

WELLNESS

The Iowa City Community School District recognizes that good health fosters student attendance, development, and academic performance. With this recognition and in response to the growing problem of childhood obesity in the U.S., the Board believes it is the district's responsibility, as a part of the larger community, to establish a learning environment which helps students develop the skills, knowledge, and attitudes necessary to adopt and maintain a healthy lifestyle. An ongoing promotion of these healthy habits through the duration of the students' career will optimize the likelihood of instilling these healthy choices into daily routines and ultimately maximize the potential for student achievement and well-being.

The school district provides a comprehensive and integral 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 influence a student's understanding, beliefs and habits as they relate to healthy nutrition and regular physical activity. The school district will provide opportunities for hands-on learning and physical activities that will carry over to other parts of the students' life.

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 district and federal nutritional standards. Foods should be served with consideration toward optimal nutritional value, appeal, taste, variety, safety and packaging to ensure high-quality meals and availability of healthy options.

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. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The Iowa City Community School District has a Wellness Committee that is comprised of a diverse group of individuals from the district and the community including students, staff, parents, business owners, farmers, physicians, nurses, dieticians, school Board members, University faculty, and representatives from the Department of Public Health and Iowa State Extension. The Wellness Committee was formerly the Nutrition Task Force, which began meeting in 2002. The Wellness Committee is chaired by the District Health Services Director and has developed this Wellness Policy. The purpose of this policy is to provide direction to the school system for promoting student wellness through health education, physical activity, and the selection of nourishing foods and beverages and to fulfill the requirements of Public Law 108-265, Section 204, June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004. The Committee will oversee implementation and evolution of the Policy, as well as address wellness concerns. The committee will report at least annually to the Iowa City Community School Board regarding the implementation, effectiveness and outcomes of the Wellness Policy.

Date of Adoption: 7/11/06
 Revised: 11/10/09
 8/23/11

Legal References:
 Richard B. Russell National
 School Lunch Act, 42 U.S.C.
 1751 et seq (205)
 Child Nutrition Act of 1966, 42
 U.S.C. 1771 et seq. Appendix A

Appendices A-E outline goals generated by the ICCSD Wellness Committee to assist them in implementation of this board policy.

Appendix A

PHYSICAL EDUCATION/ PHYSICAL ACTIVITY GOALS

Physical Education

The school district will provide physical education that:

- meets a minimum of:
 - 50 minutes per week for kindergartner students;
 - 75 minutes per week for first through fourth grade students;
 - 100 minutes per week for fifth and sixth grade students;
 - every other day for junior high;
- meets the state requirements for high school;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings;
- the teacher engages students in moderate to vigorous activities during at least 50 percent of physical education class time;
- eliminate athletic waivers;
- obtains an annual BMI for all students in third through twelfth grade.

Daily Recess

Elementary schools shall provide recess for students that:

- meets a minimum of:
 - 50 minutes per day for kindergarten through third grade students;
 - 35 minutes per day for fourth grade students;
 - 20 minutes per day for fifth and sixth grade students;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally for all students and through the provision of space and equipment;
- discourages extended periods (i.e., periods of one or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment

Staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Withholding recess will not be considered unless in extreme circumstances where all other methods have been exhausted or for continued unacceptable behavior exhibited during recess.

HEALTH EDUCATION GOALS

Health Education – Elementary

The school district will provide health education for kindergarten through sixth grade students that:

- meets the state requirements;
- is sequential and standards-based;
- provides active learning and skills practice;
- is taught by qualified teachers;
- is emphasized across the physical education, social studies, science and guidance curriculums.

Health Education – Secondary

The school district will provide health education for seventh through twelfth grade that:

- meets the state requirements;
- is mandated for one trimester each in seventh through twelfth grades;
- is taught by qualified teachers;
- utilizes community support and partnerships;
- provides opportunities for students to practice skills;
- includes curriculum that focuses on wellness and healthy life choices.

Health Education Teachers

The school district will encourage health education teachers at both the elementary and secondary level to:

- collaborate with community public health-related agencies to enhance health education lessons;
- collaborate with school nutrition and health services to promote health education lessons in addition to the classroom lessons (i.e. kindergarten visits to lunchroom for understanding of sneeze guard and germs, community gardens at Tate HS);
- develop cross-curricular collaboration with guidance, PE, science and social studies

Professional Development

The school district will provide opportunities for professional development according to the Iowa City Community School District Professional Development Plan.

Health Education Coordinator

The school district will provide a health education coordinator to:

- monitor implementation process of the health education curriculum;
- emphasize the importance of health education across curriculums;
- work with teachers to ensure scheduling instruction in health education;
- work with community agency personnel to provide additional health education;
- work with teachers to ensure scheduling instruction in health education with allocation of time to adequately fulfill the responsibilities of the position.

