

## Wellness

The Dubuque Community School Board (hereinafter “Board”) promotes wellness by supporting good nutrition and regular physical activity as a part of the total learning environment. The Board supports a healthy environment where students learn and participate in positive and healthy lifestyle practices. The Board recognizes that child health and nutrition affects student performance potential. The Superintendent will direct the Wellness Committee to monitor and review the district-wide wellness policy and related procedures. These procedures will address the following areas:

1. Nutrition education;
2. Physical activity;
3. School-based activities designed to promote student wellness;
4. Nutrition guidelines and procedures for all foods available on school campuses during the school day, including reimbursable school meals;
5. The planned approach to measure implementation and evaluation of the school wellness policy.

The Board recognizes the importance of a healthy school environment that encompasses nutrition education, food served in schools, and physical activity. The Board also recognizes the importance of promoting a healthy lifestyle for students at school and advocating the value of family involvement. This would include family meal time and activities that will positively impact productivity and achievement of the district’s mission, vision, and strategic plan objectives.

## **Administrative Guidelines**

### **I. Nutrition**

#### **Food & Nutrition Services Department**

The Dubuque Community School Food & Nutrition Services will:

- engage students and parents in selecting food offered through the NSLP (National School Lunch Program) & NSBP (National School Breakfast Program) in order to promote healthy food choices;
- share nutritional information about the nutritional content of food and meals with parents and students;
- negotiate with the union to require all foodservice personnel to attend inservices for education and training purposes.

#### **Food Service Staff**

Qualified food/nutrition professionals will administer the meal programs. The school district will:

- provide continuing professional development for all food/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.

#### **Food Safety**

All schools will:

- comply with and follow food safety and security guidelines;
- comply with state and local food safety and sanitation regulations;
- follow Hazard Analysis Critical Control Points (HACCP) plan and guidelines that are implemented to prevent foodborne illness in schools;
- allow only child nutrition program staff and authorized personnel into food service production areas.

#### **Sharing of Foods**

All schools will:

- discourage students from sharing food or beverages with one another during meal or snack times, given concerns that some children may have allergies and other dietary restrictions, and to prevent the spread of foodborne illnesses.

#### **School Meals: NSLP & NSBP**

##### **National School Lunch and Breakfast Program**

Meals served through the program will:

- meet nutrition requirements established by local, state and federal law set forth by the Healthy Hunger-Free Kids Act of 2010; refer to nutrition standards in appendix A or <http://www.fns.usda.gov/cnd/governance/legislation/dietaryspecs.pdf>
- be appealing and attractive to children;
- be served in a clean and pleasant environment;
- include water availability in the service area during meal times;
- not deny any food or beverages as means of punishment or behavior modification.

##### **National School Breakfast Program**

The school district will:

- continually plan to improve infrastructure in elementary buildings to enhance the existing breakfast programs;
- notify parents and students of the availability of the NSBP;
- encourage parents to provide a healthy breakfast for their children at home or at school through educational newsletter articles, take-home materials, or other means.

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

The school district will 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 by:

- utilizing electronic identification and payment systems;
- promoting the availability of all meals to all students.

### **Meal Times and Scheduling**

Each school will:

- allow adequate time for students to receive and consume meals;
- schedule meal periods at appropriate times depending on individual school schedules;
- not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- attempt to schedule lunch periods after recess in elementary schools;
- provide students access to hand washing and when not available, hand sanitizing before they eat meals or snacks.

### **Beverage and Food: Sold Outside the NSLP and NSBP**

All food/beverages sold to students outside the NSLP and NSBP during the school day will meet the standards outlined in the *USDA “All Foods Sold in Schools,” also known as “Smart Snacks.”* This includes vending, a la carte, and in-school fundraising items sold *from midnight the night before, to 30 minutes after the end of the official school day.* These items will be entered into a nutrition calculator to verify that the *product meets “Smart Snacks” Standards. The Iowa Healthy Kids Act has adopted the same nutritional standards.*

The Smart Snacks calculator can be found at

<http://tools.healthiergeneration.org/calc/calculator/> (Click on Snacks or Beverages)

A list of pre-approved products can be found at

[https://www.healthiergeneration.org/live\\_healthier/eat\\_healthier/alliance\\_product\\_navigator/browse\\_products/?product\\_category\\_id=720](https://www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720)

Refer to Smart Snacks nutrition standards at

[https://www.educateiowa.gov/sites/files/ed/documents/1415\\_lt\\_sss\\_USDACompetitiveFoodStandardsonepager.pdf](https://www.educateiowa.gov/sites/files/ed/documents/1415_lt_sss_USDACompetitiveFoodStandardsonepager.pdf)

Food and beverages sold to students outside the school day (as defined by law) need not comply with the *USDA “Smart Snacks.”* However, it is encouraged that these items include healthy choices that meet the standards.

