

## WELLNESS POLICY

The North Union Elementary & Middle School Board of Education 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 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 following **Specific Wellness Goals** have been established:

- Nutrition Education and Promotion
- Encouraging Physical Activity
- Other School-Based Activities that Promote Student Wellness

### Goal 1: NUTRITION EDUCATION AND PROMOTION

North Union School will provide nutrition education and engage in nutrition promotion of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods, that help students develop lifelong healthy eating behaviors.

### Goal 2: PHYSICAL ACTIVITY

North Union School 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 goal for addressing physical activity will promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.

### Physical Activity

- The school district will provide at least thirty (30) minutes of physical activity per day for students in kindergarten through fifth grade. The district will provide at least one-hundred twenty (120) minutes of physical activity per week for students in sixth through eighth grade.

### Physical Education

The district will provide physical education that:

- Is for all students in grades K-8 for the entire school year;
- Is taught by a certified physical education teacher;
- Includes students with disabilities; students with special health-care needs may be provided with alternative educational settings; and
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

### Daily Recess

Elementary schools will provide recess for students that:

- is at least twenty (30) minutes a day of physical activity through a combination of P.E., recess, classroom and other activities;
- is preferably outdoors;
- encourages moderate to vigorous physical activity; and
- discourages extended periods (i.e., periods of two (2) or more hours) of inactivity.

Middle school will have at least 120min. of physical activity through a combination of P.E., recess, school and non-school sponsored athletics and other activities where the body is exerted.

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.

### Physical Activity and Discipline

Employees should not use physical activity (e.g., running laps, pushups) as disciplinary action. Withholding opportunities for physical activity (e.g., recess, physical education) is discouraged.

### Goal 3: OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

North Union School 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:

- Providing parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.
- Providing school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment.

### School Meals

Meals served by the school district to students will:

- be appealing and attractive to students;
- 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;
- include low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);
- encourage serving of whole grain products; and

- accommodate alternatives for those students with allergies that meet the above guidelines as closely as possible.

### Breakfast

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

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

### Free and Reduced-Price 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 district will utilize electronic identification and payment systems and promote the availability of meals to all students.

### Sharing of Food

The school district discourages students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies, spreading of germs and communicable diseases, and other restrictions on student diets.

## Meal Times and Scheduling

The school district will do the following:

- provide students with adequate and appropriate time for meals;
- schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
- attempt to schedule lunch periods to follow recess periods (in elementary schools).

## Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the district's responsibility to operate a food service program, the district will provide continuing professional development for all nutrition professionals and provide staff development programs and training programs for the Food Service Director and cafeteria workers, according to their level of responsibility.

## Foods Sold Outside the Meal

All foods and beverages sold individually outside the reimbursable meal programs to students on the school campus during the school day (including those sold through vending machines, student stores or fundraising activities) will be consistent with Federal regulations for :

- School meal nutrition standards; and the
- Smart Snacks in School nutrition standards.

As defined by the USDA, the school day is from midnight the day before school starts until 30minutes after the last bell.

## Food and Beverages at School-Sponsored Events

Foods and beverages made available and/or sold at school-sponsored events that occur outside of the school day are encouraged to meet the nutrition standards for meals and for foods and beverages outlined in this policy.

## Rewards

The school district encourages offering of non-food forms of rewards. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. North Union will not withhold beverages or food as a punishment. A list of non-food reward ideas will be distributed to teachers and staff.

## Celebrations

Parents and teachers are encouraged to offer foods and/or beverages that are consistent with federal standards listed in this policy. The food used in celebration practices should make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks. A list of healthy celebration ideas will be provided to parents and teachers.

Treats brought to school (e.g.; birthdays) should be prepackaged with the labeled ingredients attached. Home-made food or snacks are discouraged due to potential food allergies or illness.

## Snacks

Classroom snacks brought by parents are encouraged to meet the Smart Snacks nutrition standards. The district will provide a list of healthy snack options.

## Fundraising

- Non-food fundraisers such as physical activity, is encouraged.
- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The district will make available to parents and teachers a list of healthy fundraising ideas.

