

Wellness Policy

The Hinton 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;

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.

WELLNESS REGULATION

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 promotions that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:

- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services

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 goal(s) for addressing physical activity include the following:

- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate
- Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle

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:

- 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

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
- The superintendent or superintendent's designee 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 superintendent's designee

NUTRITION EDUCATION AND PROMOTION

The 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 part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, 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;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for teachers and other staff.

School Meals

A. Meals served by the district to students will:

1. be appealing and attractive to students;
2. be served in clean and pleasant settings;
3. meet, at a minimum, nutrition requirements established by state and federal law;
4. offer a variety of fruits and vegetables;
5. include low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);
6. encourage serving of whole grain products; and
7. accommodate alternatives for those students with allergies that meet the above guidelines as closely as possible.

B. Breakfast

1. To ensure that all students have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will notify parents and students of the availability of the district's breakfast program and encourage parents to provide a healthy breakfast for their children.

C. Beverages

1. The district will seek to provide water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain 100 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk; and nutritionally equivalent nondairy beverages (as defined by the USDA).

D. Free and Reduced-Price Meals

1. 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-priced meals. Toward this end, the district may utilize electronic identification and payment systems and promote the availability of meals to all students.

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E. Sharing of Food

1. The district prohibits students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies, spreading of germs and communicable diseases, and other restrictions on student diets.

F. Meal Times and Scheduling

1. The district will do the following:
 - a. provide students with adequate and appropriate time for meals;
 - b. schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;
 - c. provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
 - d. take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

G. Qualification of Food Service and Staff

1. Qualified nutrition professionals will administer the meal programs. As part of the district's responsibility to operate a food service program, the district will provide continuing professional development for all nutrition professionals and provide staff development programs and training programs for the Food Service Director, kitchen managers, and cafeteria workers, according to their level of responsibility.

Other Food Available at School

A. Food Sold Outside the Meal

1. Examples include vending machine, a la carte and sales foods.
2. Elementary Schools. The food service program will approve and provide all food and beverage sales to students in elementary schools. To this end, the following is true:
 - a. food in elementary schools will be sold as balanced meals, given young student's limited nutrition skills; and
 - b. food and beverages sold individually will be limited to low-fat and non-fat milk, fruits and non-fried vegetables and occasional extra entrées.
3. Middle School and High School. All foods and beverages sold individually outside the reimbursable meal programs including those sold through a la carte lines and machines, during the school day, will meet the following nutrition and portion size standards:
 - a. Foods. A food item sold individually will:
 - i. have no more than 400 calories, for entrée items, and no more than 200 calories, for side items;

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- ii. have no more than 600 milligrams of sodium, for entrée items, and no more than 400 milligrams of sodium, for side items;
 - iii. have no more than 10 percent of its calories from saturated fat (excluding reduced fat cheese);
 - iv. have no more than 0.5 gram of trans fat per serving;
 - v. have no more than 35 percent of its calories from total fat (excluding nuts, seeds, peanut butter and other nut butters);
 - vi. have no more than 35 percent of its calories from sugar (excluding fruits and yogurts).
- b. Beverages. A beverage sold individually will fit within the following requirements:
- i. The beverage sold may be any of the following:
 - a. unflavored or flavored low-fat or fat-free milk;
 - b. 100 percent fruit and vegetable juices with no added sweeteners;
 - c. water with no added non-nutritive sweeteners;
 - ii. The beverage sold will not be a soda or other carbonated beverage.
- c. Portion Size. Limit portion sizes of foods and beverages sold individually to those listed below:
- One and one-half ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;
 - One ounce for cookies;
 - Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
 - Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
 - Eight ounces for non-frozen yogurt;
 - Twelve fluid ounces for beverages, excluding water and milk; and
 - The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.
4. School-Sponsored Events Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for foods and beverages sold individually.
- B. Snacks
1. Snacks served during the school day will make a positive contribution to students' diets and health. Fruits and vegetables are the primary snack options. The district will disseminate a list of suggested snack items to teachers and parents. The district encourages parents and teachers to provide food that is commercially packaged or comes from a commercial bakery.
 2. Each school will be encouraged to evaluate their celebration practices that involve food during the school day. The district will disseminate a list of healthy party ideas to parents and teachers.

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Food Safety

- A. All foods made available in the district will adhere to food safety and security guidelines.
- B. All foods made available through food service will 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.
- C. 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.

Other Aspects of Student Wellness Policy – Nutrition Guidelines

- A. Fundraising Activities
 - 1. To support student health and school nutrition-education efforts, school fundraising groups' activities will be encouraged to use non foods or foods that are compliant to the school's wellness policies. The district will make available a list of ideas for fundraising activities.
- B. Rewards
 - 1. The district will discourage the use of 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 discipline.