SCHOOL NUTRITION SERVICES GOALS

General Guidelines

- Food items served and sold in schools shall to the extent possible be prepared from fresh, locally grown or produced, and organic ingredients. Food service staff will design and actively pursue programs which make this possible, and if necessary recruit the support of local individuals and organizations.
- Food items served and sold in schools shall reflect the cultural diversity of the student body and consideration of special dietary needs, and food preferences and practices.
- Nutritious and appealing foods, such as fruits, vegetables, low fat dairy foods and low fat grain products, shall be available wherever and whenever food is sold or offered at school.
- Schools should encourage the purchase of nutritious items by pricing healthy items at an affordable price.

School Breakfast Program

The school district will provide breakfast to students:

- in buildings where the need is recognized; (In the buildings where breakfast is served, school staff will identify students who might benefit from breakfast.)
- at a time when students are available to eat, coordinated with bus and class schedules.

Breakfast menus will:

- meet or exceed federal guidelines for nutrition;
- include the following:
 - whole grains
 - low-fat or no-fat milk
 - fruit

School Lunch Program

The school district will provide lunch menus that:

- meet or exceed federal guidelines for nutrition;
- consist of foods that are low-fat, low-sodium, low-sugar content;
- consist of foods that are made with fresh ingredients whenever possible;
- consist of foods that are appealing to the eye and palate;
- consist of at least half of the served grains are whole grain;
- consist of at least two vegetables and two fruit options each day, with five different fruits and five different vegetables offered over the course of a week;
- include a vegetarian entrée option a minimum of one time per week.

School district food service staff will:

- make every attempt to assure that enough food is available so all students will get what they ordered;
- provide a nutrient analysis of the monthly menus to be available on the district website;
- develop a plan to promote low-fat and low-sugar foods to students;
- provide a clean, safe and pleasant dining experience for students.

Building principals will:

- schedule lunch periods to provide students with a minimum of 15 minutes to eat after going through the line to get their food;
- schedule lunch periods between 11:00 a.m. and 1:00 p.m., with exception on early-release days;
- consider scheduling lunch after recess to stimulate appetite and encourage students to finish their lunch rather than hurrying to get outside to play;
- in conjunction with building staff, provide students access to hand washing or hand sanitizing before eating meals or snacks;
- in conjunction with building staff, take steps to accommodate any tooth-brushing needs of students.

Ala carte food items will:

- be available only to secondary students;
- have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- have no more than 35 percent of its weight from added sugars;
- contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes;
- include a choice of at least two fruits and/or low-fat, non-fried vegetables;
- be placed in the ala carte line with:
 - main entrees and the most nutritious foods in the front of the line and/or are most accessible to students;
 - low-nutrient foods placed at the end of the line and/or are least accessible to students.

Ala carte beverages will be:

- water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).

Vending Machines

The school district's vending machines in the secondary buildings will:

- offer only single food items with no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- offer only single food items that have no more than 35 percent of its weight from added sugars;
- offer only single food items that contain no more than 230 mg of sodium per serving for chips, cereals, crackers, french fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes;
- offer only beverages that are water or seltzer water without added caloric sweeteners; no or low calorie beverages with up to 10 calories/ 8 ounces; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; light juices and sports drinks with no more than 66 calories/ 8 ounces;

unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA);

- offer only beverages up to 12 ounces per serving, with the exception of water;
- have at least 50% of beverages that are water and no- or low-calorie options;
- promote dairy items when possible;
- be turned off while meals are being served and during the school day at the discretion of building administration.

In All Schools:

- staff vending machines will contain equal numbers of food and drink options in compliance with the standards for student vending machines as there are non-compliant options.
- Staff will be role models for students in the choices of vending beverages and foods.

The school district will:

- inform new bottler/ vending contractors of the nutrition requirements for food and drinks and insist only items that meet the standards be included in the contract.

In the elementary schools,

- vending machines will not be available to any elementary students, but may be available in staff lounges only;

Lunches brought from Home

In regards to lunches brought from home, the school district will:

- encourage students and parents to bring healthy foods and beverages;
- provide a list of healthy, easy-to-pack, and low-cost lunch items to parents in building newsletters;
- discourage students from trading foods with each other.

Snacks

In regards to snacks being served in the classroom, the school district will:

- allow and encourage snacks to be served in the classroom, especially at the primary level;
- provide suggestions of healthy snacks to parents and teachers, with emphasis on fruits and vegetables as the primary snacks, and discourage snacks with high sugar and/ or fat content.

Bake Sales/ Fund Raising

The school district will:

- encourage that healthy foods be sold at bake sales and other fund-raising activities, similar to guidelines of ala carte items;
- not allow bake sales to occur during the school lunch period;
- disseminate a list of healthy bake sale items to parents and teachers.

