

## Wellness

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

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.

The school district 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 district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality 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 meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district has developed a local wellness policy committee comprised of representatives of administration, parents, and leaders in food/exercise authority and employees. The local wellness policy committee has developed a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The superintendent will designate an individual to monitor and evaluate the implementation of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

### Specific Wellness Goals:

- Nutrition Education and Promotion (Appendix A)
- Nutrition Guidelines for all Foods Available on Campus (Appendix B)
- Physical Activity (Appendix C)
- Implementation and Evaluation (Appendix D)

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## **NUTRITION EDUCATION AND PROMOTION**

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered as part of a sequential, comprehensive, standards-based program and high school students will have course options available that address areas of nutrition education designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part not only of health education classes, but also part of classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits 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;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for teachers and other staff.

## **NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS**

### **General Directives**

#### **Food Safety**

All foods made available on campus will:

- follow food safety and security guidelines;
- comply with the state and local food safety and sanitation regulations.

Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will continue to be implemented to prevent food illness in schools.

For the safety and security of the food and facility, access to the food service operations will continue to be limited to child nutrition staff and authorized personnel.

#### **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.

#### **Food Service Department**

The Dubuque Community School Food Service Department will:

- engage students and parents in selecting food offered through the meal program in order to identify new, healthful and appealing food choices;
- share information about the nutritional content of meals with parents and students.

#### **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;
- provide staff development programs that include appropriate certification and/or training programs for managers and cafeteria workers, according to their levels of responsibility;
- negotiate with the union to require all foodservice personnel to attend two in-service days per school year.

### **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 nutrition requirements established by local, state and federal law;
- include a variety of fruits and vegetables;
- include only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);
- provide an increase in the amount of whole grains served, to 50% of total grains offered by the 2007 school year;
- include modified recipes to lower sugar, sodium, fat and saturated fat.

#### **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, the district will:

- to the extent possible, operate the School Breakfast Program;

- develop a long range plan to improve infrastructure in elementary buildings to enhance the existing breakfast program;
- notify parents and students of the availability of the School Breakfast Program;
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

### **Free and Reduced-Priced Meals Program**

The school district will continue to make every effort in eliminating any social stigma attached to, and in preventing the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district will:

- utilize electronic identification and payment systems;
- not deny students meals because of low account balances;\*
- promote the availability of meals to all students.

*\*Policy regarding lunch charges;*

*Students may charge any combination of meals up to a negative balance of \$6.00. When the charge limit is reached, a peanut butter sandwich and milk will be served for lunch and graham crackers and milk for breakfast until the charges are paid in full. This lunch or breakfast will not be charged to the student's account.*

### **Meal Times and Scheduling**

Each school will:

- allow adequate time for students to receive and consume meals and provide a pleasant dining environment;
- schedule meal periods at appropriate times, e.g., lunch periods scheduled between 11 a.m. and 1 p.m.;
- not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- attempt to schedule lunch periods to follow recess periods (in elementary schools);
- provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### **Ala Carte Sales**

In middle and high schools, all food and beverages sold individually outside the reimbursable meal program will meet the following nutrition and portion size standards:

A food item sold individually will:

- have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, as well as cheese) and 10 percent of its calories from saturated and trans fat combined;
- have no more than 35 percent of its calories from added sugars;
- contain no more than 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 than 600 mg of sodium for pizza, sandwiches and main dishes.

Include a choice of at least two fruits and/or nonfried vegetables for sale at any location on the school site where foods are sold.

French fries and other fried potato products will not exceed 4 ounces per serving, and students may only purchase one serving at a time.

French fried potatoes will be served no more than 3 days a week, and only in high schools.

Schools serving chips will use reduced fat or baked varieties.

Limit portion size of food and beverages sold individually to those listed below:

- one and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit;

- one and one-half ounces for baked goods;
- two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- eight ounces for non-frozen yogurt.

The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Beverages sold as ala carte items will follow the school district beverage policy.

## **Beverage and Food**

### **Beverage**

The school beverage policy applies to beverages sold on all school properties during the school day as well as the extended school day when events are primarily under the control of school officials. The extended school day includes activities such as intramural sports, clubs, yearbook, band and choir practice, student government, drama and childcare programs.

This beverage policy does not apply to events where parents and other adults are a significant part of an audience or are selling beverages as boosters during intermission, as well as immediately before or after the event. Examples of these events include interscholastic sporting events, school plays and band concerts. However, those responsible for these events and the concession stands will be encouraged to provide healthy beverage choices that meet the nutritional guidelines as stated in this policy. A minimum of two-thirds of the contents of beverage vending machines housed in staff lounges or break rooms will conform to the nutrition guidelines established for high school students.

### **Allowed**

#### **Elementary school**

- Water
- Milk and juice in 8-ounce servings or less, which meet the following criteria:
  - +Fat-free or low-fat milk and nutritionally equivalent (per USDA) milk alternatives;
  - +Fat-free or low-fat nutritionally equivalent flavored milk with no more than 180 calories per 8-ounce serving;
  - +100% juice with no added sweeteners, no more than 120 calories per 8-ounce serving and at least 10% of the recommended daily value (DV) for at least three micronutrients (e.g., calcium, vitamins, iron).

#### **Middle school**

- Same as elementary school except that juice and milk meeting elementary school criteria may be available in 10-ounce servings.

