

HARRIS-LAKE PARK COMMUNITY SCHOOLS  
BOARD POLICIES

**WELLNESS POLICY - CODE NO. 505.10**

The Harris-Lake Park Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

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. In accordance with law and this belief, the board commits to the following:

The school district will identify at least one goal in each of the following areas:

- Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- Physical Activity: Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- Other School Based Activities that Promote Wellness: As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

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.

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: Student Activity Program  
School Food Services

Approved: 4-17-06

Reviewed: 2-20-17

Revised: 3-20-17

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**WELLNESS POLICY - CODE NO. 505.10R-1**

To implement the Wellness Policy, the following district specific goals have been established:

**Goal 1 – Nutrition Education and Promotion:** Schools 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;
- Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise).

**Goal 2 – Physical Activity:** Schools 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 Healthy Kids Act. The goals for addressing physical activity include the following:

- Promote the benefits of a 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;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;
- Ensure physical activity is not used for or withheld as a punishment;
- Afford elementary students with recess according to the following:
  - At least 20 minutes a day outdoors as weather and time permits.

**Goal 3 – Other School-Based Activities that Promote Student Wellness:** Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) 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;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during mealtimes;
- 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 district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy.

## **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 clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- ensure that half of the served grains are whole grain;
- serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

### **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;
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation;
- 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 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.

### **Meal Times 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 11:00 AM and 1:00 PM; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to handwashing 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).

### **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.

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

## **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. [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 child nutrition staff and authorized personnel.

## **PLAN FOR MEASURING IMPLEMENTATION**

### **Monitoring**

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

In each school:

- the principal 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 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. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible;
- the superintendent 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 distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

Approved: 3-20-17

Reviewed:

Revised:

# School Wellness Policy Building Assessment Tool

School Name: Harris Lake Park CSD

District Wellness Contact Name Andy Irwin/E-mail:airwin@hlpccsd.org

This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Education and Promotion Goals</b>					
1. Nutrition Units in the Health Curriculum	X			Nutrition lessons have been viewed by administration at HS	Expand nutrition lessons into MS curriculum
2. Posters are distributed throughout the district that promote physical activity and healthy food choices	X			Posters have been distributed and put up	Many are becoming outdated, we need to update
3.					
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. Students able to participate in grades k-5 engage in 30 minutes of physical activity daily outside of PE classes		x		Challenge has been the requirement for 6 <sup>th</sup> grade. They are in a different building.	Potentially create a "recess" for 6 <sup>th</sup> grade
2. Grades 7-12 have the opportunity to participate in interscholastic athletics sponsored by the IHSAA & IGHSU	X			Promote participation in athletics	Continue to promote sports participation
3. School sponsored cheer & dance are available for students.	X			Cheer and dance are programs in the school district	Continue to promote cheer and dance as an opportunity for our students
4.					
<b>Nutrition Guidelines for All Foods Available to Students</b>					

1. Our district follows the standards set forth by both state and federal laws when serving meals to students	X					<i>Meals have been devised using the Iowa Code nutritional content standards chart provided.</i>	<i>Watch for changes to the nutritional guidelines</i>
2. Health snacks are available outside of the designated food service time through a healthy snacks vending machine	X					A vending machine was brought in to provide snacks for students	Monitor sales of snacks
3.							
4.							
<b>Other School Based Activities Goals</b>							
<b><i>Integrating Physical Activity into the Classroom Settings</i></b>							
1. All students participated in a Live Health Iowa walk with staff during the school day.	X					Using Live Healthy Iowa resources we organized the event to promote healthy living	Continue event annually
2. Our students receive CPR training	X					Utilizing outside resources we are able to provide the training	Expand program to become certified in CPR
3.							
4.							

<b><i>Communication with Parents</i></b>							
1. The district provides parents information on healthy foods and nutrition.	X					The information is distributed in our monthly newsletter	Add items in the newsletter highlighting the healthy activities the district is participating in.
2.							
3.							
4.							
<b><i>Food Marketing in Schools</i></b>							
1. H-LP only allows advertising of items that meet the smart snacks in school nutritional standards	X					Using advertisements that comply using guidance from nutritional standards	Review the nutritional standards and make adjustments if needed.
2.							
3.							
<b><i>Staff Wellness</i></b>							

1. 24 hour Access to school wellness center	X				Program key card entrance system to operate on a 24 hour time frame	Monitor staff use of wellness center.
2.						



12/06/17

The Wellness Committee met at 7:30am on December 6, 2017. Present were: Brent Jacobsen, Linda Treharne, Donna Stoltenberg, Amy Osler, Eric Clouse, Ashley Fisher, Daryl Meyer, Beth Krummen, Andy Irwin and Mindy Gunderson. Absent were: Lane Gunderson, Diane Duis, Blake Gunderson and Chad Hibma

The committee reviewed the current wellness center waiver form. No changes are needed.

Karmen Nenhalo donated 3 AMT machines to the wellness center.

Kadda Jones is the teacher's assistant cleaning in the wellness center this semester. In the past we have had Thor Larson, Grace Heikens, Shandy Gemblar and Shane Nelson.

Membership fees will remain the same at \$120 for a single annually and \$240 for a family annually. \$50 is the annual college membership.

Wants/Needs in the wellness center: Glute/Ham machine, bars (both weight room and exercise room), rowing machine(2) and plyo boxes.

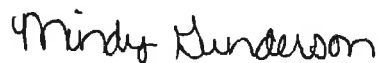
A new floor in the exercise (FOD) room was discussed. The floor was recycled from the original wellness center. It is a thin rubber floor with little support and shock absorption. This is causing injuries. The initial quote for a new 7/8" wood floor with a 3/4" triple ply foam underlayment is \$12,000. We will get two more quotes.

H-LP School has had two separate wellness challenges for staff. Spring into Fitness and Maintain no Gain.

The committee suggested a wellness center open house in January. They also suggested one month free for new members or possibly a fee of \$5 which is the cost of a key card.

The meeting adjourned at 8:00am.

Respectfully submitted,



Mindy Gunderson