

WELLNESS POLICY

The North Mahaska School District Board of Education 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 throughout 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 to meet the Iowa Healthy Kids Act.
- ✓ Our school engages in nutrition and physical activity promotion and other activities that promote wellness.

I. SCHOOL WELLNESS COMMITTEE

The district will convene a wellness policy committee composed 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 [North Mahaska Community School District](#) 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 low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving; and at minimum meet the nutrition needs of school children within the state and federal 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 options.

Included at NM:

- Whole fruit options are available
- Sliced, cut, or frozen 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 and water are offered for meals and white milk, 100 % juice or water for breakfast
- Entree option is 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 will be used to help inform nutrition services for the menu development.
- Student artwork is displayed along the service line

Staff Qualifications and Professional Development

School Nutrition Director and staff will meet annually and continue 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.

Nutrition Education and Nutrition Promotion

The school district will encourage 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
- Emphasizes caloric balance between food intake and physical activity
- Is designed to provide students the knowledge and skills necessary to promote and protect their health

Food and Beverage Marketing

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

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).

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 10 degree or below, inclusive of wind chill factors, and during rain or storms.

*Preschool will abide by state guidelines for outdoor recess

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.

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.

- 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.