health education teacher. The instruction in this course will promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and emphasize the caloric balance between food intake and physical activity.

The school district will provide at Cornell Elementary School and Woodside Middle School exposure to nutrition education in classroom instruction in subjects such as math, science, language arts, social sciences, physical education and elective subjects.

#### **Physical Activity**

- Saydel High School requires 8 semester credits of PE to graduate or is met through the Physical Education Contract; and,
- All middle and high school students will participate in 120 minutes of physical activity weekly through Physical Education class, with additional documentation of activities, or Physical Education Contract; and,
- All elementary students will participate in physical activity \*30 minutes per day through a combination of Physical Education class, recess, and other planned times of activity during the school day.

#### **Free and Reduced-Priced Meals**

The school district will make every effort to eliminate any social stigma attached to, and prevent the identification of students who are eligible for free and reduced-price meals. The school district will utilize electronic identification and payment systems.

#### **Staff Qualifications and Professional Development**

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

The district will:

- Provide continuing professional development for all nutrition professionals; and,
- Provide staff development programs that include appropriate certification and/or training programs for staff.

#### **Food Safety**

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.

**Approved:** December 2016

**Reviewed:**

**Revised:**

## **OPERATIONAL GUIDELINES FOR WELLNESS REGULATIONS CONTINUED**

### **Monitoring And Measuring Implementation**

- The Principal will ensure compliance with those policies in the school;
- The School Food Authority will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes;
- The Food Service Director will develop a summary report every year on district compliance with the wellness policies, based on input from the buildings and food service; and,
- The report will be provided at a Board of Education meeting that is open to the public.

\*Physical activity is defined as “any movement, manipulation, or exertion of body that can lead to improved levels of physical fitness and quality of life.” -- Healthy Kids Act, Chapter 12, 12.2 (256)

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**Physical Education Contract  
XXXX-XX School Year Semester 1 (Sample)**

In 2008, the Iowa Legislature enacted “the Healthy Kids Act,” requiring that all students in grades 9-12 engage in physical activity for a minimum of 120 minutes per week. The law also requires that we monitor how students fulfill this requirement. Therefore, the week in which the student has only two days of Physical Education (PE) class, the student must be physically active a total of 35 minutes outside of PE class.

Please fill out this form and return it to the PE teacher by September 30 , XXXX. Identify the activities that will complete the requirement of 35 minutes every other week.

Name of Student: \_\_\_\_\_ Grade XXXX-XX \_\_\_\_\_

School Activities: May need more than one, depending on length of season

- |                     |                     |                          |
|---------------------|---------------------|--------------------------|
| Cross Country _____ | Football _____      | Volleyball _____         |
| Swimming _____      |                     |                          |
| Marching Band _____ | Cheerleading _____  | Basketball _____         |
| Wrestling _____     |                     |                          |
| Bowling _____       | Power lifting _____ | Other, please list _____ |

Community Activities: May need more than one, depending on length of session

- |                           |                    |                     |
|---------------------------|--------------------|---------------------|
| Bowling _____             | Club Soccer _____  | Dance _____         |
| Gymnastics _____          |                    |                     |
| Hockey _____              | Fitness Club _____ | Fitness Class _____ |
| Rowing _____              |                    |                     |
| Others, please list _____ |                    |                     |

Home Activities: Please check all physical activities that will meet the time needed

- |                |                     |                           |
|----------------|---------------------|---------------------------|
| Walking _____  | Weightlifting _____ | Biking _____              |
| Aerobics _____ |                     |                           |
| Jogging _____  | Rowing _____        | Others, please list _____ |

Signature and Date of Student: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Signature of Building Principal: \_\_\_\_\_

**Approved:** December 2016

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**Revised:**