

WELLNESS POLICY

The Cedar Rapids Community School District supports a healthy environment in which 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, academic achievement and quality of life of students.

Nutrition Education and Promotion

The District will provide nutrition education and engage in nutrition promotion.

Physical Activity

The District will develop a wellness approach to physical activities that meet applicable federal and state guidelines.

Other School Based Activities that Promote Wellness

The District promotes activities and policies that support staff members' efforts to maintain a healthy lifestyle.

The District supports parents' efforts to provide a healthy diet and daily physical activity for their children.

Nutritional Standards for all Foods Available on Campus

The District will base menus on Dietary Guidelines for Americans, National School Lunch and Breakfast meal pattern requirements, and the Recommended Dietary Allowances.

The District recommends that foods and beverages offered on campus and for school activities meet applicable federal and state guidelines.

Plan for Wellness Policy Implementation and Effectiveness

The "Wellness Policy Committee" will:

- 1) plan for, monitor, and evaluate the implementation of wellness initiatives as guided by the Board Policy and Procedures.
- 2) inform and update the public about the content and implementation of the policy.

Legal Reference: Section 204 Public Law 108-265-June 30, 2004 (Child Nutrition and WIC Reauthorization Act)
2008 Iowa Acts, Senate File 2425, division XI, "Healthy Kids Act". IAC 281—12.2 and 12.5 (256)
Section 204 of the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296, Section 9A

Approved: 08-14-06
Revised: 10-08-12

Wellness Regulation

In order to implement the Wellness Policy, the District will:

Goal 1: Engage in nutrition promotion: provide nutrition education and a healthy eating environment.

- A. Provide age-appropriate nutrition education that:
is offered as part of a comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; 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; links with meal programs and other foods and nutrition-related community services.
- B. Provide a healthy eating environment that:
allows students to have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch; encourages not scheduling tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities; encourages scheduling lunch periods to follow recess periods (in elementary schools); provides students access to hand washing or hand sanitizing before they eat meals or snacks; recommends that children not be forced to eat or drink against their wishes; and discourages students from sharing their foods or beverages with one another during meal or snack times, given-concerns about sanitation, health related issues, and food allergies.

Goal 2: Provide physical activity that promotes wellness.

- A. Provide physical activity that:
is based upon state/federal guidelines; includes at least 30 minutes daily at the elementary level; is preferably through outdoor recess that encourages physical activity; discourages extended periods of inactivity; and encourages classroom teachers to provide short physical activity breaks between lessons or classes as appropriate; includes at least 120 minutes of physical activity during a 5-day week at the secondary level.
- B. Require physical education that:
is designed for all students in grades K -12 for the entire school year; utilizes a wellness approach to the physical education curriculum; is consistent with National Physical Education Standards; focuses on health-related fitness; reinforces knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities; requires that students are active during the majority of the time in physical education class; employs technology to monitor physical activity; and includes appropriate use of waivers and exemptions to physical education at the high school level.
- C. Ensure physical activity is not used for or withheld as a punishment.
Physical activity is valued for its benefits to health and academic achievement. Employees will not use physical activity as a punishment (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a punishment. Physical activity should not have to be earned. Opportunities for physical activity for all students should be promoted.
- D. Physical activity opportunities before and after school
When appropriate, before and after school programs, should provide and encourage periods of moderate to vigorous physical activity for all participants (e.g., child care programs, intramurals, clubs, etc.)

Goal 3: Promote wellness through other school based activities.

- A. Health and wellness curriculum for students in grades K-12
Provide a health and wellness curriculum for students in grades K-12 and encourage students to take a health and wellness course in grades 6, 7, and 8 and one semester health and wellness course in high school.
- B. Staff health and wellness
Promote staff behaviors that encourage healthy eating, physical activity and other elements of a healthy lifestyle.
- C. Communication with Parents
Post nutrition tips on school web sites and provide nutrient analyses of school menus. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the District's Recommended Nutritional Guidelines. Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties 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.
- D. Food Marketing in Schools
Limit food and beverage marketing to the promotion of foods and beverages that meet the District's Recommended Nutritional Guidelines. Promote healthy foods including fruits, vegetables, whole grains, and low-fat dairy products. Work with all suppliers of snacks and beverages not directly associated with the district's Food and Nutrition Program to restrict 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.
- E. Fundraising Activities
Fundraising activities that use foods/beverages must use those that meet the District's Nutritional Guidelines. Those activities that promote physical activity are encouraged.
- F. Foods and Beverages as Reward/Punishment
Foods or beverages should not be used as rewards for academic performance, compliance, or good behavior. District employees will not withhold food or beverage (including food served through meals) as a punishment.
- G. Snacks and Celebrations
All foods and beverages offered and made available in schools during the school day must meet the District Nutritional Guidelines. Celebrations or other events involving food should not occur more than once per month.
- H. Other School-Sponsored Events
Groups in the school community who offer foods and beverages for sale at school sponsored events should offer only foods and beverages that meet District Nutritional Guidelines. USDA rules apply during the school day, defined as the period from the midnight before to 30 minutes after the end of the official school day.