### **Special Events**

#### **Snacks**

Snacks served during the school day will make a positive contribution to children’s diets and health. An emphasis will be placed on serving healthy beverages and snacks conforming to this policy; primarily fruits and vegetables. Schools will assess necessity of offering snacks based on timing of meals, children’s age and nutritional needs, as well as other considerations. Parents will be provided with healthy snack ideas as necessary. For healthy snack ideas refer to the following link(s):

<http://www.dbqschools.org/schoolnurse/dcsd-wellness-healthysnacks.pdf>

[http://www.michigan.gov/documents/mdch/20\\_healthy\\_classroom\\_party\\_snacks\\_394380\\_7.pdf](http://www.michigan.gov/documents/mdch/20_healthy_classroom_party_snacks_394380_7.pdf)

<http://www.webmd.com/parenting/features/healthy-snacks-for-kids>

#### **Rewards**

The school district recommends not using food or beverages as a reward. If the school uses beverages or food as a reward for academic performance or good behavior, it is recommended that the food or beverage conform to the nutritional guidelines in this policy. Schools will not withhold beverages or food as a part of punishment or disciplinary measures, inside and outside the NSLP & NSBP. For alternatives to using food or beverages as a reward refer to the following link(s):

[http://www.michigan.gov/documents/mde/foodrewards\\_290201\\_7.pdf](http://www.michigan.gov/documents/mde/foodrewards_290201_7.pdf)  
[http://cspinet.org/new/pdf/constructive\\_classroom\\_rewards.pdf](http://cspinet.org/new/pdf/constructive_classroom_rewards.pdf)

### **Celebrations**

Each school will evaluate their celebration practices that involve beverages and food during the school day. The food used in celebration practices should make a positive contribution to children's diets and health. An emphasis will be placed on serving healthy beverages and snacks conforming to this policy, primarily fruits and vegetables. For great celebration ideas refer to the following link(s):

<http://www.dbqschools.org/schoolnurse/dcsd-wellness-celebrations.pdf>  
[http://cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)

### **Fundraising**

To support children's health and nutrition education efforts, food based school fundraising activities conducted in-school during the school day (as defined by law) must meet *USDA "Smart Snacks"* and cannot be sold in competition with school meals. The district encourages out-of-school fundraisers to also meet the *"Smart Snacks."* The district promotes non-food based fundraisers; for ideas refer to the following link(s):

<http://www.sde.idaho.gov/site/cnp/healthierUS/docs/Additional%20HealthierUS%20Challenge%20Guidance/Health%20Fundraising%20Ideas.pdf>  
[http://healthyshasta.org/downloads/eathealthy/fundraising/Creative\\_Financing.pdf](http://healthyshasta.org/downloads/eathealthy/fundraising/Creative_Financing.pdf)

### **Nutrition Education and Promotion**

The school district will provide nutrition education that:

- is offered as part of a sequential, comprehensive, age-appropriate and standards-based program to provide students in all grades with the knowledge and skills necessary to promote and protect their health;
- includes promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school/community gardens;
- promotes fruits, vegetables, whole-grain, low-fat and fat-free dairy product consumption and healthy food preparation methods;
- will be focused on clear health goals and related behavioral outcomes;
- emphasizes caloric balance between food intake and physical activity;
- includes advocating for family engagement;
- links with the school food environment such as snack programs and other foods and nutrition-related community services;
- includes providing education and resources for teachers and other staff regarding curriculum and wellness policy while encouraging all staff to be role models for healthy behaviors.

## **II. 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 regularly scheduled Wellness (Physical) Education programs.

### **Physical Education**

The school district will provide wellness education that:

- includes students with disabilities (students with special healthcare needs may be provided an alternative education setting);
- 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 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 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, indoor recess may be held at the discretion of the principal under certain circumstances;
- 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 fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. The school district will:

- offer classroom health education that complements physical education;
- encourage physical activity to be incorporated into other subject lessons;
- encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate. For in-class activity break ideas refer to the following link(s):

<https://www.educateiowa.gov/document-type/stories-motion>

<http://www.jamschoolprogram.com/>

<http://eatbettermovemore.org/sa/enact/school/documents/afterschool.pa.programs.K-5-Energizers.pdf>

## **Physical Activity and Punishment**

School district employees will:

- not withhold recess or physical activity as punishment or consistently withhold to make-up work;
- not use physical activity as punishment, such as recess and physical education class;
- allow physical activity to be used as an accommodation for students demonstrating a specific need for activity.

## **IMPLEMENTATION AND EVALUATION**

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

In each school:

- the building administrator, or designee will ensure implementation of the wellness policy and report compliance, utilizing forms and methods provided by the district to the designee;
- the building administrator, or designee will share opportunities to engage families to participate in the wellness policy and address barriers to their participation; 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 to school board and superintendent;
- the wellness committee, or designee will develop a summary report annually on school district-wide compliance with the school district's established nutrition and physical activity wellness policy based on input from schools within the school district. The report will be provided to the school board, superintendent, building administrators and also made available to the public; and
- the summary report will be shared with health services, physical education, food services, health education and others as needed for program analysis.

### **Policy Review**

The wellness committee will use the assessment results to track progress and assess the quality of the wellness policy. The school district and individual schools within the school district will develop work plans to facilitate their implementation of the wellness policy.