

## 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 promotion that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following (*select goal(s) from the list below*):

- *[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];*
- *[Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens];*
- *[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)];*
- *[Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services];*
- *[Implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques];*
- *[Teach media literacy with an emphasis on food and beverage marketing];*
- *[Include nutrition education training for teachers and other staff]*

**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 Kid Act. The goal(s) for addressing physical activity include the following [*Select goal(s) from the list below*]

- *[Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:*
  - *Physical education, recess;*
  - *Classroom-based physical activity;*
  - *Walk to school; and*
  - *Out of school time activities];*
- *[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];*

- *[Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible];*
- *[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)]; and or*

**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 *[Select goal(s) from the list below]:*

- *[Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations];*
- *[Provide school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment];*
- *[Develop a plan to promote staff health and wellness];*
- *[Engage students and parents, through taste-tests of new school meal items and surveys to identify new, healthful, and appealing food choices];*
- *[Share information about the nutritional content of meals with parents and students];*
- *[Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible (e.g., grab n' go, breakfast in the classroom, breakfast after 1st period, etc.);*
- *[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];*
- *[Encourage fundraising efforts held outside school hours to sell only non-food items, promote physical activity, or include foods and beverages that meet or exceed the Smart Snacks nutrition standards];*
- *[Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch];*
- *[Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs];*
- *[Apply for USDA's Healthier US School Challenge: Smarter Lunchroom Award, a certification initiative that recognizes schools for nutrition and physical activity excellence]; and/or*

**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 *[select a process from the list below]*

- *[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 encourage to contact the superintendent or superintendent's designee]; or*

**NOTE:** *School districts are required by federal law to have at least one specific wellness goal in each of the goal areas identified above. These goal areas include the following: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Options have been provided, but districts must remember the sample policy and sample regulation cannot be adopted in the current format. School boards and administration must make a choice for all text in italicized brackets.*

**Vending Machine Template**  
*Current Stock*

**Categories**

Chips/ Snack			Nacho Doritos	BBQ Chips	Cheddar Sour Cream Chips	Baked Cheetos	Ranch Doritos		
			Scooby Snack Graham Cracker	SunChip Harvest Cheddar	Sunchip Original	Jack Links Original Beef Jerky	Jack Links Teriyaki Beef Jerky		
Treats	Triple Chocolate Cookie	Go-Gurt Yogurt	Rice Crispy Treat	Brownie	Cheez-It	Rice Crispy Treat	Confetti Rice Crispy Treat	Chewy Granola Bar	Scooby Fruit Snack
Beverages	Sparkling Water	Orange Juice	Apple Juice	Caprisun (Assorted Flavor)	Caprisun (Assorted Flavor)	Caprisun (Assorted Flavor)	Caprisun (Assorted Flavor)	Strawberry Smoothie	
	Large Water	Large Water	Small Water	Small Water	Small Water	Zero Sugar Snapple	Envy Sparkling Juice Asst. Flavors	Envy Sparkling Juice Asst. Flavors	Envy Sparkling Juice Asst. Flavors

**Product Selected for sale in the machine must be "Smart Snack" compliant.**

## **Food Service information from Glenda Keough**

### **Healthy eating pattern that we follow:**

- 1. A variety of vegetables from all of the subgroups - dark green, red and orange, legumes (beans & peas), starchy and other.**
- 2. Fruits, especially whole fruits**
- 3. Grains, at least half of which are whole grains**
- 4. Fat-Free or low fat dairy, including milk, yogurt, cheese, and/ or fortified soy beverages**
- 5. A variety of protein foods, including lean meats & poultry, eggs, legumes (beans & peas), and nuts, seeds, and soy products**
- 6. oils**

### **A healthy eating pattern limits:**

- 1. Saturated fats and trans fats, added sugar and sodium**

**Key recommendations that are quantitative are provided for several components of the diet that should be limited. Those components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:**

- 1. consume less than 10% of calories per day from added sugars**
- 2. consume less than 10% of calories per day from saturated fats**
- 3. Consume less than 2,300 milligrams per day of sodium**

### **Public involvement note:**

**District wellness policy committee consisting of administration, teachers of physical education, FC CSD food service director, school health professionals (school nurse), teachers of health and wellness classes**

**May 31, 2022 Review Completed**

**District Advisory and Advocacy Meeting consisting of parents, students, school board member(s), school administration.**

**Sept. 28, 2022 Review Completed**

## **Forest City Wellness Plan—Attachment Goal 1 2022-2023**

### **Establishing Nutrition Standards for all Foods available on School Campus during the School Day**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Schools must establish standards to address all foods and beverages sold or served to students, including those available outside of school meal programs. The standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size. Schools must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth.

