

## WELLNESS REGULATION

The Waterloo Community School District has established the following guidelines to effectively implement the district wellness policy and meet established goals. The Wellness Committee will create a timeline for development and implementation of the established goals with consideration given to district resources.

The committee's work will be based on the Centers for Disease Control and Prevention's (CDC) Framework. The district will adopt the 10 components of the CDC's Whole School, Whole Community, Whole Child (WSCC), framework namely:

1. Physical education and physical activity
2. Nutrition environment and services
3. Health education
4. Social emotional school climate
5. Physical environment
6. Health services
7. Counseling, psychological and social services
8. Employee wellness
9. Community involvement
10. Family engagement

The WSCC is student centered and emphasizes the role of the community in supporting school, the connections between health and academic achievement, and the importance of evidence based school policies and practices.

### **I. Physical Activity**

*Note - Iowa law requires elementary students, K-5, to have 30 minutes of physical activity, not physical education, per day. This requirement can be met through a combination of PE, recess, classroom and other activities. Middle and high school students must have at least 120 minutes of physical activity per week. Again this is not just physical education but can be met with a combination of PE, school and non-school sponsored athletics and other activities where the body is exerted. Should a student wish to meet the requirement outside of school, the student and school district must have an agreement detailing the outside activity.*

**a. Physical Education:** The school district will provide physical education that:

1. is for all students in grades PreK-12;
2. is taught by a certified physical education teacher;
3. includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
4. engages students in moderate to vigorous activity during at least 50 percent of physical education class time.
5. high school level students can be exempted from physical education classes only as articulated in Iowa Code (281-IAC 12.5(6) and 281-IAC 12.5(5)(f)(1, 2, 3).

**b. Daily Recess:** Elementary schools should provide recess for students that:

1. is at least 20 minutes a day;
2. is preferably outdoors;

3. encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
4. discourages extended periods (i.e., periods of two or more hours) of inactivity.

**c. Physical Activity and Punishment:** Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**d. 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:

1. 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;
2. discourage sedentary activities, such as watching television, playing computer games, etc.;
3. provide opportunities for physical activity to be incorporated into other subject lessons;
4. encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate; and,
5. 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.

## II. Nutrition Guidelines For All Foods Available On Campus

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

1. be appealing and attractive to children;
2. be served in clean and pleasant settings;
3. meet nutrition requirements established by state and federal law;
4. offer a variety of fruits and vegetables;
5. serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)
6. Schools should: engage 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.

**b. 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, schools will:

1. operate the breakfast program, to the extent possible;
2. arrange bus schedules and utilize methods to serve breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfasts or breakfast during morning break or recess, to the extent possible;
3. notify parents and students of the availability of the School Breakfast Program, where available; and,
4. encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

**c. Free and Reduced-Priced Meals:** The 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.

**d. Meal Times and Scheduling:** The District:

1. will provide students with adequate time to eat after sitting down – if using a rotating schedule each student should be allowed a minimum 10 minutes after sitting down for breakfast and a minimum 15 minutes after sitting down for lunch if needed;
2. should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
3. will encourage schools to schedule lunch periods to follow recess periods (in elementary schools);
4. will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
5. should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

**e. Qualification of Food Service Staff:** Qualified nutrition professionals will administer the meal programs. As part of the District’s responsibility to operate a food service program, the school district will:

1. provide continuing professional development for all nutrition professionals; and,
2. 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.

**f. Sharing of Foods:** The 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.

**g. Foods Sold Outside the Meal (e.g. vending, a la carte, fundraising):** All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day will

meet nutrition standards as required by state or federal law. The school day is defined as running from midnight (12:00 a.m.) until thirty minutes after school dismissal. For current state guidelines refer to the Iowa Department of Education, [Iowa Department of Education State Nutrition Guidelines](#).

**h. There are two types of fundraising – regulated and other.**

1. 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 state nutrition guidelines.
2. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages. The school district encourages fundraising activities that promote physical activity.

**i. Snacks:** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents. If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program.

**j. Rewards/Celebrations:** The school district will discourage the use of foods or beverages as rewards for academic performance or good behavior. Schools will not withhold food or beverages (including food served through school food service program) as a punishment.

**k. Food Safety:** All foods made available on campus adhere to food safety and security guidelines.

1. 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. [Hazard Analysis and Critical Points Plans Guidelines](#)  
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.

**l. Summer Meals:** The District may offer a Summer Food Service program in areas where more than 50 percent of students are eligible for free or reduced-priced meals. The program may run for a designated time period between the last day of the academic school year and the first day of the following school year.

