

SOUTH CENTRAL CALHOUN SCHOOLS
Board of Education

Date
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Date
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POLICY: 507.9

Wellness Policy

The South Central Calhoun School Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The South Central Calhoun school district supports a healthy environment where students learn and participate in healthy 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 the students. Improved health optimizes student performance potential.

The South Central Calhoun 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 South Central Calhoun School District supports and promotes proper dietary habits and physical activity that contributes to students' health status and academic performance. All foods available on school grounds and at school sponsored activities during the instructional school day (bell-to-bell) must meet the Healthy Kids Act Nutritional Content Standards.

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 awareness
- Promote awareness and influence healthier lifestyle choices

South Central Calhoun School District and Healthy Kids Act Nutritional Content Standards

Nutrition

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* OR ≤ 480 mg per entrée item < NSLP side* OR < 200 mg/serving sides
Saturated Fat	< 10% calories (excluding reduced fat cheese)
Trans Fat	< 0.5 gm/serving
Total Fat	< 35% calories (excluding nuts, seeds, nut butters and reduced fat cheese)
Sugar	< 35% calories (excluding fruits and yogurts)
Dietary fiber/ whole grain	50% of grains offered must be whole grain; beginning in SY 19-20 100% of grains offered will 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 or middle school students during the school day as vending machine, <i>a la carte</i> , or regulated fundraising items
Caffeinated Beverages	None are to be made available to students in elementary grades during the school day as vending machine, <i>a la carte</i> , 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, <i>a la carte</i> , or regulated fundraising items

Meal Time:

South Central Calhoun schools will provide a healthy eating environment that allows students to have an ample amount of time for breakfast and lunch. Students will have access to hand washing or hand sanitizing, before and after meals or snacks.

The South Central Calhoun School district discourages from sharing their food or beverages with one another during meals or snack times due to concerns about sanitation, food allergies and health issues.

Tutoring, club or organizational meetings or activities should not be scheduled during meal times, unless students may eat during such activities.

Nutritional analysis information will be made available for all regularly served foods and beverages through the cafeteria, per request.

Guidelines for reimbursable school meals will meet regulations and guidance issued by the U.S. Department of Agriculture.

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, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- serve low-fat, fat-free milk, and nutritionally equivalent non-dairy alternatives (as defined by the USDA);
- ensure that half of the served grains are whole grain; beginning 19-20 100% of served grains will be whole grain

Classroom Parties and Treats:

The South Central Calhoun County School District requires parents to follow the School District's nutritional standards when providing classroom snacks and drinks. Teachers will provide families with a list of acceptable items.

Incentives, Rewards and Punishment:

Food/beverage items that are utilized as an incentive shall adhere to the South Central Calhoun School District nutritional standards.

Foods provided through the school breakfast and lunch program will not be withheld or used as a reward or discipline strategy.

Staff will not withhold opportunities for physical activity (i.e. recess, physical education) as punishment. Students may miss up to half of a recess to complete work. A student's participation in recess or physical education may be temporarily suspended if the student's behavior is a safety concern.

Free & 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;
- promote the availability of meals to all students;

During School Hours:

Vending, a la carte, and regulated fundraising items (any foods or beverages sold to students between 12:00 a.m. and 4:00 p.m.) sold to students during the instructional day, must meet the Healthy Kids Act Nutritional Content Standards.

Students are not permitted in the teacher's workroom to have access to any of the foods or beverages that are available for staff, located in the workroom. Staff is prohibited from eating or drinking those items in front of the students and to act as a healthy role model for the school. Staff are encouraged, but not required to follow the South Central Calhoun District Nutritional Standards.

Nutritional Education and Promotion Goals

The South Central Calhoun School District will provide nutrition education and engage in nutrition promotion that:

- Is part of health education, social sciences, science, nutrition and physical education classes.
- 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.
- will provide training to staff on food and beverage marketing requirements
- will ensure food vendors are aware of the district's marketing policy
- display posters and bulletin boards promoting healthy foods
- include daily school meal menu on electronic monitors

South Central Calhoun CSD will limit food and beverage marketing on campus to the promotion of foods and beverages that meet the National School Lunch Act, Nutritional Guidelines for all foods sold in Schools.

Concessions:

South Central Calhoun School encourages concessions that are sold outside of the instructional day to offer nutritious options. Water should also be offered wherever beverages are sold.

Qualifications 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;
- 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.

Outcome Measurement

- Monitor vending and a la carte revenue
- Measure and monitor heights and weights

- Monitor fundraising revenue
- Monitor participation rates of the National School Lunch Program and the National School Breakfast Program

Monitoring and Compliance

In each school:

- The food service supervisor will ensure compliance with nutrition policies within food service areas and will report compliance to the principal.
- The principal will ensure compliance with the Wellness Policy that pertain to their building and will report on the school's compliance to the superintendent.
- The Wellness Policy Committee will measure implementation outcomes and review the effectiveness of the Wellness Policy on an annual basis and report their findings to the school board.

Physical Activity

The South Central Calhoun School District will provide physical education/activity that:

- includes students with disability (students with special healthcare needs may be provided in alternative education settings)
- requires every student in grade K-5 has 30 minutes of physical activity every day. requires every student in grade 6-12 has 120 minutes of physical activity per week
- engages students in moderate activity during at least 75% of the PE class time
- PE class time is taught or supervised by a certified physical education teacher.

Daily Recess

South Central Calhoun provides recess for students that:

- Is at least 30 minutes daily.
- Is outdoors when weather permits.

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.

