

WELLNESS POLICY

The Hudson Community School District Board of Education 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.

The school district provides a comprehensive 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 positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The school district will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. (See Appendix A)
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act. (See Appendix B)
- **Other School Based Activities that Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle. (See Appendix C)

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties, classroom snacks brought by parents) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy;

- Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

NUTRITION EDUCATION AND PROMOTION

Hudson Community Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- Nutrition education 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 and protect their health;
- Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasize caloric balance between food intake and physical activity; and
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, and farm visits.

PHYSICAL ACTIVITY

Hudson Community Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goals for addressing physical activity include the following:

- Physical education will be taught by a certified PE teacher, meet state/national physical education standards, and will be offered to all students in grades K-12 for the entire school year;
- PE will be provided an average of at least 45 minutes per week for elementary students, daily for grades 7-8, and for at least 1 semester per year for grades 9-12. Exemptions for physical education classes are only granted for academic reasons. Athletic exemptions are not permitted;
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;
- Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment;
- Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and
- Encourage staff, families, and community members to participate in school-sponsored physical activities (eg: fun runs).

Daily Recess

- Afford elementary students with recess according to the following:
 - At least 20 minutes a day;
 - Outdoors as weather and time permits;
 - Encourages moderate to vigorous physical activity; and
 - Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hours).

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.

Integrating Physical Activity into Classroom Settings

Physical activity opportunities are part of not only physical education classes, but also classroom instruction in all subjects, including but not limited to math, science, language arts, social science and elective subjects. (This should be especially emphasized in K-6th grades).

Physical Activity Opportunities Before and After School

Before and after-school child care and enrichment programs will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

Active Transport

The district will support active transport to and from school, such as walking or biking. The district will encourage this behavior by engaging in the activities below; including but not limited to:

- Offering bike racks for safe storage;
- Using crossing guards to promote safety;
- Connecting bike trail to school campus; and
- Promoting participation in Bike to School Week.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goals for addressing other school-based activities that promote student wellness include the following:

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations;
- Provide school staff a list of non-food rewards for students;
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- Include information about school wellness through a website, newsletter, other take home materials, special events or physical education homework;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during meal times;
- Encourage staff to model healthy eating and drinking behaviors; and
- Conduct annual wellness screenings for staff.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

School Meals

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

- be served in clean and pleasant settings – comfortable cafeterias;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables; and
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible;
- arrange bus schedules and utilize methods to serve breakfast which encourages participation, breakfast during morning break or recess, or snacks to the extent possible;
- notify parents and students of the availability of the School Breakfast Program, where available; and, encourage parents to provide a healthy breakfast for their children through newsletter articles, take home materials or other means.

Free and Reduced-Priced Meals

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; and
- promote the availability of meals to all students.

All students and families will receive free and reduced-price meal applications at the beginning of each school year.

Meal Times and Scheduling

- should schedule meal periods at appropriate times; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and, should take reasonable steps to accommodate the toothbrushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for nutrition managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

USDA Standards for Competitive Foods in Schools (effective July 1, 2014)

The school district recommends all foods sold through vending machines, student store, snack bar, and a la carte during the school day - defined as the period from the midnight before, to 30 minutes after the end of the official school day comply with the USDA Standards for Competitive Foods in Schools,

Fundraisers

- The sale of food and beverage items sold at fundraisers during the school day must meet the nutrition standards. The school day is midnight the night before until 30 minutes after the end of the school day.
- The standards do not apply during non-school hours, on weekend and at off-campus fundraising events.

Accompaniments

- Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as part of the food item sold.
- This helps control the amount of calories, fat, sugar, and sodium added to foods by accompaniments, which can be significant.

Rewards

The school district will:

- Encourage staff to only use non-food items as rewards or incentives to encourage student achievement of desirable behavior.
- Distribute a list of non-food rewards to teachers at the beginning of the school year.
- The district will not withhold food or beverages (including food served through meals) as a punishment.

Celebrations

Schools should evaluate their celebration practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.

School Activities

Booster Clubs and school concessions are permitted to sell candy, soda and other foods 30 minutes after the end of the official school day, however, they are encouraged to offer healthy alternatives that meet Smart Snacks guidelines.

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.

Food Allergies and Sensitivities

The district is required by law to provide substitutions for children with allergies and sensitivities. Written documentation is required by a physician.

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 and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

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

In each school:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- The food service director will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent.

In the school district:

- The school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.
- Every three years, a representative from the Wellness committee will present on the status (implementation, changes, etc.) of the Wellness Policy to the school board.

Policy Review

To help with the initial development of the school district's wellness policies, each school in the school district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs. Assessments will be repeated every three (3) years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition, physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district will revise the wellness policies and develop action plans to facilitate their implementation.

Communication

The wellness policy, progress reports, and action plans will be made available to the public via the school website or newsletter.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,
Iowa Code 256.7(29), 256.11(6)
281 IAC 12.5(19), 12.5(20), 58.11

Cross Reference: 504.5 Student Fund Raising
504.6 Student Activity Program
710 School Food Services

Approved 8/21/2006

Reviewed 11/17/2014

Revised 4/17/2017