

Wellness Policy

The board 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.

Riceville Community School is committed to the integration of the 5-2-1-0 Healthy Choices Count framework to provide an environment that promotes wellness with consistent messages and fosters development of lifelong healthy habit. The entire school, not just the classroom, shall be aligned with healthy school district goals the 5-2-1-0 strategies of success to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity to health and wellness.

The school district supports and promotes proper dietary habits contributing to student's 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 be in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packing to ensure high-quality meals. (See the DE guidance on Healthy Kids Act)

The school district will make every effort to eliminate any social stigma attached to, and prevent overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; and promote the availability of meals to all students.

The school district will develop a local wellness policy committee, which may be comprised of representatives of the board, parents, members of the community, students, school health professionals and teachers of physical education. The local wellness policy committee will develop a plan to implement, measure goals, and periodically review and update the policy at a minimum of every three years. The committee will report annually to the board and community regarding the content and effectiveness of this policy and recommend updates if needed

Specific Wellness Goals

- Nutrition and Education and Promotion (see Appendix A)
- Physical Activity (see Appendix B)
- Other School-based Activities that Promote Student Wellness (see Appendix C)

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity (see Appendix D)

The board will monitor and evaluate this policy (see Appendix E)

Approved _____

Reviewed: October 27, 2022 Revised: April 15, 2019

Nutrition Education and Promotion

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

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote health and wellness
- Promotes 5 fruits and vegetables a day, whole-grain products, low-fat and fat-free dairy products, and limiting sugary drinks using the 5-2-1-0 healthy choices messages.
- Promotes healthy eating and physical activity to students, families, and the school community including being a 5-2-1-0 registered school site, brain break activities for the classrooms, daily recess for at least 20 minutes or physical activity through physical education, taste-testing in some of the classrooms, monthly wellness newsletters on school website, displaying consistent nutritional messages based on the 5-2-1-0 framework throughout the school and participating in nutrition requirements established by local, state, and federal law.
- Engages community members to support health and wellness efforts (e.g. Businesses, guest speakers, etc.)
- Encourages input from administration, staff, student, parents, and community members regarding our wellness policies and practices.

Appendix B

Physical Activity

The school will provide physical education that:

- Is for all students in grades K-12 for the entire school year, including students with disabilities; providing alternatives as needed, yet meeting the federal and state guidelines, including the Iowa Healthy Kids Act
- Is taught by a certified physical education teacher
- Encourages students in moderate to vigorous activity during at least 50 percent of physical education class time

The elementary school should provide physical activity every day that:

- Is at least 20 minutes/day (e.g. recess, physical education, physical activity breaks, etc.)
- Is preferably outdoors. In the event of inclement weather, students may use the gym, RAC, or classrooms/hallways
- Encourages moderate to vigorous physical activity
- Discourages extended periods (i.e., periods of two hours or more) of inactivity
 - Encourages classroom learning that incorporates movement

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. Classes will use brain break activities, activity videos, etc.

Employees will be encouraged to not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Appendix C

Other School-Base Activities Designed to Promote Student Wellness

The school district will support student, staff and parents' efforts to promote and maintain a healthy lifestyle, as appropriate.

The school district may:

- Encourage parents to provide healthy snacks and beverages and non-food reward items for class parties, events, celebrations, etc.
- Provide parents with information regarding healthy choices (e.g., Healthy snacks list, Re-Think Your Drink education, Make Better Beverage Choices fact sheet and the 5-2-1-0 Strategies of Success Sheet.
 - Discourage the use of food as a reward
- With fundraising activities involving food, healthy options will be encouraged.
- Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Make drinking water available where school meals are served during mealtimes.
- Permit students to bring and carry a water bottle allowing students/staff access to fresh drinking water throughout the day.
- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.
- Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or food and beverages sold individually, i.e. vending machines.
 - Participate in local, state, and national initiatives that support health and wellness.

Staff wellness

The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle that includes healthy eating and active living.

The school district may:

- Establish and maintain a Staff Wellness Committee that includes students, board members, parents and community members.

- Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the Staff Wellness Committee; the plan will be based on input solicited from school staff and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle.

- Encourage staff to role model healthy behaviors
- Use in-service time to learn about health and wellness
- Designate a staff wellness bulletin board where health and fitness tips, recipes and information can be shared

School Meals

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

- Meet at a minimum, nutrition requirements established by local, state. And federal law
- Have nutritional content that can be shared with parents and students
- Will be posted on the school website and cafeteria menu board

As part of the school district's responsibility to operate a food program, the school district will:

- Promote the availability of meals to all students and parents; make them known of the School Breakfast program and Free and Reduced meals
- Make every effort to eliminate any social stigma attached to the above
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- Provide continuing professional development for all food service staff
- Ensure foods made available on campus adhere to the state and local food safety, sanitation, and security guidelines
- Limit access to food service operations to authorized personnel only
- Assure snacks do not interfere with the food program with exceptions such as testing days
- Not withhold food or beverages (including food served through meals) as punishment

Fundraising activities

- PK-12 students, student groups, or school organizations will be strongly encouraged to comply with state nutrition guidelines for fundraising activities that offer the sale of food and beverages on school property and that are targeted primarily to PK-we students.

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

In the school district:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent
- Food service staff will ensure compliance with nutrition policies within food service areas and will report on the matter to the superintendent and principal.
- Will report on the most recent USDA School Meals initiative (SMI) review findings and resulting changes.

Policy Review

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The school district will revise the wellness policies and develop work plans to facilitate their implementation.