

Student Personnel  
Series 500

Policy Title: Wellness Policy

Policy No. 503.14

The board promotes healthy students by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The MFL MarMac 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. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high quality meals.

Nutrition Education and Promotion

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

- Is offered as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparations methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and physical activity.
- Includes training for staff
- Is part of not only health classes, but also classroom instruction
- Garden-enhanced instruction is included in the curriculum and reinforced through the foods grown on the school premises.

**Physical Activity Goals**

The school district will provide physical education that:

- Is for all student in grades K-12 throughout the school year;
- Is taught by a certified physical education teacher;
- Includes student with disabilities; students with special health care, needs may be provided in alternative educational settings;
- Engages students in moderate to vigorous activity during at least 50 percent of the physical education class time.

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

- Is at least 20 minutes a day.
- Is preferably outdoors.
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- 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 should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity and Punishment** - Staff should not use physical activity (e.g., running laps, pushups) or discourage limiting opportunities for physical activity (e.g., recess, physical education) as punishment.

**Physical Activity Opportunities after School**- After-school childcare and enrichment programs will provide and encourage-verbally, and through the provision of space, equipment, and activities-daily periods of moderate to vigorous activity for all participants.

**Use of Facilities outside of school Hours**- School facilities will be available outside of normal school hours to students, community members, and staff. School policies concerning these areas and safety concerns will always apply.

**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 compliments 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. (Brain Breaks).

### **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:

- Will send home nutrition information, such as Pick a Better Snack, every other month and throughout the school year as it applies.

- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standard for individual foods and beverages.
- Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities.
- Provide opportunities for parents to share their healthy food practices with others in the school community.
- Provide information about physical education and other school-based and community-based physical activity opportunities before, during and after the school day.
- Include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials or/or special events.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- 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.
- Prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- Market activities that promote healthful behaviors 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, etc.

### **Staff Wellness**

The school district values the health and well-being of every staff member. Activities/programs that encourage healthy eating, physical activity, and other elements of a healthy lifestyle among employees, like those offered through LHI, will be promoted by the school district through sharing of information with employees and encouragement to participate as able.

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

### **School Meals**

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

- be appealing and attractive to children.
- be served in a clean and pleasant settings
- meet, at a minimum, nutrition requirements established by state and federal law:
- offer a variety of fruits and vegetables, legumes, and whole grains.

- serve only low-fat or fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).
- ensure that half of the served grains are whole grain.
- fruit and vegetable bar available in addition to paid lunch.
- no pop or energy drinks allowed in lunchroom and discourage use during school hours.

### **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

- Operate the breakfast program, to the extent possible.
- Utilize methods to serve breakfasts that encourage participation, including serving “grab-and-go” breakfasts.
- 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**

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
- promote the availability of meals to all students

### **Mealtimes and Scheduling**

The 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.
- should schedule meal periods at appropriate times e.g., lunch should be scheduled between 11 am and 1 pm; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- will schedule lunch periods to follow recess periods whenever possible.
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and,
- 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).

### **Qualifications of Food Service Staff**

Qualified food service staff will administer the meal programs. As part of the district's responsibility to operate a food service program, the school district will provide continuing professional development for food service staff.

### **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 communicable diseases, allergies and other restrictions on some children's diets.

### **Foods Sold Outside the Meal** (e.g. vending, a la carte, sales)

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law. For current guidelines, go to

[Http://tinyurl.com/Iowa-HKA](http://tinyurl.com/Iowa-HKA).

### **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 stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.

### **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 or milk 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.

### **Rewards**

The school district will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

### **Celebrations**

The wellness committee will evaluate celebration practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.

### **Food Safety**

All foods sold or prepared 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.  
[http://www.fns.usda.gov/tn/Resources/servingsafe\\_chapter6.pdf](http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf)
- For the safety and security of the food and facility, access to the food service operations are limited to food service staff and authorized personnel
- Student groups serving food items will be instructed in proper food handling according to HACCP guidelines

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