

# CHEROKEE COMMUNITY SCHOOL DISTRICT WELLNESS POLICY

The Cherokee 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, 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 supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. *See the DE guidance on Healthy Kids Act, [www.tinyurl.com/Iowa-HKA](http://www.tinyurl.com/Iowa-HKA)*

The school district will develop a local wellness policy committee comprised of the Food Service Director, a representative from administration, physical education, school nurse, stakeholders from the community, and parents. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate the Superintendent to monitor implementation and evaluation of the implementation of the policy. The committee will at least meet every three years to review regarding the effectiveness of this policy.

## Specific Wellness Goals

- specific goals for nutrition education, *(see Appendix A)*
- physical activity, *(see Appendix B)*
- other school-based activities that are designed to promote student wellness, *(see Appendix C)*
- nutrition guidelines for all foods available on campus *(see Appendix D)*
- plan for measuring implementation *(see Appendix E)*

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity in the district.

Approved \_\_\_\_\_

Reviewed \_\_\_\_\_

Revised \_\_\_\_\_

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

## **NUTRITION EDUCATION AND PROMOTION**

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at grade level 5-12 to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes 5-12, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- promotes fruits, vegetables, whole-grain products, 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.
- Is held for one week in the fall and one week in the spring focusing on nutrition for the grade levels k-4, and tailoring it to their way of understanding.

## PHYSICAL ACTIVITY

### Daily Physical Education

The 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;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

(The Centers for Disease Control and Prevention recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students);

### Daily Recess

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- 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.

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., recess, physical education) as punishment.

## **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 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, extended use of phones, and etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as well as brain breaks to help increase attentiveness.
- Inform students of all extracurricular activities, as well as activities available in the community to them after and before school.

### **Optional Issues**

#### **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 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; and,
- 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 and health promotion. The school district will:

- limit 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;
- prohibit 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; and
- market activities that promote healthful behaviors (and are therefore allowable) 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.

## **OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

**Examples:** Marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; free samples or coupons; and food sales through fundraising activities.

### **Staff Wellness**

The school district values the health and well-being of every staff member and will promote these important issues when given the opportunity. The school district suggest that each staff take every measure possible to make healthy eating decisions and to get the recommended daily exercise to help promote their well-being. This will be supervised by the Superintendent and challenges will be presented to staff to help promote this throughout the school year. Staff will be reminded that they are setting an example for the students.

## **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 clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by state and federal law;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ensure that half of the served grains,

- are whole grain.

### **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 breakfasts that encourage participation;
- notify parents and students of the availability of the School Breakfast Program, where available; and,
- encourage parents of students that don't utilize the daily school breakfast, 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.

### **Meal Times and Scheduling**

The school district:

- will provide students with ample time to eat breakfast and lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 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; 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).
- should take great care in making sure that students with food allergies, are not exposed to certain foods. (ie: peanut allergy) Separate tables should be made available for students bringing cold lunch. Reminders will also be sent home to parents about the seriousness of allergies.



## **NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS**

### **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 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.

### **Foods Sold Outside the Meal (e.g. vending, a la carte, sales)**

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores, or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law. For current state guidelines, click here <http://tinyurl.com/Iowa-HKA>.

### **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 and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages. Any of these items need to be sold a half hour after the bell rings, and till 12am. Anything after those times must comply with the state nutrition guidelines.

### **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. Homemade snacks will not be allowed. 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.

### **Rewards**

The school district diminish the use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

### **Celebrations**

Principals at each school should evaluate their celebrations that involve food and encourage teachers and parents to provide healthy foods for these activities.

## **NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS**

### **School-Sponsored Events**

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

### **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.

### **Summer Meal**

**The school will inform the children where summer meals can be attained free, in neighboring communities if our community is not providing, when available. The current Website is [www.fns.usda.gov/summerfoodsrocks](http://www.fns.usda.gov/summerfoodsrocks), or call 1-866-3-HUNGRY and 1-877-8-HAMBRE for Spanish. This will give the schools that are serving breakfast and lunch in your area, or travel area in Iowa, for the summer.**

## **PLANS FOR MEASURING IMPLEMENTATION**

### **Monitoring**

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

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; and
- food service staff, at the school or school district level, will ensure compliance with the 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 school within the school district; and,
- the report will be provided to the school board and also distributed to all school wellness committees, parent/teacher organizations, stakeholders, principals, and health services personnel in the school district.

### **Policy Review**

**Assessments will be repeated every 3 years to help 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 policies and practices, and the provisions of an environment that supports healthy eating and physical activity. The school district and individual schools within the school district will, revise the wellness policies and develop work plans to facilitate their implementation, with the help of the wellness committee.**