WELLNESS REGULATION

To implement the Wellness Policy, Central Springs Community School District has established the following district specific goals:

Goal 1 – Nutrition Education and Promotion: Central Springs Community School District will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- Provide students with the knowledge and skills necessary to promote and protect their health;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.

Goal 2 – Physical Activity: Central Springs Community School District will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Health Kids Act. The goal for addressing physical activity include the following:

- Promote the benefits of physically active lifestyle and help students develop skills to engage in lifelong healthy habits;
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Afford elementary students with recess according to the following:
    - At least 20 minutes a day;
    - Outdoors as weather and time permits;
    - Encourages moderate to vigorous physical activity; and
- Scheduled to avoid extended periods of inactivity (i.e. periods of two or more hours).

Goal 3 – Other School-Based Activities that Promote Student Wellness: Central Springs Community School District will support students, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goals for addressing other school-based activities that promote student wellness include the following:

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations;
- Promote staff health and wellness;
- Share information about nutritional content of meals with parents and students upon request;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during mealtime;
- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.

Public Involvement: There is 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.

- The Central Springs Community School District has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy;
- The superintendent or School Nurse invites suggestions or comments concerning the development, implementation, and improvement of the school wellness policy. As such, interested persons are encouraged to contact the superintendent or School Nurse.

WELLNESS REGULATION (2)

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity in the Central Springs Community School District.

Central Springs School District and Healthy Kids Act Nutritional Content Standards

Nutritional Content Standards Foods Table

Nutrient	**A la Carte, Vending, and Regulated Fundraising Items**
Calories	< NSLP entree items* OR < ~~400~~ **350** calories per entrée item < NSLP sides* OR < 200 calories
Sodium	< NSLP entrée items* OR < ~~600~~ **480** mg per entrée item ~~[< 480 mg/serving entrees (2014)]~~ < NSLP side* OR < ~~400~~ **230** mg/serving sides [< 200 mg/serving sides ~~(2014)~~ (**2016)**]
Saturated Fat	< 10% calories (excluding reduced fat cheese)
Trans Fat	< ~~0.5~~ **zero** 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

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 students during the school day as vending machine, *a la carte*, or regulated fundraising items

Caffeinated Beverages	None are to be made available to students during the school day as vending machine, *a la carte*, 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, *a la carte*, or regulated fundraising items

WELLNESS REGULATION (3)

Nutritional Education and Promotion Goals

The Central Springs Community School District will provide nutrition education and engage in nutrition promotion that:

- is part of health education, FCS, science, 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;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities such as taste-testing, farm visits and school gardens.

Physical Education

The Central Springs School District will provide physical education that:

- is for all students in grades K-12 for the entire school year unless exempt;
- includes students with disabilities (students with special healthcare needs may have P.E. provided in alternative educational 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 unless exempt;
- is taught or supervised by a certified physical education teacher.

This requirement for students in grades 9-12 may be met by participating in the following activities including but not limited to:

1. interscholastic athletics sponsored by the IHSAA or Iowa Girls High School Athletic Union;
2. school-sponsored marching band, show choir, dance, drill, cheer, or similar activities;
3. non-school gymnastics, dance, team sports, individual sports; or
4. similar endeavors that involve movement, manipulation, or exertion of the body.

When the requirement is to be met in full or in part by a pupil using the non-school activities, the school shall enter into a written agreement with the pupil. This will be signed by the principal, guardian and student. It will remain in effect for no longer than one school year.

Incentives, Rewards and Punishment

- Encourage non-food rewards and/or incentives in classrooms. Staff that utilize food/beverage items as an incentive or as rewards for academic performance or good behavior should make effort to choose Smart Snack food/beverage items.
- Foods provided through the school breakfast and lunch program will not be withheld or used as a reward or discipline strategy.
- Staff will not use physical activity (running laps, push ups, sit-ups, etc.) as punishment or routinely withhold opportunities for physical activity (e.g., recess, physical education).

CPR Training

Every Central Springs student will receive education in cardiopulmonary resuscitation (CPR) and basic First Aid one time during secondary education.

WELLNESS REGULATION (4)

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.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Meal Time

Central Springs Community 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.

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;

During School Hours

Vending, a la carte, and regulated fundraising items (any foods or beverages sold to students between the midnight and 30 minutes after the last bell) sold to students during the instructional day, must meet the Smart Snacks in School Standards.

Students are not permitted in the teachers' workroom nor have access to any of the foods or beverages that are available for staff, located in the workroom. Staff is discouraged from eating or drinking those items in front of the students and is encouraged to act as healthy role models for the school. Staff members are encouraged, but not required, to follow the Central Springs District Nutritional Standards.

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, 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. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

Classroom Parties and Treats

The Central Springs Community School District encourages parents to provide healthy food and drinks. A healthy snack handout is provided to parents at the beginning of the year. Healthy snacks/birthday treats are strongly encouraged but not required.

WELLNESS REGULATION (5)

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; and
- 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.

Wellness Committee Members

Kathie Lehmann– RN/School Nurse
Rob Hoffman- Middle School Principal
Bill Carlson- Elementary Principal
Jodi Kelley-Food Service Director
Sandra Scholbrock- Food Service/Head Cook
April Dodd - Cookr
Kipp Beyer – PE Teacher/Parent
Lori Jost– Central Springs Preschool Director
Ann Matzen - Teacher
Paige Echleberger- Teacher/Para/ Parent
Katie Kruger - HS Secretary/Parent
Khloe Kruger- Student
McKenna Kelley- Student

Approved:11-15-21 Reviewed: _____ Revised: 11-21-22