WELLNESS PLAN - REGULATIONS

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 [Select goal(s) from the list below]:

- [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];
- [Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens];
- [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 services];
- [Implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques];
- [Teach media literacy with an emphasis on food and beverage marketing];
- [Include nutrition education training for teachers and other staff].

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 [Select goal(s) from the list below]:

- [Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:
    - Physical education, recess;
    - Classroom-based physical activity;
    - Walk to school; and
    - Out of school time activities];
- [Promote the benefits of a 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];
- [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];
- [Ensure physical activity is not used for or withheld as a punishment];

- [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: 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 [Select goal(s) from the list below]:

- [Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations];
- [Provide school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment];
- [Develop a plan to promote staff health and wellness];
- [Engage students and parents, through taste-tests of new school meal items and surveys to identify new, healthful, and appealing food choices];
- [Share information about the nutritional content of meals with parents and students];
- [Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible (e.g., grab n' go, breakfast in the classroom, breakfast after 1st period, etc.)];
- [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];
- [Encourage fundraising efforts held outside school hours to sell only non-food items, promote physical activity, or include foods and beverages that meet or exceed the Smart Snacks nutrition standards];
- [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];
- [Apply for USDA's Healthier US School Challenge: Smarter Lunchroom Award, a certification initiative that recognizes schools for nutrition and physical activity excellence].

Goal 4: Standards and Nutrition guidelines for all foods and beverages available to students at Keota CSD

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, requirements established by local, state, and federal law;
- offer a variety of fruits and vegetables;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ensure that half of the served grains are whole grain.

Schools will make an effort to:

- engage students and parents, 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
- share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of purchase materials.)

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, schools will:

- operate the breakfast program, to the extent possible;
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfasts or breakfast during morning break or recess, to the extent possible;
- notify parents and students of the availability of the School Breakfast Program, where available; and,
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced 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 school district may:

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

Meal Times and Scheduling

The school district:

- 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).

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 school district 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.

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

Secondary schools: In middle/junior high and high schools, all foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines or student stores) during the school day, will meet the following nutrition and portion size standards:

Beverages

- Each vendor will offer healthy choices for at least 50 percent of the options in their drink vending machines. This will include noncarbonated, low sugar/no sugar and fruit juice based drinks, water and flavored water, as well as diet sodas, no sugar added iced teas and low fat/low sodium milk based products. Advertising on machine fronts will feature healthy choices when possible.

Foods

A food item sold individually during school hours:

- will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- will have no more than 35 percent of its weight from added sugars; and,
- will contain no more that 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats and soups; and will contain no more that 600 mg of sodium for pizza, sandwiches and main dishes.

Fundraising Activities

To support children's health and school nutrition-education efforts, school fundraising activities will, in addition to other food items sold, promote and offer healthy choices that meet the above nutrition standards for foods and beverages sold individually. The school district encourages fundraising activities that promote good nutrition and physical activity.

Rewards

The school district will not use foods or beverages, 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.

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].

NOTE: School districts are required by federal law to have at least one specific wellness goal in each of the goal areas identified above. These goal areas include the following: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Options have been provided, but 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.

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.

I.C. Iowa Code	**Description**
Iowa Code § 256.11	DE - Educational Standards
Iowa Code § 256.7	DE - Duties of State Board
I.A.C. Iowa Administrative Code	**Description**
281 I.A.C 58.11	General Accreditation Standards - Nutrition
281 I.A.C. 12.5	General Accreditation Standards - Education Program
U.S.C. - United States Code	**Description**
42 U.S.C. § 1771	Public Health - Child Nutrition
42 U.S.C. §§ 1751	Public Health - School Lunch Program

Cross References

Code	**Description**
504.05	Student Fund Raising
504.05-R(1)	Student Fund Raising
504.06	Student Activity Program

Original Adopted Date: 07/11/2019 Revised: 8/10/23; 12/14/23