Celebrations

The school district will:

- limit foods and drinks brought for celebrations initiated by parents during the school day to a list of snacks that meet the nutrition requirements for ala carte food and drink items. This list will be distributed to parents and teachers at the beginning of the school year.

- allow the exception of no more than one food or beverage that does not meet nutrition standards for ala carte and vending guidelines during each classroom celebration (see above).
- remind parents as needed of the list of acceptable food options if non-compliant foods are served at classroom celebrations.
- encourage staff to incorporate physical activities into classroom and building celebrations.

Rewards

The school district will:

- encourage staff to use non-food items as rewards for academic performance or good behavior;
- distribute a list to staff of ideas for non-food items that can be used instead of foods as rewards.
- Only use foods or beverages that meet the guidelines of ala carte and vending machines (see above) if rewards need to be given for academic performance or good behavior.
- not withhold food or beverages as a punishment of students.

Concessions/ Dances/ School Sponsored Activities

The school district will:

- encourage the sale of foods at school-sponsored events outside of the school day to include beverages and foods that meet the guidelines of ala carte and vending machines (see above).

Collaboration Between Food Service and Health Education

The school district food services program will encourage food service staff to collaborate with classroom teachers to reinforce nutrition education lessons taught in the classroom. Examples of the collaborative activities include but are not limited to:

- displaying educational materials in the cafeteria that reinforce classroom lessons;
- teaching or presenting nutrition lessons or nutritional information to students;
- providing cafeteria tours to students;
- other activities as appropriate.

Food Service Staff

The school district will ensure that:

- qualified nutrition professionals administer the school food services;
- the food service manager will participate in at least one professional development or continuing education program per year on meeting the Dietary Guidelines for Americans;
- food service staff receives appropriate training for safety and food emergencies, i.e. choking, natural disasters and medical emergencies.

The Food Services Director will:

- develop and implement a plan to support local sustainable agriculture by integrating local, preferably organic (by USDA definition) foods into the meals served to students based on availability and acceptability.
- coordinate school breakfast and lunch menus with seasonal production of local farms and with production in school gardens so that school meals will reflect seasonality and local agriculture.

OTHER SCHOOL-BASED ACTIVITY GOALS THAT PROMOTE STUDENT WELLNESS

Physical Activity Opportunities after School

Elementary and secondary schools will offer extracurricular physical activity programs, such as physical activity clubs and/or intramural programs.

Schools will offer a range of after-school moderate to vigorous physical activities that meet the needs, interests and abilities of all students including boys, girls and students with disabilities.

Schools will collaborate with local agencies to promote local, state, national events that encourage physical activity by students, staff, families, etc.

Integrating Physical Activity into Classroom Settings

Opportunities for physical activity beyond the physical education class will be provided to students. These opportunities may include the following:

- reinforce the importance of a physically active lifestyle;
- discourage sedentary activities such as watching television, video games, etc.
- provide opportunities for physical activity to be incorporated in all classes when possible;
- provide short physical activity breaks during or between classes, as appropriate for all ages and developmental levels.

Staff Wellness will:

- include comprehensive health insurance;
- provide opportunities for staff to use district fitness equipment and facilities;
- promote opportunities among staff for wellness through the district;
- provide awareness of wellness opportunities in the community;
- encourage buildings to develop staff wellness committees to promote wellness activities among the staff.

IMPLEMENTATION AND EVALUATION STRATEGIES FOR THE WELLNESS POLICY

Implementation of the Wellness Policy:

The school district will implement this Policy by gathering more information and suggestions from:

- focus groups with parents and secondary students – held in the 2006-07 school year and ongoing as needed;
- Iowa City Community School District Wellness Committee input.

Implementation of the policy will take place during the implementation timeline. The timeline is available upon request to the Health Services Director.

Monitoring the Wellness Policy:

Monitoring the implementation will be coordinated through the Health Services Director, who will designate reports on the progress of the implementation as is deemed necessary.

Evaluation of Physical Education Goals:

Schools will give an annual mid-year student survey for physical education satisfaction.

The district PE Coordinator and others, as designated by the Health Services Director, will report policy implementation and outcomes to the Wellness Committee and Board on a regular basis.

Evaluation of Health Education Goals:

Schools will give an annual mid-year student survey for health education satisfaction in all classes related to health and wellness.

The district Health Education Coordinator and others, as designated by the Health Services Director, will report policy implementation and outcomes to the Wellness Committee and Board on a regular basis.

Evaluation of Nutrition Goals:

The school district will assess the outcomes of policy implementation by the following:
student and parent surveys;

informal lunch room observations of food waste and student choices;

food service sales;

feedback from the Food Services Director to the Wellness Committee and Board members.

The Food Services Director and others, as designated by the Health Services Director, will report policy implementation and outcomes to the Wellness Committee and Board on a regular basis.

Policy Review:

The Health Services Director will re-evaluate the goals of the Wellness Policy at the end of the 2011-2012 school year.