

WELLNESS

The Mid-Prairie School Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Mid-Prairie 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 Mid-Prairie 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 Mid-Prairie's 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 Mid-Prairie School District supports and promotes proper dietary habits contributing to students' health status and academic performance. All school prepared foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the Mid-Prairie School District nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality meals and snacks.

The Mid-Prairie 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 Mid-Prairie School District may use electronic identification and payment systems; promote the availability of meals to all students; and/or nontraditional methods for serving meals.

The Mid-Prairie School District will develop a local wellness policy committee comprised of representatives of the school board, parents, students, staff, PE teachers, school food service, school nurses, and community members. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluation of the policy. The committee will report to the Mid-Prairie School Board regarding the effectiveness of this policy.

Legal Reference: Richard B. Russell National School Lunch act, 42 U.S.C. 1751 et seq. (2005).
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.

Cross Reference: 504.6 Student Activity Program
710 School Food Services

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The Mid-Prairie School District Wellness Goals:

NUTRITION EDUCATION AND PROMOTION

The Mid-Prairie School District will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is supported in other curricular areas;
- includes relevant participatory activities, such as contests (e.g. Live Healthy Iowa), promotions, taste-testing (e.g. Pick a Better Snack), 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;
- include straining for teachers and other staff;
- provides nutritional information on school meals (available on the website.)
- implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques

PHYSICAL ACTIVITY

Physical Education

The Mid-Prairie School District will provide physical education that:

- is for all students K-12;
- is taught by a certified physical education teacher;
- offers preschool students physical activity daily;
- engages students in moderate to vigorous physical activity during at least 50 percent of physical education class time;
- emphasizes physical fitness; and,
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings.

Daily Recess

Mid-Prairie Elementary Schools provide recess for students:

- at least 35 minutes a day;
- preferably outdoors;
- encourages moderate to vigorous physical activity.

When activities, such as mandatory school-wide testing, make it necessary for students to

remain indoors for long periods, staff will give students periodic breaks during which the students will 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 and recess.

The Mid-Prairie 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 video games, etc.;
- provide opportunities for physical education to be incorporated into other subject lessons; and,
- encourage classroom staff to provide short physical activity breaks between lessons or classes, as appropriate.

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Communication with Parents

The Mid-Prairie School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The Mid-Prairie School District will:

- encourage parents to pack healthy lunches and snacks;
- provide parents a list of foods that meet the Mid-Prairie School District's food standards and ideas for healthy celebrations/parties, rewards, and fundraising activities;
- provide information about 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; and,
- include sharing wellness information through newsletters, the district web site, and articles in the local newspapers.

Staff Wellness

The Mid-Prairie School District values the health and well-being of every staff member and encourages all staff to be role models for the students. The Mid-Prairie School District will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The Mid-Prairie School District will:

- establish and maintain a staff wellness committee composed of staff members including: nutrition director, nurses, teachers, counselors, administrators; community member, school board member, parent, and student representatives; and,
- develop and promote a plan to promote staff health and wellness and outline

ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle based on input solicited from the staff.

NUTRITION GUIDELINES FOR FOODS AVAILABLE ON CAMPUS

School Meals

Meals served through the Mid-Prairie School District lunch program will be served with consideration towards:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- offering a variety of fruits, vegetables, legumes and whole grains;
- meet, at a minimum, nutrition requirements established by state and federal law;
- increasing the amount of 100% whole grains being served.
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA.)
- engaging 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.

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, Mid-Prairie School District will:

- operate the breakfast program, to the extent possible;
- utilize methods to serve breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfasts or breakfasts 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 newsletters, take-home materials or other menus.

Meal Times and Scheduling

Mid-Prairie School District will:

- provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- have access to drinking water during meal times.

Foods Sold Outside the Meal

The Mid-Prairie School District will:

- follow the USDA Smart Snacks in school nutrition standards for the

government regarding a la carte and vending items.

Fundraising Activities

There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the federal USDA Smart Snacks in School nutrition standards. All other fundraising activities are encouraged, but not required, to comply with the federal nutrition standards if the activities involve foods and beverages.

Mid-Prairie School District encourages fundraising activities that promote physical activity. The school district will make available a list of ideas for healthy fundraising activities.

Snacks & Celebrations

A snack provided for a group or class must be in the unopened prepackaged container. 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 water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. Mid-Prairie School District families who wish to provide food or beverages for celebrations (parties, birthdays, etc.) will bring prepackaged items. The packaging must be sealed and include an ingredient list to ensure the safety for all students and staff. Certified kitchens such as bakeries and school food service meet the requirements for homemade treats. The school district will disseminate a list of healthy options and encourage parents to communicate with food service staff.

Rewards

Mid-Prairie School District will encourage rewards other than foods or beverages, especially those that do not meet the nutrition standards (e.g. extra recess, physical activity, lunch with a staff member, iPad time, etc.) . The school district will not withhold food or beverages (including food served through meals) as a punishment.

School-Sponsored Events

The Mid-Prairie School District will:

- encourage organizations who sell food and beverages at school-sponsored events outside of the school day to increase the number of healthy choices.

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

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

PLANS FOR MEASURING IMPLEMENTATION

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.

In each school building:

- the principal will ensure compliance with the policy in the school and will report on the school's compliance to the superintendent; and
- food service staff will ensure compliance with nutrition goals within food service areas and will report on this matter to the superintendent or principals.

Policy Review