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.;
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Physical Education Exemption/Opt Out Policy: South Central Calhoun High School

Students in grades 9-12 will be allowed, as per State of Iowa Department of Education rules, to be exempt from or opt out of physical education/ personal fitness classes for the following reasons:

Grades 9-12:

Religious/ Medical Exemption- Students may be allowed to opt out of physical education/ personal fitness classes if a written document requesting such action is presented to the high school building administrator prior to the beginning of any semester.

Grade 12 Only

School to Career/ Work Study- Grade 12 students may be allowed to opt out of any physical education/ personal fitness if academic courses and student involvement in the district's school to career program cause a schedule conflict thus preventing the student from having room to include physical education/ personal fitness in his / her schedule.

Academic Conflict- Student has an academic schedule conflict that prevents physical education/ personal fitness from fitting into his/ her schedule.

Organized Athletic/ Activity programs- A student may opt out of physical education/ personal fitness if they are involved in interscholastic athletic programs and / or activities. **Involvement must last the duration of the entire semester.** Those interscholastic athletic programs include: football, volleyball, cross country, basketball, wrestling, track and field, golf, soccer, and swimming. Activity involvement includes: cheerleading and dance team.

*****If a student in grade 12 declares to opt out of physical education/ personal fitness for a semester due to activity involvement, but then decides to only be in an activity for part of the semester, the student will be enrolled immediately in physical education/ personal fitness and will receive credit proportional to the number of class periods he/ she attends for the duration of the semester.**

Grades 9-11

9th, 10th, and 11th grade students are required to take physical education and/ or personal fitness at least one (1) semester per school year.

Students in grades 9-11 may opt out of physical education/ personal fitness for a maximum of one (1) semester per school year under the following exemptions:

Options allowed for students in grades 9-11 when considering to opt out of physical education/ personal fitness for a maximum of one semester:

Organized Athletic/ Activity Programs- A student may opt out of physical education/personal fitness if they are involved in interscholastic athletic programs and/ or activities for a maximum of one (1) semester per academic year. **Involvement must last the duration of the entire semester.** Those interscholastic athletic programs include: football, volleyball, cross country, basketball, wrestling, track and field, golf, soccer, and swimming. Activity involvement includes: cheerleading and dance team.

***** If a student in grades 9-11 declares to opt out of physical education/personal fitness for a semester due to activity involvement, but then decides to only be in an activity for part of the semester, the student will be enrolled immediately in physical education / personal fitness and will receive credit proportional to the number of class periods he/ she attends for the duration of the semester.**

Academic Exemption- Academic exemption because of a schedule conflict that cannot be otherwise resolved or a request to take a full schedule of eight (8) academic courses will only be granted for a maximum of one (1) semester per academic year. However, the student's parents must submit a written request for such exemption to the South Central Calhoun High School Board of Education or Board designee for approval. The Board of Education reserves the right to approve/ deny any academic exemption requests.

Staff Wellness:

The school district 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. Our school will promote and oversee a plan for yearly staff health and wellness screenings.

Cardiopulmonary Resuscitation Requirements:

The Iowa Administrative Code 12.5(20) of the "Healthy Kids Act" states the CPR course completion requirement as follows: "Subject to the provisions of sub rule 12.5(6), at any time prior to the end of twelfth grade, every pupil physically able to do so shall have completed to psychomotor course that leads to certification in cardiopulmonary resuscitation. A school or school district administrator may waive this requirement for any pupil who is not physically able to complete the course. A course that leads to certification in CPR may be taught during the school day by either a school or school district employee or by a volunteer, as long as the person is certified to teach a course that leads to certification in CPR. In addition, a school or school district shall accept certification from any nationally recognized course in cardiopulmonary resuscitation as evidence that this requirement has been met by a pupil. A school or school district shall not accept auditing of a CPR course, nor a course in infant CPR only. This subrule is effective for the graduating class of 2011-2012."

The key to the law is the "leads to certification" part which means students only need to complete a psychomotor course in cardiopulmonary resuscitation (CPR) and do not have to be certified in CPR. Certification involves a cost and the law was written so there would not be a cost to the student. CPR classes taught at schools should be promoted with the intent that certification is option. Students choosing to be certified may then be assessed a fee particularly to cover the cost of the CPR card. Students should also be told that they have 30 days after completing the psychomotor course to complete the skills testing to become certified. If more than 30 days elapses they must repeat the course to become certified.

The following students may have this requirement waived by a school or school district administrator:

1. Students physically unable to complete the psychomotor course.
2. Students whose religious beliefs prohibit them from performing the psychomotor skills.
3. Students that produce satisfactory evidence, such as a CPR certificate from a nationally recognized CPR course, that they successfully completed the course. If the student cannot provide satisfactory evidence of having completed a CPR course, the student should take another CPR course.

All CPR courses must be taught by a certified CPR instructor. CPR instruction will be provided to all 7th and 8th grade students as part of their health class. All students not previously given instruction as 7/8 graders will be given instruction in senior year to meet graduation requirements.

Wellness committee members that had input into the development of the current policy included: Lance Schultz, Bryan Case, Dave Birks, Greg Davis, Patricia Schmit, Randy Martin, Nicole McChesney, Marc DeMoss, Robert Ericsson and Lorie Otto. Randy Martin, High School Principal, has been designated to ensure the school complies with the policy.

This policy will be reviewed annually at the February board meeting of the South Central Calhoun School Board. The public will be notified via newsletter and school announcements of the review date giving the public ample time to submit questions, concerns or suggestions to the current policy.