

## WELLNESS POLICY

The Northwood-Kensett School Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Northwood-Kensett Community 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 Northwood-Kensett 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 Northwood-Kensett 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 (bell to bell) should meet or exceed the school district nutrition standards and be in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The Northwood-Kensett 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 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 Northwood-Kensett School District will develop a local wellness policy committee comprised of parents, students, and representatives of the school food authority, health teacher, physical education teachers, and school health professional. The committee will monitor implementation and evaluate the policy and related procedures. The committee will report annually to the board and community regarding the content and effectiveness of this policy and related procedures and recommend updates if needed. This policy will be reviewed at least every three years and recommend updates as appropriate for board approval.

Procedures related to the wellness policy will address the following areas:

- Nutrition Education
- Physical activity

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- Encourages classroom teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes) between lessons and/or classes when appropriate

### Communication with Parents

The Northwood-Kensett Community School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day
- Support parents' efforts to provide a healthy diet and physical activity for their children;
- Support parents' efforts to provide their children with opportunities to be physically active outside of school
- 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
- Provide opportunities for parents to share their healthy food practices with others in the school community

### Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The Northwood-Kensett Community School District will:

- Limit food and beverage marketing (i.e. vending machines) to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually
- Prohibit 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

### Staff Wellness

The Northwood-Kensett Community School District values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. The school district will:

- Develop, promote and oversee a multifaceted plan to promote staff health and wellness guided by the school nurse
- Base the plan on input solicited from employees and outline ways to encourage healthy eating physical activity, and other elements of a healthy lifestyle among employees

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## Nutrition Guidelines For All Foods Available on Campus

### 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;
- Meet, at a minimum, nutrition requirements established by 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, the Northwood-Kensett Community School District will:

- Operate the breakfast program, to the extent possible;
- Notify parents and students of the availability of the School Breakfast Program, and;
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take home materials, or other means.

### Meal Times and Scheduling

The Northwood-Kensett Community School District will:

- Provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch;
- Schedule meal periods at appropriate times, e.g., lunch should be served between 10:45 a.m. and 12:45 p.m.
- Will 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 tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### Free and Reduced-Priced Meals

The Northwood-Kensett Community School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification of,

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students who are eligible for free and reduced-priced meals. Toward this end, the school district may:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students
- provide meals at no charge to all children, regardless of income

#### 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.

#### Sharing of Foods

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

#### Fundraising Activities

There are two types of fundraising-regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.

#### During the School Day

Vending, a la carte, and regulated fundraising items (any foods or beverages sold to students between the first bell and the last bell) sold to students during the instructional day, must meet the healthy Kids Act Nutritional Content 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 are discouraged from eating or drinking those items in front of the students and are encouraged to act as healthy role models for the school. Staff members are encouraged, but not required, to follow the district's Nutritional Standards.

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### Celebrations (Classroom Parties and Treats)

The Northwood-Kensett Community School District encourages parents to provide healthy food and drinks. A healthy snack handout is provided on the districts website. Healthy snacks/birthday treats are strongly encouraged but not required.

Staff will be encouraged and provided a list of alternative ways to reward children. Foods and beverage rewards will be kept to a minimum and must comply with the district's Nutritional Standards.

### Plan for Measuring Implementation

In the Northwood-Kensett Community School District:

- The food service supervisor will ensure compliance with nutrition policies within food service areas and will report compliance to the principal.
- The Principal will ensure compliance with the Wellness Policy goals that pertain to his/her building and will report on the schools compliance to the superintendent; and,
- The Superintendent will review the effectiveness of the Wellness Policy on an annual basis and report to the school board

### Wellness Committee Members

Kaitlyn Anderson- School nurse/Chairperson  
Trevor Hunt- Physical Education  
Mike Kessel- Physical Education and Health Teacher  
Amy Hennigar- Director of Nutritional Services  
Keith Fritz- Secondary School Principal  
Brian Costello- Elementary School Principal  
Camryn Rheingans- Student  
Emersyn Wahl- Student  
Kenedie Berry- Student  
Megan Thorson- Parent

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: 504.6 Student Fund Raising  
504.8 Student Activity Program  
710 School Food Services

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