

WELLNESS POLICY

The Central Lyon CSD 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. In accordance with law and this belief, the board commits to the following:

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.
- **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 Schools 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 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.

NOTE: This is a mandatory policy.

NOTE: The Iowa Department of Education has tools and resources available to help districts with progress reports and other aspects of policy implementation and review. Please visit the “School Wellness Policy” section of the Iowa Department of Education’s website, located at: <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>.

NOTE: School districts are required by federal law to have at least one wellness goal in each of the goal areas identified in paragraph three of the sample policy. These goal areas include the following: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. School districts should select goals to include in the regulation (507.9R1) from the options provided in the sample regulation (507.9R1) or identify a district specific goal. Districts must remember the sample policy and sample regulation cannot be adopted in the current format. School boards and administration must make a choice for all text in italicized brackets.

Legal Reference: 42 U.S.C. §§ 1751 *et seq.*
42 U.S.C. §§ 1771 *et seq.*
Iowa Code §§ 256.7(29); 256.11(6).
281 I.A.C. 12.5; 58.11.

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

Approved 05/15/06

Reviewed 10/10/16

Revised 10/10/16

WELLNESS REGULATION

To implement the Wellness Policy, the following district specific goals have been established:

Goal 1 – Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:

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, and healthy foods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community service;
- Teach media literacy with an emphasis on food and beverage marketing;

Goal 2 – Physical Activity: 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 goal(s) for addressing physical activity include the following:

- Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habit;
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;
- Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible;
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle
- 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;

Goal 3 – Other School-Based Activities that Promote Student Wellness: Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) 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;
- Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during mealtimes;
- Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- 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 [select a process from the list below].

- The 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 superintendent's designee 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 superintendent's designee.

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School Wellness Policy Building Assessment Tool

School Name: Central Lyon CSD

District Wellness Contact Name/E-mail: Dave Ackerman; dacker@centrallyon.org

Committee: Steve Harman, Jason Engleman, Joella Postma, Brady Wright, Mel DeJong, Cindy Witt, Toby Lorenzen, Matt Deutsch, JoAnn Sheldon, Ben Gerleman, Carly Snyder, Becca Roskam, Kristi Wright, Marla Freese

The meeting was held on Oct. 5, 2016 at 7:45 am. The committee reviewed the wellness policy and the assessment tool. Suggestions made were to e-mail staff and to encourage them to continue to incorporate physical movement into their classroom teaching and routines and to expand on the teaching of using healthy alternatives when teaching all classes and especially in the food, health, and physical education classes.

This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. School Meals will be appealing & attractive to children	X			Food service constantly analyze what students eat & don't eat. They continue to look for new and inviting options	
2. be served in clean & pleasant settings	X			The elem. lunch & kitchen have been updated in the last 3 years including new HVAC, floor and painted the walls.	
3. meet, at a minimum, nutrition requirements	X			The food supervisor continues to complete continuing ed. hours and training to meet the federal nutrition requirements	

4. offer a variety of fruits and vegetables	X			The district goes above and beyond the requirements by offering separate fruit/veg program where the students receive fresh fruit/veg in the afternoon.	
Physical Education and Physical Activity Goals					
1. the district will provide Physical Ed for all students in grades k-12	X			All students are required to participate in PE	
2. PE will be taught by a certified PE teacher	X			Both PE teachers are certified	
3. include students with disabilities & special health-care needs	X			Students with special needs are given a special health plan to include appropriate activities for their needs	
4. Elem. Students have at least 20 min. per day	X			Elem students receive 45 min of recess	
Nutrition Guidelines for All Foods Available to Students					
1. serve only low fat & fat free milk	X			We only serve 1% and skim milk	
2. ensure that half of the served grains are whole grain	X			We serve grain products that are at least 55% or whole grain	
3. offer a variety of fruits and vegetables	X			Students may take extra helpings of fruits & veggies at lunch time. The district goes above and beyond the requirements by offering separate fruit/veg program where the students receive fresh fruit/veg in the afternoon.	
4. meet, at a minimum, nutrition requirements established by local, state and federal law	X			All nutrition requirement are met through careful planning of the menu	
Other School Based Activities Goals					
<i>Integrating Physical Activity into the Classroom Settings</i>					

1. provide opportunities for physical activity to be incorporated into other subject lessons	X			Physical movement is encouraged by administration. Staff encouraged to have students in their seat no more than 20 minutes at a time.	
2. encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate	X			Staff have incorporated movements in songs and learning opportunities throughout the day	
3.	X				
4.					
Communication with Parents					
1. The district will send home nutrition information	X			The district newsletter and other newsletters are a wonderful source of information to the parents about the lunch program and nutrition standards.	
2. Encourage parents to pack healthy lunches and snacks	X			Teachers send classroom notes to parents encouraging appropriate/healthy snacks	
3. provide parents a suggested list of foods and ideas for healthy celebrations/parties, rewards and fundraising activities	X			Teachers send classroom notes to parents with ideas and make sure everyone is aware of any food allergies that may exist in the classroom.	
4.					
Food Marketing in Schools					
1. limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;	X			Healthy food/beverage marketing/advertising is very limited in the district	
2. prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages	X			Healthy choices in school-based marketing are encouraged.	

3. promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products	X			Posters promoting healthy lifestyles and food choices are posted in the building	
Staff Wellness					
1. Staff have access to the school's weight room eqt. which included treadmills	X			All Central Lyon staff are encouraged to utilize the athletic training facility	
2. Flu shots are administered to staff during work hours annually	X			Staff are encourage to participate	
3. Staff has access to the fruit/veg. program along with the students	X			We encourage the staff to show by example by choosing fresh fruits/veggies for snacks	