## Marketing of Food and Beverages

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

## 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.
- 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.

## Wellness Policy Committee

- The district will establish a local wellness policy committee that permits parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the local wellness policy.

The wellness committee will be responsible for the implementation, monitoring and evaluation of these guidelines. The wellness committee will conduct an assessment of the wellness policy at a minimum of every 3 years to determine:

- Compliance with the wellness policy;
- How the policy compares to model wellness policies;
- Progress made in attaining the goals of the wellness policy.
- The superintendent and principal, and the committee and/or designee, will ensure compliance with established district-wide nutritional and physical activity wellness policies.

Additionally, the following actions will occur:

- food service staff, at the school or district level, will ensure compliance with nutritional policies within food service areas and will report on this matter to the superintendent or principal;
- the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.



The wellness committee will make available to the public by posting on the school's website:

- The wellness policy;
- Any updates to and about the policy on an annual basis, at a minimum;
- Progress toward meeting the goals of the policy as determined by the wellness committee's assessment which is done at least every 3 years.

Approved: 5/15/2017

Reviewed: 4/20/2015

Revised: 10/31/2016

## Nutrition Standards for All Foods Sold in School Food/Nutrient

General Standard for Competitive Food.

### Standard

To be allowable, a competitive FOOD item must:

- (1) meet all of the proposed competitive food nutrient standards; and
- (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient\*; *or*
- (3) have as the first ingredient\* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); *or*
- (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; *or*
- (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food.

\*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.

### Exemptions to the Standard

Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.

Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.

Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.

NSLP/SBP Entrée Items Sold A la Carte.

Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a

competitive food on the day of service or the day after service in the lunch or breakfast program.

Sugar-Free Chewing Gum

Sugar-free chewing gum is exempt from all competitive food standards.

Grain Items

Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.

Total Fats

Acceptable food items must have  $\leq 35\%$  calories from total fat as served.

Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard.

Nuts and seeds and nut/seed butters are exempt from the total fat standard.

- Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard.

Combination products are not exempt and must meet all the nutrient standards.

Trans Fats

Zero grams of trans fat as served ( $\leq 0.5$  g per portion).

Sugar

Acceptable food items must have  $\leq 35\%$  of weight from total sugar as served.

- Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard.

Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.

Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.

Sodium

Snack items and side dishes sold a la carte:  $\leq 230$  mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be:  $\leq 200$  mg sodium per item as served, including any added accompaniments.  
Entrée items sold a la carte:  $\leq 480$  mg sodium per item as served, including any added accompaniments.

Calories

Snack items and side dishes sold a la carte:  $\leq 200$  calories per item as served, including any added accompaniments.  
Entrée items sold a la carte:  $\leq 350$  calories per item as served including any added accompaniments.

- Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.

Accompaniments

Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.

Caffeine

Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.  
High School: foods and beverages may contain caffeine.

## **Beverages**

- Beverages

Elementary School

- Plain water or plain carbonated water (no size limit);
- Low fat milk, unflavored ( $\leq 8$  fl oz);
- Non fat milk, flavored or unflavored ( $\leq 8$  fl oz), including nutritionally equivalent milk

alternatives as permitted by the school meal requirements;

100% fruit/vegetable juice ( $\leq 8$  fl oz); and  
100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 8$  fl oz).

- Middle School
- Plain water or plain carbonated water (no size limit);
- Low-fat milk, unflavored ( $\leq 12$  fl oz);

Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;

100% fruit/vegetable juice ( $\leq 12$  fl oz); and

100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz).

#### High School

Plain water or plain carbonated water (no size limit);

Low-fat milk, unflavored ( $\leq 12$  fl oz);

Non-fat milk, flavored or unflavored ( $\leq 12$  fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements;

100% fruit/vegetable juice ( $\leq 12$  fl oz);

100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners ( $\leq 12$  fl oz);

Other flavored and/or carbonated beverages ( $\leq 20$  fl oz) that are labeled to contain  $\leq 5$  calories per 8 fl oz, or  $\leq 10$  calories per 20 fl oz; and

Other flavored and/or carbonated beverages ( $\leq 12$  fl oz) that are labeled to contain  $\leq 40$  calories per 8 fl oz, or  $\leq 60$  calories per 12 fl oz.