

## WELLNESS POLICY

The North Mahaska School District is committed to supporting wellness, good nutrition and regular physical activity as a part of an optimal learning environment. The district believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create a health promoting learning environment.

This policy outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. In doing so, we have established goals to ensure that:

- ✓ Students have access to healthy foods throughout the school day-both through reimbursable school meals and other foods available through out the school campus-in accordance with Federal and State standards.
- ✓ Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- ✓ Students have opportunities to be physically active before, during and after school.
- ✓ Our school engages in nutrition and physical activity promotion and other activities that promote wellness.
- ✓ School staff will be encouraged to practice healthy nutrition and physical activity in order to be a good role model for students in and out of school.

### **I. SCHOOL WELLNESS COMMITTEE**

The district will convene a wellness policy committee comprised of parents, students, nutrition services, school board, school administrators, community members, staff (physical education teachers, health teachers, school nurse).

### **II. WELLNESS IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT**

#### **Leadership**

The Superintendent or designee(s) will convene the wellness committee and facilitate development of and updates to the wellness policy, and will ensure the school's compliance with the policy

#### **Implementation**

The local wellness committee will develop a plan to implement, manage and coordinate execution of this wellness policy.

### **Recordkeeping**

This wellness policy and progress reports can be found at [www.nmwarhawks.org](http://www.nmwarhawks.org) under **Administration/School** board tab

### **Annual Notification of Policy**

The district will actively inform families and the public each year of basic information about this policy, including its content, and any updates to the policy. This information will be available via the district website. The district will provide as much information as possible about the school nutrition environment. Annually, the district will also provide the contact information for the wellness committee, and information on how the public can get involved with the school wellness committee.

### **Triennial Progress Assessments**

Once every three years, the district will evaluate compliance with the wellness policy.

### **Revisions and Updating**

The district wellness committee will update or modify the policy based on the annual School Health index and triennial assessments and/or district priorities change, wellness goals are met, community needs change, information and technology emerge.

## **COMMUNITY INVOLVEMENT, OUTREACH AND COMMUNICATION**

NM School district will be responsive to community input. The district will inform parents of improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply. The district will put notices on our website, email or newsletters regarding school nutrition and the wellness policy.

## **III. NUTRITION**

### **School Meals**

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving; and to meeting the nutrition needs of school children within their calorie requirements.

The school district will make every effort to eliminate any social stigma attached to, and prevent the identification of those students eligible for free and reduced price meals.

All schools within the district participate in the USDA child nutrition programs, including the School Lunch Program, and the School Breakfast Program. Our school district is committed to offering school meals that:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in a clean and pleasant setting.
- Meet or exceed current nutrition requirements local, state, and Federal.
- Promote healthy food by using at least ten of the smarter lunchroom techniques.

Included at NM:

- Whole fruit options displayed in attractive bowls
- Sliced or cut fruit available daily
- Daily fruit options are displayed in a location in the line of site and reach of students
- All staff members serving have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
- White milk is placed in front of other beverages in all coolers
- Alternative entree options are highlighted on white boards within all serving/dining areas
- A reimbursable meal can be created in any service area available to students
- Student surveys and taste testing opportunities are used to inform menu development
- Student artwork is displayed along the service line
- Daily announcements are used to promote and market menu options

### **Staff Qualifications and Professional Development**

School Nutrition director and staff will meet annual continuing education requirements in the USDA professional standards. These school nutrition personnel will refer to the USDA Professional Standards for School Nutrition Standards for training needed.

### **Competitive Foods and Beverages**

The district will ensure all foods available at school will support healthy eating. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the day will meet or exceed the USDA Smart Snacks nutrition standards.

Foods and beverages provided, not sold, to students during the school day will meet standards set by the district and will include a list of foods and beverages that meet the nutrition standards.

### **Fundraising**

Our school will encourage nonfood-fundraisers that promote physical activity such as our annual Walk-a-Thon.

Food and beverage items sold for fundraising will either meet the USDA Smart Snacks in Schools nutrition standards or be sold 30 minutes after the school day.

### **Nutrition Education and Nutrition Promotion**

The school district will encourage to promote and educate students of lifelong eating behaviors and physical exercise. Students and staff will receive consistent nutrition messages through schools, classrooms, gymnasiums and cafeterias. The school district will provide nutrition education and engage in nutrition promotion that:

- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, and farm visits
- Emphasizes caloric balance between food intake and physical activity
- Emphasizes reading a label and knowing nutritional values
- Includes training for teachers and other staff
- Is designed to provide students the knowledge and skills necessary to promote and protect their health
- Teaches media literacy with an emphasis on food and beverage marketing

- Is part of not only health education classes, but also integrated into other classroom instruction like math, science, language arts, social sciences and electives

### **Food and Beverage Marketing**

Any foods and beverage marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Food and beverage marketing is defined as advertising and other promotions in schools such as:

- Brand names, trademarks, logos or tags
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, message boards, scoreboards or backboards
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans other food service equipment
- Advertisements in school publications or mailings

### **IV. Physical Activity**

- It is recommended that children and adolescents should participate in at least 60 minutes of physical activity every day. This can be met through a combination of PE, recess, classroom and other activities. Middle and high school students must have at least 120 minutes of physical activity per week. This again is a combination of PE, school and non-school sponsored athletics
- All students will be provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- Elementary students will receive PE for at least 60-89 min. per week throughout the school year
- Secondary students (middle and high school) are required to take physical education each semester (state exemption rules may apply).
- Engages students in moderate to vigorous physical activity during at least 50% of PE class time.

**Recess (elementary)**

- Elementary students will be offered at least 20 minutes of recess on all days of the school year.
- Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is 0 degree or below, inclusive of wind chill factors, and during rain or storms.
- In the event of indoor recess, teachers and staff will promote physical activity for students to the extent practicable.

**Classroom Activity Breaks**

- Students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The district would recommend teachers to provide short (3-5 minute) physical activity breaks during and between classroom time at least 3 times a week.

**Before and After School Activities**

- The school district offers many opportunities for students to participate in physical activity either before and or after school

**V. Other School-Based Activities**

- **Water** - In order to promote hydration, free, safe, unflavored water will be available to all students throughout the school day.
  - Water cups/jugs will be available in the cafeteria
  - All water sources are maintained on a regular basis to ensure good hygiene and health safety standards.
  - Students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.
- School staff will be encouraged to practice healthy nutrition and physical activity in order to be a good role model for students in and out of school.
- Implementation of W.O.W. Water Oxygen and Wait before medicating Headaches during school. Teachers and the school nurse try to encourage drinking of water and fresh air, deep breathing and waiting at least 30 minutes to see if the headache will subside.