

Saint Ansgar Community School District

WELLNESS POLICY

The Saint Ansgar 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 Saint Ansgar Community 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 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.

Wellness Policy Goals

- Increase healthy nutrition education and awareness
- Promote and sell nutritious food/beverage options
- Increase awareness of the importance of physical activity
- Offer school-based activities that are designed to promote student wellness

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The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity in the Saint Ansgar Community School District.

Saint Ansgar School District and Healthy Kids Act Nutritional Content Standards

Nutritional Content Standards Foods Table

Nutrient	A la Carte, Vending, and Regulated Fundraising Items
Calories	< NSLP entree items* OR ≤ 350 calories per entrée item ≤ NSLP sides* OR ≤ 200 calories
Sodium	< NSLP entrée items* [≤ 480 mg/serving entrees (2014)] < NSLP side* OR [≤ 200 mg/serving sides (2014)]
Saturated Fat	≤ 10% calories
Trans Fat	< 0.5 gm/serving = 0 gm
Total Fat	≤ 35% calories
Sugar	≤ 35% calories
Dietary fiber/ whole grain	Grains offered must be whole grain

Nutritional Content Standards Beverage Table

Beverage	A la Carte, Vending, and Regulated Fundraising Items
Milk	Low/nonfat regular Low/nonfat flavored no nonnutritive sweeteners In addition: < 27 gm sugar/8 oz (2014) < 24 gm sugar/8 oz (2017) < 22 gm sugar/8 oz (2020)
100% Fruit/Vegetable Juice	No added sweeteners
Water	No added nonnutritive sweeteners
Sports Drinks, Flavored Water	None to be made available to elementary students during the school day as vending machine, a la carte, or regulated fundraising items
Caffeinated Beverages	None are to be made available to students during the school day as vending machine, a la carte, or regulated fundraising items, with the exception of beverages that contain trace amounts of naturally occurring caffeine-related substances (e.g., chocolate milk)
Sodas, Carbonated Beverages	None are to be made available to any students during the school day as vending machine, a la carte, or regulated fundraising items

Nutritional Education and Promotion Goals

The Saint Ansgar Community School District will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- promotes fruits, vegetables, whole-grain products, low fat and fat free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity; and
- promotes parent awareness and education about growing up healthy and active.

Physical Education

The Saint Ansgar School District will provide physical education that:

- provides for the minimum required by the state;
- is for all students in grades K-12 for the entire school year;
- is taught **or** supervised by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may have P.E. provided in alternative educational settings; and,
- encourages students to engage in moderate to vigorous activity at least 50% of physical education class time.

This requirement for students in grades 9-12 may be met by participating in the following activities including but not limited to interscholastic athletics sponsored by the IHSAA or Iowa Girls High School Athletic Union. When the requirement is to be met in full or in part by a pupil using these activities, the school shall enter into a written agreement with the pupil. This will be signed by the principal, guardian and student. It will remain in effect for no longer than one school year.

Daily Recess

Elementary students are provided recess that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity; 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.

Incentives, Rewards and Punishment

- Food/beverage items that are utilized as an incentive or as rewards for academic performance or good behavior shall adhere to the Saint Ansgar Community District Nutritional Standards.
- Foods provided through the school breakfast and lunch program will not be withheld or used as a reward or discipline strategy.
- Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- Employees will give preference to incentives that involve physical activity, whenever possible.

CPR Training

Every high school student will receive education in cardiopulmonary resuscitation (CPR).

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.

Communication with Parents

Saint Ansgar Community Schools will communicate with parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the nutrition standards of individual food and beverages.

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- meet nutrition 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
- share information about the nutritional content of meals with parents and students.

Foods Sold Outside the Meal

Food sold outside the meal program will provide healthy food/beverage alternatives (e.g. vending machine-milk, juices, yogurt, pudding, cheese, peanuts, nutrigrain bars, granola, pretzels, etc.) All other fundraising activities occurring between midnight and within 30 minutes of the end of the school day are required to comply with the state nutrition guidelines if the activities involve foods and beverages.

Classroom Parties and Treats

The Saint Ansgar Community School District encourages parents to provide healthy food and drinks. A healthy snack handout is provided to parents at the beginning of the year. Healthy snacks/birthday treats are strongly encouraged but not required.

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.

Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the School District:

- the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible;
- the superintendent will develop a summary report every three years on school district wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and
- the report will be provided to the school board and also distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

Outcome Measurement

- Monitor vending and a la carte revenue
- Monitor fundraising revenue tied to food and beverages sold during the school day
- Monitor participation rates of the National School Lunch Program and the National School Breakfast Program
- Monitor number of high school PE waivers
- Monitor distribution of Wellness Newsletters
- Monitor Backpack Program participation

Policy Review

Assessments will be repeated every three (3) years to help review policy compliance, assess programs and determine areas in need of improvement. As part of that review, the school district 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 district, and individual schools within the school district will, revise the wellness policies and develop work plans to facilitate their implementation.

Wellness Committee Members

Emily Kuper – RN/School Nurse
Jody Gray - Superintendent
Lynn Baldus - Secondary Principal
Scott Cakerice - Elementary Principal
Steph Kittleson - Food Service Director
Melody Tesch – Program Advisor
Adam Mayer – Parent/Community Member
Rachel Squier – Parent/Community Member
Lindsey Falk – St. Ansgar Board Member/Parent
Bill Carlson - Parent/Community Member
Mindi Vervaecke - Parent/Community Member
Sunny Kline - Parent/Community Member
Al DeMaris – Community Member

Jay Muller– Parent/Community Member
Lucas Nelson – Community Member
Phil Baldus – PE Teacher/Parent
Jim Hendrickson – PE Teacher/Parent
Joan Muhs – PE/Health/FCS Teacher
Katie Nielsen – Teacher/Parent
Luke Nielsen – Teacher/Parent
Addy Carlson – Student
Theo Baldus – Student
Gabby Finberg - Student
Mitchell Smith - Student
Ben Boerjan - Student
Sara O’Toole - Registered Dietician

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 School Activity Program
710 School Food Services

Updated: 2.9.17