

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/Hunger-Free Kids Act of 2010 and The Final Rule of 2016.*

The school district will develop a local wellness policy committee composed 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 this policy. The committee will at least meet every three years to review regarding the effectiveness of this policy. Recommended updates as needed for board approval.

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 5/18/20, 3/20/23 Revised _____

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 I.A.C. 12.5; 58.11.

I.C. Iowa Code	Description
Iowa Code § 256.11	<u>DE - Educational Standards</u>
Iowa Code § 256.7	<u>DE - Duties of State Board</u>
I.A.C. Iowa Administrative Code	Description
281 I.A.C 58.11	<u>General Accreditation Standards - Nutrition</u>
281 I.A.C. 12.5	<u>General Accreditation Standards - Education Program</u>
U.S.C. - United States Code	Description
42 U.S.C. § 1771	<u>Public Health - Child Nutrition</u>
42 U.S.C. §§ 1751	<u>Public Health - School Lunch Program</u>
Cross References	
Code	Description
504.05	<u>Student Fund Raising</u>
504.05-R(1)	<u>Student Fund Raising</u>
504.06	<u>Student Activity Program</u>

NUTRITION EDUCATION AND PROMOTION

The school district will provide nutrition education and engage in nutrition promotion for lifelong Healthy eating behaviors. The goals for addressing nutrition education are the following.

- Provide students with the knowledge and skills necessary to promote and protect their own health.
- Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through the subjects such as math, science, language arts, social sciences, and any elective subjects.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy smart snacks.
- Emphasize caloric balance between food intake and physical activity.
- Encourage agricultural visits.

PHYSICAL ACTIVITY

Daily Physical Education

The school district will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet the federal and state guidelines, including the Iowa Healthy Kids Act. The goals for this are:

- To provide Physical fitness to students K-12 all year long.
- To have students taught by a certified physical education instructor.
- To include students with disabilities and students with other health care disabilities or offer an alternative setting.
- To engage students in moderate to vigorous activity during at least 50 percent of physical education class time.
- Offer classroom health education that complements the physical education
By reinforcing the knowledge that physical active lifestyles are important for self-management skills.

Daily Recess

Elementary students

- Provide at least 20 minutes a couple times a day.
- Preferably have the children go outside if weather permits.
- Encourage physical activity breaks throughout the day as needed.

Middle school student

- . Provide wellness time
- . Encourage physical activity breaks throughout the day
- . Encourage extra- curricular activities after school.

High school student

- . Encourage walking to and from school
- . No standing at the lockers, walk around school before and after school
- . Encouragement to participate in extracurricular activities after school.
- . Walking from class to class after each period.
- . Breaks throughout the day when needed in classrooms.

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. The school district will do the following:

- Offering 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 other devices.
- 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.
- To inform students of all extracurricular activities, as well as activities available in the community to them after and before school.
- Encourage students to walk in the hallways before school and not stand in the hallways.
- Encourage students to bring their water bottles to school, so they can fill throughout the day at the filling stations that are provided at all schools.

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 do the following:

- To encourage parents to pack healthy lunches, snacks, and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.
- To provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities on our website.
- To provide information about physical education and other school-based physical activity opportunities before, during and after the school day with emails and listing on the website.
- To provide information throughout the year thru homework, emails, and the school's Website.

Food Marketing in Schools

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

- 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.
- To promote healthy food, including fruits, vegetables, whole grains, and low-fat dairy.
- To promote that healthy behaviors by offering only smart snack approved items that are Sold for ala carte and in vending machines.

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 suggests 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:

- Have appealing and attractive meals for the children and meet, at minimum,
- Nutrition requirements established by the state and federal guidelines (USDA).
- Will have a clean environment where the meals are prepared and offered.
They will offer a variety of fresh fruits and vegetables, whole grains, and dairy products that are allowed 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 breakfast program will operate before school and offer the requirements that are established by the state and federal guidelines. (USDA)

- The bus schedules will be arranged to encourage children to arrive in time to utilize and participate in the program.
- Emails will be sent out and menus will be on the website to notify parents and students of the availability of the School Breakfast Program.
- Emails will also be sent out to encourage parents to offer a healthy breakfast to their students if they are unable to utilize our program.

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 the students with ample time to eat breakfast and lunch. Lunch meals will be served between 10:50-1:00 daily, and will not have any other activities at this time to interfere with lunch.

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 will 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's stores, or fundraising activities) during the school day, will be smart snack approved.

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 diminishes the use of 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. Suggestions are listed on the website.

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/servingsafechapter6.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. www.fns.usda.gov/summerfoodsrocks, is the current Website 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 And ASSESSMENT

Monitoring

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

The principals in each school will ensure compliance within their schools and report to the superintendent.

The Food service team will ensure compliance at each school and district level, and will report to the superintendent on the matter.

The school district will report the most recent USDA Meals Initiative review findings and any resulting changes.

The administration team will meet annually to make sure that the goals are being met within each school and the findings will be

Shared at the Wellness meetings, the school board meetings, and published on the school website for staff, parents, students, and stakeholders.

Policy Review

A Triennial assessment will be done by the superintendent and administration team to ensure 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.

The findings of this assessment will be made known public to the staff, students, parents, board members, and stakeholders on the school website.