

## WELLNESS POLICY

The Aplington-Parkersburg Board of Education 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.

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 will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- **Other School Based Activities that Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties, classroom snacks brought by parents) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing 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;
- Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

Legal Reference: 42 U.S.C. 1751 *et seq.*  
42 U.S.C. 1771 *et seq.*,  
Iowa Code 256.7(29), 256.11(6)  
281 IAC 12.5; 12.5; 58.11

Cross Reference: 504.5 Student Fund Raising  
504.6 Student Activity Program  
710 School Food Services

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## **NUTRITION EDUCATION AND PROMOTION GOALS**

Aplington-Parkersburg Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- Offer nutrition education to each grade level, utilizing multiple channels of communication (classroom, cafeteria, home), designed to 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, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasize caloric balance between food intake and physical activity;
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens; and
- Encourages nutrition education training for teachers and other staff members.

## **PHYSICAL ACTIVITY**

Aplington-Parkersburg 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 goals for addressing physical activity include the following:

- Physical education will be taught by a certified PE teacher, meet state/national physical education standards, and will be offered to all students in grades K-12 for the entire school year;
- Waivers, exemptions, or substitutions for physical education classes are not granted.
- PE will be provided an average of at least 45 minutes per week for elementary students. All secondary students are required to take physical education throughout all secondary school years.
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;
- Employees should not use physical activity (e.g., running laps, pushups) as punishment. Since physical activity often improves student behavior, staff will avoid withholding opportunities for physical activity (e.g., recess, physical education) as punishment and strive for alternative means of behavioral correction;
- Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings;
- Encourage staff, families, and community members to participate in school-sponsored physical activities (eg: fun runs); and
- Allow use of indoor and outdoor physical activity facilities for students, families, and community members outside of school hours.

### **Daily Recess**

- Afford elementary students with recess according to the following:
  - At least 60 minutes a day;
  - Outdoors as weather and time permits;
  - Encourages moderate to vigorous physical activity; and
  - Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hours).

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.

### **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. Toward that 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, etc. for long periods of time.
- Provide opportunities for physical activity to be incorporated into other subject lessons, such as math, science, language arts, social science, and elective subjects.
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### **Physical Activity Opportunities Before and After School**

Before and after-school child care and enrichment programs will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

### **Active Transport**

The district will support active transport to and from school, such as walking or biking. The district will encourage this behavior by engaging in the activities below; including but not limited to:

- Offering bike racks for safe storage;
- Using crossing guards to promote safety;
- Connecting buildings with paved walkway; and
- Promoting participation in Bike to School Week.

## OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goals for addressing other school-based activities that promote student wellness include the following:

### I. Food Marketing in School Buildings

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

- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- Market activities that promote healthful behaviors 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, etc.

### II. Communication with Families, Staff, and Community Members

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Send home nutrition information and post nutrition information on school district's web site.
- 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 and beverages that meet nutrition standards for classroom snacks and celebrations;
- Support parents' efforts to provide their children with opportunities to be physically active outside of school;
- Include information about school wellness through a website, newsletter, other take home materials, special events or physical education homework.
- Provide school staff a list of non-food rewards for students; and
- Encourage staff to model healthy eating and drinking behaviors.

### III. Water Consumption

The school district will promote the importance of adequate hydration and encourage consumption of water as the preferred beverage. The school district will:

- Permit students to bring and carry water bottles filled with water throughout the day; and
- Make drinking water available where school meals are served during mealtimes.

## NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

### School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be served in clean and pleasant settings – comfortable cafeterias;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- 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, schools will:

- operate the breakfast program, to the extent possible;
- arrange bus schedules and utilize methods to serve breakfast which encourages participation, breakfast during morning break or recess, or snacks to the extent possible;
- notify parents and students of the availability of the School Breakfast Program, where available; and, 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; and
- promote the availability of meals to all students.

### Meal Times and Scheduling

The school district:

- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 10:50AM and 1 PM; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will maintain a closed campus during the lunch period; and
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and, should take reasonable steps to accommodate the toothbrushing 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 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.

**Guide to USDA Standards for Competitive Foods in Schools (effective July 1, 2014)**

*The rules apply to foods sold through vending machines, student stores, snack bars and a la carte during the school day – defined as the period from the midnight before, to 30 minutes after the end of the official school day*

**Nutrition Standards for Foods**

Any food sold in schools must:

- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable;

Foods must also meet the following nutrient requirements:

- Calorie limits:
  - Snack items: ≤ 200 calories
  - Entrée items: ≤ 350 calories
- Sodium limits:
  - Snack items: ≤ 200 mg
  - Entrée items: ≤ 480mg
- Fat limits:
  - Total fat: ≤ 35% of calories
  - Saturated fat: ≤ 10% of calories
  - Trans fat: zero grams
- Sugar limit:
  - ≤ 35% of weight from total sugars in foods

**Nutrition Standards for Beverages**

All schools may sell:

- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice
- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweetener



Elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.

**Additional (No Calorie/Lower Calorie) Options for High Schools:**

No more than 20-ounce portions of:

- calorie-free, flavored water (with or without carbonation); and
- Other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces.

No more than 12-ounce portions of:

- Beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

**Fundraisers**

- The sale of food and beverage items sold at fundraisers during the school day must meet the nutrition standards. The school day is midnight the night before until 30 minutes after the end of the school day.
- The standards do not apply during non-school hours, on weekend and at off-campus fundraising events.

**Accompaniments**

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

**Snacks/Rewards/Celebrations**

Snacks served during the school day for class parties, birthdays, award incentives, etc. shall promote a positive nutrition message. Emphasis shall be on serving fruits, vegetables, and other nutrient dense foods as the primary snacks. The school district will disseminate a list of healthy snacks and non food-based rewards to parents and teachers. The district will not withhold food or beverages (including food served through meals) as a punishment.

**Candy**

- Vending sales of candy will not be permitted on school grounds.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, lactose, or molasses listed as one of the first two ingredients.
- Snack vending machines shall meet nutrition and portion size standards for foods sold individually.

**School Activities**

Booster Clubs and school concessions are permitted to sell candy, soda and other foods 30 minutes after the end of the official school day, however, they are encouraged to offer healthy alternatives as well.

**Food Allergies and Sensitivities**

The district is required by law to provide substitutions for children with allergies and sensitivities. Written documentation is required by a physician.

**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.

## MONITORING AND POLICY REVIEW

### I. Monitoring

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy. In each school building, the principal will ensure compliance with district-wide policy.

School food service supervisors will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or school principal.

The Superintendent or designee will develop a summary report every three years on district-wide compliance of the wellness policy based on input from all school buildings within the district. The report will be provided to the school board.

### II. Policy Review

The initial development of the district's wellness policy resulted from the baseline assessment conducted by the Wellness Committee during the spring of 2005. The baseline assessment primarily focused on the school district's existing nutrition and physical activity environments and practices. Nutrition education as part of K -12 curricula was also evaluated. The results were compiled at the district level and used to identify and prioritize needs.

District wide assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The district's Wellness Committee will oversee the review process which will include:

- Review all components of Wellness Policy
- Provision of an environment that supports healthy eating and physical activity
- Nutrition and physical education policies and program elements

The Wellness Committee will revise the district's Wellness Policy, as necessary, and develop work plans to facilitate implementation.

### III. Communication

The wellness policy, progress reports, and action plans will be made available to the public via the school website, newsletter, or other means of communication.