

WELLNESS POLICY

The Central Springs School Board is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

The Central Springs Community 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 students' understanding, beliefs and habits as they relate to good nutrition and regular physical activity. In accordance with law and this belief, the board commits to the following:

The Central Springs 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 nutritional promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- **Other School Based Activities that Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

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 School nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with 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.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2016)
 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

WELLNESS REGULATION

To implement the Wellness Policy, Central Springs Community School District has established the following district specific goals:

Goal 1 – Nutrition Education and Promotion: Central Springs Community School District will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- Provide students with the knowledge and skills necessary to promote and protect their health;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

Goal 2 – Physical Activity: Central Springs Community School District 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 Health Kids Act. The goal for addressing physical activity include the following:

- Promote the benefits of physically active lifestyle and help students develop skills to engage in lifelong healthy habits;
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- 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).

Goal 3 – Other School-Based Activities that Promote Student Wellness: Central Springs Community School District will support students, 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;
- Develop a plan to promote staff health and wellness;
- Share information about nutritional content of meals with parents and students upon request;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during mealtime;
- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.

Public Involvement: There is 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.

- The Central Springs Community School District has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy;
- The superintendent or School Nurse invites suggestions or comments concerning the development, implementation, and improvement of the school wellness policy. As such, interested persons are encouraged to contact the superintendent or School Nurse.

WELLNESS REGULATION (2)

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity in the Central Springs Community School District.

Central Springs School District and Healthy Kids Act Nutritional Content Standards**Nutritional Content Standards Foods Table**

Nutrient	A la Carte, Vending, and Regulated Fundraising Items
Calories	< NSLP entree items* OR < 400 350 calories per entrée item < NSLP sides* OR < 200 calories
Sodium	< NSLP entrée items* OR < 600 480 mg per entrée item [< 480 mg/serving entrees (2014)] < NSLP side* OR < 400 230 mg/serving sides [< 200 mg/serving sides (2014) (2016)]
Saturated Fat	< 10% calories (excluding reduced fat cheese)
Trans Fat	< 0.5 zero gm/serving
Total Fat	< 35% calories (excluding nuts, seeds, nut butters and reduced fat cheese)
Sugar	< 35% calories (excluding fruits and yogurts)
Dietary fiber/ whole grain	50% of grains offered must be whole grain

Nutritional Content Standards Beverage Table

Beverage	A la Carte, Vending, and Regulated Fundraising Items
Milk	Low/nonfat regular Low/nonfat flavored no nonnutritive sweeteners In addition: < 27 gm sugar/8 oz (2014) < 24 gm sugar/8 oz (2017) < 22 gm sugar/8 oz (2020)
100% Fruit/Vegetable Juice	No added sweeteners
Water	No added nonnutritive sweeteners
Sports Drinks, Flavored Water	None to be made available to elementary students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items
Caffeinated Beverages	None are to be made available to students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items, with the exception of beverages that contain trace amounts of naturally occurring caffeine-related substances (e.g., chocolate milk)
Sodas, Carbonated Beverages	None are to be made available to any students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items

WELLNESS REGULATION (3)

Nutritional Education and Promotion Goals

The Central Springs Community School District will provide nutrition education and engage in nutrition promotion that:

- is part of health education, FCS, science, and physical education classes;
- 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; and
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities such as taste-testing, farm visits and school gardens.

Physical Education

The Central Springs School District will provide physical education that:

- is for all students in grades K-12 for the entire school year unless exempt;
- includes students with disabilities (students with special healthcare needs may have P.E. provided in alternative educational settings);
- requires every student in grade K-5 has 30 minutes of physical activity every day;
- requires every student in grade 6-12 has 120 minutes of physical activity per week unless exempt;
- is taught or supervised by a certified physical education teacher.

This requirement for students in grades 9-12 may be met by participating in the following activities including but not limited to:

1. interscholastic athletics sponsored by the IHSAA or Iowa Girls High School Athletic Union;
2. school-sponsored marching band, show choir, dance, drill, cheer, or similar activities;
3. non-school gymnastics, dance, team sports, individual sports; or
4. similar endeavors that involve movement, manipulation, or exertion of the body.

When the requirement is to be met in full or in part by a pupil using the non-school activities, the school shall enter into a written agreement with the pupil. This will be signed by the principal, guardian and student. It will remain in effect for no longer than one school year.

Incentives, Rewards and Punishment

- Encourage non-food rewards and/or incentives in classrooms. Staff that utilize food/beverage items as an incentive or as rewards for academic performance or good behavior should make effort to choose Smart Snack food/beverage items.
- Foods provided through the school breakfast and lunch program will not be withheld or used as a reward or discipline strategy.
- Staff will not use physical activity (running laps, push ups, sit-ups, etc.) as punishment or routinely withhold opportunities for physical activity (e.g., recess, physical education).

CPR Training

Every Central Springs student will receive education in cardiopulmonary resuscitation (CPR) and basic First Aid one time during secondary education.

WELLNESS REGULATION (4)

Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Meal Time

Central Springs Community Schools will provide a healthy eating environment that allows students to have an ample amount of time for breakfast and lunch. Students will have access to hand washing or hand sanitizing, before and after meals or snacks.

School Meals

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

- be appealing and attractive to children;
- be served in clean and pleasant settings;

During School Hours

Vending, a la carte, and regulated fundraising items (any foods or beverages sold to students between the midnight and 30 minutes after the last bell) sold to students during the instructional day, must meet the Smart Snacks in School Standards.

Students are not permitted in the teachers' workroom nor have access to any of the foods or beverages that are available for staff, located in the workroom. Staff is discouraged from eating or drinking those items in front of the students and is encouraged to act as healthy role models for the school. Staff members are encouraged, but not required, to follow the Central Springs District Nutritional Standards.

Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

Classroom Parties and Treats

The Central Springs Community School District encourages parents to provide healthy food and drinks. A healthy snack handout is provided to parents at the beginning of the year. Healthy snacks/birthday treats are strongly encouraged but not required.

WELLNESS REGULATION (5)**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 child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

Wellness Committee Members

Kathie Lehmann– RN/School Nurse
 Steve Ward - Superintendent
 Ken Estes – High School Principal
 Rob Hoffman- Middle School Principal
 Bill Carlson- Elementary Principal
 Amy Pike- Program Administrator
 Diane Blickenderfer-Food Service Director
 Sandra Scholbrock- Food Service/Head Cook
 Jodi Kelley- Food Service/Parent
 Dave Luett- Central Springs Board Member
 Lacey Craig - Parent/Community Member
 Jamie Martin- Parent/ Int. and MS Counselor
 Jeanene Blickenderfer- Parent/Comm Member
 Stephanie Dugan – Parent/Community Member
 Liberti Ewen – Student
 Kaylea Fessler – Student

Craig Johnston – PE Teacher
 Ethan Miller – PE Teacher
 Kipp Beyer – PE Teacher/Parent
 Adam Hines – Teacher/Parent
 Marjean Biederman – FCS/Health Teacher
 Brooke Weipert– Parent/Teacher
 Noelle Zobeck – Parent/Teacher
 Lori Jost– Central Springs Preschool Director
 Abby Rye – Student
 Samantha Rye – Student
 Kiley Hanft- Student
 Braxton Pinske- Student
 Preston Prazak - Student
 Kegan Fingalsen- Student
 Jake Prazak – Parent/Community Member
 Madison Kelley - student
 Ann Matzen – Teacher/ Community Member