#### **High school**

- Water
- No- or low-calorie beverages with no more than 10 calories per 8-ounce serving (e.g., diet sodas, unsweetened teas, low calorie sports drinks, fitness waters, flavored waters, seltzers)
- Milk, light juice, juice and sports drinks in 12-ounce servings or less, which meet the following criteria:
  - +Fat-free or low-fat milk and nutritionally equivalent (per USDA) milk alternatives;
  - +Fat-free or low-fat nutritionally equivalent flavored milk with no more than 180 calories per 8-ounce serving;

- +100% juice with no added sweeteners, no more than 120 calories per 8-ounce serving and at least 10% of the DV for at least three micronutrients;
- +Light juices and sports drinks with no more than 66 calories per 8-ounce serving.
- At least 50% of beverages must be water and no- or low-calorie options (no more than 10 calories per 8-ounce serving).

## **Food**

The school food policy applies to foods sold on all school properties during the school day as well as the extended school day when events are primarily under the control of school officials. The extended school day includes activities such as intramural sports, clubs, yearbook, band and choir practice, student government, drama and childcare programs.

This food policy does not apply to events where parents and other adults are a significant part of an audience or are selling food as boosters during intermission, as well as immediately before or after the event. Examples of these events include interscholastic sporting events, school plays and band concerts. However, those responsible for these events and the concession stands will be encouraged to provide healthy food choices that meet the nutritional guidelines as stated in this policy. A minimum of two-thirds of the contents of food/snack vending machines housed in staff lounges or break rooms will conform to the nutrition guidelines established for high school students.

## **Allowed**

A food item sold individually will:

- have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters, as well as cheese) and 10 percent of its calories from saturated and trans fat combined;
- have no more than 35 percent of its calories from added sugars;
- contain no more than 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 than 600 mg of sodium for pizza, sandwiches and main dishes;

## **Portion Size**

Limit portion size of food sold individually to those listed below:

- one and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit;
- one and one-half ounces for baked goods;
- two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;
- four fluid ounces for frozen desserts, including low-fat or fat-free ice cream;
- eight ounces for non-frozen yogurt.

Fruits and non-fried vegetables are exempt from portion-size limits.

## **Special Events**

### **Snacks**

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. Health Services will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

**Rewards**

The school will use beverages or food conforming to this policy if rewards are given for academic performance or good behavior. Schools will not withhold beverages or food (including food served through meals) as a punishment.

**Celebrations**

Schools will evaluate their celebration practices that involve beverage and food during the school day. The food used in celebration practices will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy. Health Services will disseminate a list of healthy party ideas to parents and teachers.

**Fundraising**

To support children's health and school nutrition-education efforts, school fundraising activities conducted in-school will use only foods that meet the above nutrition and portion size standards for beverages and foods. The school district encourages out-of-school fundraising activities that promote physical activity and foods that meet the nutrition and portion size standards. Health Services will have available a list of ideas for fundraising activities.

## PHYSICAL ACTIVITY

Wellness Education is an important and integral part of the education of students in the Dubuque Community School District. Therefore, it is a top priority to enroll students in a regularly scheduled Wellness (Physical) Education program during each semester they are in attendance.

### Physical Education

The school district will provide wellness education that:

- includes students with disabilities (students with special health-care needs may be provided in alternative education settings);
- engages students in moderate to vigorous activity during at least 75 percent of physical education class time;
- allows students to earn the required credits from designated courses in physical education/health while in high school;
- meets regularly for a period of approximately 45 minutes per session at the middle school level;
- meets as often as schedules will allow at the elementary school level;
- promotes the recommended 60 minutes or more of moderate to vigorous daily physical activity for all students;
- is taught or supervised by a certified physical education teacher.

### Physical Activity Opportunities after School

To provide opportunities for physical activity outside the regular physical education classes, all elementary, middle and high schools are encouraged to:

- offer extracurricular physical activity programs, such as physical activity clubs or intramural programs;
- offer a range of activities that meet the needs, interests, and abilities of all students, including students with disabilities and students with special health-care needs;
- partner with community agencies such as the Department of Leisure Services and the Dubuque Community Y to offer a maximum number of physical activity opportunities;
- publicize and promote participation in community events and programs that involve physical activity.

All middle schools and high schools will offer interscholastic sports programs.

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.

### Daily Recess

Elementary schools will be encouraged to provide at least two (2) recesses for students that:

- total at least 40 minutes a day;
  - are preferably outdoors;
- (District criteria should be established for when indoor recess occurs.)
- encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Elementary schools will discourage 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 will give students periodic breaks during which they are encouraged to stand and be moderately active.

### **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 activity lifestyle and to reduce time spent on sedentary activities;
- provide opportunities for physical activity to be incorporated into other subject lessons;
- encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.

### **Physical Activity and Punishment**

Employees will not use physical activity (e.g., running laps, pushups) or routinely withhold opportunities for physical activity (e.g. recess, physical education) as punishment. Physical activity may be used as an accommodation for students demonstrating a specific need for activity.

## IMPLEMENTATION AND EVALUATION

### Communication with Parents

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- 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;
- distribute information about physical education and activity via a web site, newsletter, other take-home materials, and special events or physical education homework.

### 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. The school district will:

- establish and maintain a staff wellness committee;
- develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee;
- base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees;
- promote providing incentives such as discounts for membership to local health clubs, reduction of insurance premiums, extrinsic rewards for participation, etc.
- make facilities available free of charge for staff wellness per district Facility Use Policy.

### 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 annually 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.

### Policy Review

The superintendent will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity at the end of the 2006-2007 school year. The school district, and individual schools within the school district, will revise the wellness policies and develop work plans to facilitate their implementation.