Implement District Nutritional Standards

Nutrition integrity is defined as a level of performance that assures foods available through the school meal programs for children are consistent with recommended dietary allowances, National School Lunch and Breakfast meal pattern requirements, and dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits. Student preferences will be considered in menu planning in order to encourage students to consume a variety of foods for maximum nutritional benefits. Meals will contain adequate calories and variety of foods to support growth, development and healthy weight. Portion sizes shall be based on age and USDA meal pattern requirements.

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
- Ensure that half of the served grains are whole grain
- Pricing strategy – designed to encourage students to purchase nutritious foods.

Guidelines for All Foods and Beverages Offered on Campus and for School Activities:

Foods and beverages sold individually outside the reimbursable meal program (including those sold through a la carte lines, vending machines, student stores or fundraising activities) during the school day will meet nutrition standards as required by state or federal law.

The sale of competitive foods, including foods of minimal nutritional value, may not occur one-half hour prior to, during, or one-half hour after the meal shifts of food service programs unless permission has been granted by the Manager of Food and Nutrition Department. (Board Regulation 902.2)

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 Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff.

Measure Implementation of Wellness Policy

The Wellness Policy Committee will measure implementation of this policy. Members of the committee include:

Deputy Superintendent – Office of Learning and Leadership
Executive Director of Business Services
Executive Director of Human Resources
Director of Student Services
Manager of Food and Nutrition
Physical Education and Health Education Curriculum Facilitator
HR Specialist
Selected Community and District Representation

Policy Review: To assist with the review of the school district's wellness policy, each school will conduct assessments of the school's existing nutrition and physical activity environments and practice once every three years. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs in order to make necessary revisions to the policy and/or regulations.

Legal Reference: 281 Iowa Administrative Code (IAC) Chapter 12 Rules

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Revised: 05-11-15

Snacks – Nutritional Guidelines

It is the responsibility of each building to ensure all snacks meet District Nutritional Guidelines for foods and beverages, including vending, a la carte, school stores, celebrations and fundraisers. This applies to all foods offered, made available or sold during the school day, defined as the period from midnight before, to 30 minutes after the end of the school day.

Each building shall do the following:

- All foods offered in school must meet guidelines; either selected from healthy snack lists or determined to meet guidelines using SMART Snack calculator.
- Daily snacks in the classroom or those provided for brain-based learning activities are optional (allowed); implementation determined at the discretion of individual building teams.
- If food is brought from home to be shared, it must be prepackaged and prepared by vendor with the exception of fruits and vegetables.
- Foods provided that do not meet guidelines will not be served and will be returned to provider.
- Recognize that provision of a snack is meant to fuel the student's body and provides opportunity for engaging in nutrition education and promotion.

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Wellness Fundraising Guidelines

It is the responsibility of each building to discontinue using unhealthy foods for fundraisers. Each building must ensure all snacks meet District Nutritional Guidelines for foods and beverages, including vending, a la carte, school stores, celebrations and fundraisers. This applies to all foods offered, made available or sold during the school day, defined as the period from midnight before, to 30 minutes after the end of the school day.

Each building shall determine a school-wide plan and do the following:

- Include if/what healthy foods or non-food items/activities will be offered and how physical activity will be promoted.
- Consider that foods/beverages used as rewards for students participating in fundraising activities must meet District Nutritional Guidelines.
- The sale of competitive foods, including foods of minimal nutritional value, may not occur one-half hour prior to, during, or one-half hour after the meal shifts of food service programs unless permission has been granted by the Manager of Food and Nutrition Department. (Board Regulation 902.2)
- This procedure will be communicated to parents/students/staff through student handbooks annually.

Approved: 05-11-15