### **III Health Education**

- a. Implement a comprehensive, culturally relevant, standards-based, sequential nutrition and health education curriculum on a PreK-12 basis that is designed to help students adopt healthy eating behaviors.
- b. Promote the integration of positive nutrition and health themes into daily lessons, when appropriate, on a PreK – 12 basis, emphasizing the benefits of good health and appropriate food choices.
- c. Coordinate various educational programs and/or courses that serve food to provide consistent messages and reinforce the objectives of the school wellness policy.
- d. Collaborate with community agencies to provide information that encourages families to teach their children about health and nutrition.
- e. Provide training and professional development for teachers and other staff in regard to health and nutrition education curriculum.

### **IV. School-Based Activities to Promote Wellness**

#### **a. Student Wellness:**

1. District wellness policy guidelines shall be considered in planning all school-based activities such as school events, field trips, PTA/PTO functions, dances, social events and fundraising activities.
2. Schools should provide access by students, families or community groups to a school's physical activity facilities in accordance with the facilities use policy.
3. After school programs related to physical activity and nutrition-related components should be encouraged.

#### **b. Communication with Parents & Food Marketing in Schools:**

1. The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The District will:
  - a. offer health and nutrition information for parents: send home activity information, post tips on school websites and provide nutrient analyses of school menus, provide parents a list of foods that meet the District's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities
  - b. encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;

- c. **Food Marketing in Schools During the School Day:** School-based marketing will be consistent with nutrition education and health promotion. The school district will:

1. limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
2. prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
3. promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and,
4. market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

**d. Staff Wellness:** The Waterloo Community School District supports and is committed to the overall health and well-being of its employees and staff. A healthy workforce results in a more productive workforce with less absenteeism, fewer accidents, lower health care demands, and greater overall savings by reducing the incidence of disease and disability. In addition, the healthier the workforce for the Waterloo School District, the better we can serve our students and community. WCSD employees are encouraged to participate in educational resources/classes/activities that promote exercise, good nutrition and healthy lifestyles within and outside the workplace.

1. With staff input, the district will plan and implement activities that support personal efforts by staff to develop and maintain a healthy lifestyle. They will organize and offer events to staff annually. These events will provide an opportunity for wellness education and/or physical activity.
2. With staff input, the district will provide access to educational material (newsletters, website links, printed material) on a variety of wellness topics.
3. For staff meetings/trainings/events that offer food, the District will require a healthy option.

## **V. Social Emotional Wellness**

- a) Students will have access to a social-emotional learning (SEL) wellness, which focuses on teaching foundational social-emotional and self-regulation skills.
- b) Ensure that school personnel know how to recognize and respond to a student who is showing signs of suicidal ideation.
- c) The district will have school counselors at each building who are able to share resource information or materials and make appropriate referrals.
- d) District school counselors, family support workers, and support coordinators will provide a positive, supportive environment in which students and families are able to request assistance when needed.
- e) School personnel are required by law to report substance abuse, child abuse and neglect per district policy (child abuse reporting and regulations). Also, there are additional policies in place to address Drug-Free School Environment.
- f) Substance Abuse: Staff will adhere to a substance free workplace per board policy (see Substance Free Workplace to Employees).

**VI. Physical Environment**

The physical environment will be addressed in the District Safety Policy.

**VII. Health Services**

School nurses play a vital role in both the mental and physical well-being of students within our school district. Nurses and health assistants work closely with staff, students and families to ensure all needs are met in order for all students to experience the best education possible with the least amount of disruptions. Throughout the school year, nurses will interact with most students within schools and develop a trusting relationship that allows students to feel comfortable to discuss concerns.

**VIII. Counseling, Psychological and Social Services**

WCSD has a contract with UnityPoint Black Hawk Grundy Mental Health Center to provide school-based mental health services to our students throughout the district.

**IX. Measurement and Evaluation of Wellness Policy and Implementation****Monitoring**

The superintendent, or superintendent designee will ensure compliance with established school district-wide wellness policies.

In the school district:

- Each K-12 building will establish a Wellness Team to implement and monitor the Wellness policy
- 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 three years, the school district will request from the state agency that a SMI review be scheduled as soon as possible;
- the superintendent, or superintendent designee 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 made available to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

In each school:

- the principal/Wellness Team 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 superintendent designee or principal.
- each building will have, and monitor activities that support academic, social and lifelong wellness behaviors (e.g. calendar of wellness activities)
- Parent/family representatives will be invited to serve on Building Wellness Teams.

**X. Community Involvement**

The District Wellness Committee members will be comprised of representatives from across our community (parents/guardians, staff, key community stakeholders) from various agencies who bring needed expertise and voice to the committee.

**XI. Family Engagement**

Parental/family involvement will be an integral part of the various components of the Wellness Committee work.

ADOPTED: 2/28/11

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