

SAYDEL COMMUNITY SCHOOL DISTRICT

WELLNESS REGULATIONS

To implement the Wellness Policy, the following district specific goals have been established:

Goal 1 – Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goal for addressing nutrition education and nutrition promotion include the following:

- Provide students with the knowledge and skills necessary to promote and protect their health;
- Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Ensure menus will be posted on the District website;
- Implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and,
- Include nutrition education training for teachers and other staff.

Goal 2 – Physical Activity: Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal(s) for addressing physical activity include the following:

- Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:
 - Physical education, recess;
 - Classroom-based physical activity; and,
 - Out of school time activities;
- Taught by a certified physical education teacher;
- Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits;
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;
- Ensure physical activity is not used for or withheld as a punishment;
- Encourage access to high school fitness facilities when open outside of school hours
- Afford elementary students with recess according to the following:
 - At least 20 minutes a day;
 - Outdoors as weather and time permits; and
 - Encourages moderate to vigorous physical activity.

Approved: December 2016

Reviewed:

Revised:

WELLNESS REGULATIONS CONTINUED

Goal 3 – Other School-Based Activities that Promote Student Wellness: Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations;
- Provide school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment;
- Engage students and parents, through taste-tests of new entrées and surveys in selecting foods offered through the meal programs in order to identify new and healthful food choices;
- Support the consumption of breakfast at school, to the extent possible, by implementing alternative breakfast options to the extent possible (e.g., grab n' go, breakfast in the classroom, breakfast after 1st period, etc.);
- Permit and encourage students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during meal times;
- Not allow unapproved carbonated or energy beverages during meal times;
- Encourage fundraising efforts to be held outside school hours to sell only non-food items, promote physical activity, or include foods and beverages that meet or exceed the Smart Snacks nutrition standards;
- Comply with the state nutrition guidelines to involve only food that meet the Smart Snacks nutrition standards when sold during the school day (midnight before to 30 minutes after the end of school day);
- School-based marketing will be consistent with nutrition education and health promotion by limiting marketing of brands promoting predominantly low-nutrition foods and beverages;
- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Strive to schedule meal periods at appropriate times; e.g. lunch to be scheduled between 11 a.m. and 1 p.m. and not schedule conflicting activities during mealtimes.
- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs;
- Maintain criteria for USDA's Healthier US School Challenge: Smarter Lunchroom Award, a certification initiative that recognizes schools for nutrition and physical activity excellence.

Public Involvement: There is 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.

- The district will share information about physical activity, nutrition and wellness through newsletters or take-home materials; and,
- The district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy.

**Cross Reference: 504.5
504.5E1**

**Student Fundraising
Fundraiser Request Form**

Approved: December 2016

Reviewed:

Revised: