WELLNESS POLICY

The Summit Schools board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school 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.

Summit Schools 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 goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Summit Schools 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 should meet or exceed the school’s nutrition standards and 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. See the DE guidance on Healthy Kids Act.

Summit Schools will develop a local wellness policy committee comprised of parents, students, and representatives of the school nutrition program, the school board, school administrators, and the public, physical education teachers, and school health professionals. The local wellness policy committee will develop a plan to implement the local wellness policy and periodically review and update the policy. The committee will designate an individual to monitor implementation and evaluation of the implementation of the policy. The committee will report annually to the board and community regarding the content and effectiveness of this policy and recommend updates if needed. When monitoring implementation, schools will be evaluated individually with reports prepared by each school and the school district as a whole. The report will include compliance with this policy, the extent to which this policy compares to model Wellness policies and describe the progress made in achieving the goals of this policy.

Specific Wellness Goals (boards need to insert their specific goals here)
- specific goals for nutrition education and promotion, (see Appendix A)
- physical activity, (see Appendix B)
- other school-based activities that are designed to promote student wellness, (see Appendix C)

Approved ___________ Reviewed _______________ Revised ___________
WELLNESS POLICY

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity at Summit Schools.

The board will monitor and evaluate this policy by reviewing the annual report that is provided by the wellness committee.

Iowa Code 256.7(29), 256.11(6) (2013)
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
NUTRITION EDUCATION AND PROMOTION

Summit Schools will provide nutrition education and engage in nutrition promotion that:

- 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;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices; and
- emphasizes caloric balance between food intake and physical activity.
PHYSICAL ACTIVITY

Daily Physical Education
The school district will provide physical education that:

- is for all students in grades PreK-8 for the entire school year;
- is taught by a certified physical education teacher;
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

(The Centers for Disease Control and Prevention recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students);

Daily Recess
Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

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 Punishment
Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Note - Iowa law now requires elementary students, K-5, to have 30 minutes of physical activity, not physical education, per day. This requirement can be met through a combination of PE, recess, classroom and other activities. Middle and high school students must have at least 120 minutes of physical activity per week. Again this is not just physical education but can be met with a combination of PE, school and non-school sponsored athletics and other activities where the body is exerted. Should a student wish to meet the requirement outside of school, the student and school district must have an agreement detailing the outside activity. A physical activity sample agreement may be found on IASB’s Web site at: http://www.ia-sb.org/policylegal.aspx?id=7766 or the Iowa Department of Education Healthy Kids Act.

Optional Issues

Physical Activity Opportunities after School
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.
OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

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.

Optional Issues

Communication with Parents
Summit Schools will support parents’ efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- 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 parents a list of foods that meet the school’s snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- support parents’ efforts to provide their children with opportunities to be physically active outside of school.
OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Staff Wellness
Summit Schools values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The school should:
• establish and maintain a staff wellness committee composed of at least one staff member, recreation program representative, and employee benefits specialist.
NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

School Meals
Meals served 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, legumes and whole grains;
  - serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);

Schools should:
- engage students, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices; and,

Meal Times and Scheduling
Summit Schools:
- will provide students with at least 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; 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 tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).
NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Qualification of Food Service Staff
Qualified nutrition professionals will administer the meal programs. As part of the school’s responsibility to operate a food service program, the school 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 school 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.

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 PreK-8 students by or through other PreK-8 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.

The school encourages fundraising activities that promote physical activity. The school will make available a list of ideas for acceptable fundraising activities.

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. The school 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 will disseminate a list of healthy snack items to teachers, after-school program personnel and parents (as needed).

Rewards
Summit Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.
NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

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

School-Sponsored Events
Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.

Food Safety
All foods made available on school grounds adhere to food safety and security guidelines.

- 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.

*Schools are encouraged to follow guidelines similar to those outlined by state and federal law for foods sold outside the school day. Boards can determine to what extent it wants its goals to reach beyond the school day.*
PLAN FOR MEASURING IMPLEMENTATION

Monitoring
The School Director will ensure compliance with established school-wide nutrition and physical activity wellness policies.

In each school:
- the School Director will ensure compliance with those policies in the school and will report on the school’s compliance to the School Board; and,
- food service staff, at the school level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the School Director.

The school:
- the School Director will develop a summary report every three years on school-wide compliance with the school’s established nutrition and physical activity wellness policies, and
- the report will be provided to the school board and also distributed to all school wellness committee members.

Policy Review
To help with the initial development of the school’s wellness policies, the wellness committee will conduct a baseline assessment of the school’s existing nutrition and physical activity environments and practices. The results of those assessments will be compiled and will be used to identify needs and priorities.

Assessments will be repeated every 3 years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school will revise the wellness policies and develop work plans to facilitate their implementation.