#### **Goals:**

- 1) Annual increase in K-12 students participating in breakfast program.
- 2) Vending machines may have only items that meet the Smart Snacks nutritional content standards if they are operated during school hours. Smart snacks to be served from 10:00 AM-4:00 PM.
- 3) All food fundraising, including concession stands, activities will attempt to offer at least one healthy alternative.
- 4) Parents and teachers will be encouraged to offer healthy alternatives for snacks and rewards.
- 5) The district will disseminate a list of healthy snack alternatives for celebrations during the year utilizing existing communication venues.
- 6) The food service program will continue to follow and meet nutrition requirements established by local, state, and federal law.
- 7) The food service program will give students the choice of low-fat and fat free milk.

- 8) Any person or group utilizing school food service facilities will review and complete the HACCP food service checklist to assure food safety and security.
- 9) The Food service program will plan peanut free menus at the Forest City Elementary beginning January 1, 2012.
- 10) The food service program will provide appropriate menu substitutions for students with allergy conditions or disabilities recognized by a physician.

**GOAL AREA #1: Establishing Nutrition Standards for all Foods available on School Campus during School Day**

Specific Goals/Action Steps	Individual/Group Responsible	Timeline
<p><b>Goal 1:</b> Annual increase in K-12 will participate in a breakfast program.</p> <p><b>Goal 2:</b> Student access to pop machines and vending machines containing FMNV(foods of minimal nutritional value) will <b>not be</b> available during the lunch hour.</p> <p><b>Goal 3:</b> All food fundraising, including concession stand, activities will attempt to offer at least one healthy alternative</p> <p><b>Goal 4:</b> Parents and teachers will be encouraged to offer healthy alternatives for snacks and rewards</p> <p><b>Goal 5:</b> The district will disseminate a list of healthy snack alternatives for celebrations during the year utilizing existing communication venues</p> <p><b>Goal 6:</b> The food service program will continue to follow and meet nutrition requirements established by local, state, and federal law</p> <p><b>Goal 7:</b> The food service program will give students the choice of low-fat and fat-free milk</p> <p><b>Goal 8:</b> Any person or group utilizing school food service facilities will review and complete the HACCP food service checklist to assure food safety and security</p>	<p>Food Service Director HS Principal</p> <p>Food Service Director, ES Principal, Supt Administrative Team</p> <p>Building and District Newsletters</p> <p>Food Service Director</p> <p>Food Service Director Food Service Director and Administrative Team</p>	<p>June June</p> <p>June June</p> <p>June June</p> <p>June June</p>

<b>Action Steps</b>		
A) Obtain breakfast participation numbers from food service records	Food Service Director	June
B) Assess placement and availability of vending machines.	HS Principal	June
C) Assess offerings of food fundraisers	Administrative Team	June
D) Assess food offered at concession stands	Administrative Team	June
E) Prepare list of healthy alternative snacks to distribute to teachers and parents	Curriculum Director through District Newsletter	June
F) Distribute the list of healthy snacks	Building Principals through Building Newsletters	June
G) Provide information for food service compliance with local, state, and federal nutrition requirements	Food Service Director	June
H) Assess if low fat and fat free milk is offered daily	Food Service Director	June
I) Assess if all foods served on the school campus comply with state and local food safety and sanitation regulations	Food Service Director	June



## **Forest City Wellness Plan—Attachment Goal 2**

### **Physical Activity Goals**

The primary goal for a school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and long- term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active. The main goal is to assist students in establishing life long physical activity habits.

#### **Goals:**

- 1) Physical activity functions for all levels will meet or exceed the Department of Education recommendations and/or requirements.
- 2) Physical education classes will include students with disabilities
- 3) Physical education classes will encourage moderate to vigorous activity.
- 4) Elementary schools will provide recess time for students daily.
- 5) Recess will be outdoors when possible.
- 6) Recess will encourage moderate to vigorous activity by providing adequate space and equipment when possible.

**GOAL AREA #2 : Physical Activity**

Specific Goals/Action Steps	Individual/Group Responsible	Timeline
<p><b>Goal 1:</b> Physical activity functions for all levels will meet or exceed the Department of Education recommendations and/or requirements</p> <p><b>Goal 2:</b> Physical education classes will include students with disabilities</p> <p><b>Goal 3:</b> Physical education classes will encourage moderate to vigorous activity</p> <p><b>Goal 4:</b> Elementary schools will make every effort to provide recess time for students daily</p> <p><b>Goal 5:</b> Recess will be outdoors when possible</p> <p><b>Goal 6:</b> Recess will encourage moderate to vigorous activity by providing adequate space and equipment when possible</p>	<p>Building Principals</p> <p>Building Principals PE Teachers Elementary Principal</p> <p>Building Principal Building Principal</p>	<p>June</p> <p>June June June</p> <p>June June</p>
<b>Action Steps</b>		
A) Assess if all levels of physical education are meeting Department of Ed recommendations and/or requirements	Building Principals	June
B) Review current physical education curriculum to determine if needs of students with disabilities are being met	Building Principals	June
C) Determine with physical education instructors if activities engage students in moderate to vigorous activity during class time.	Building Principals with PE Instructors	June
D) Assess if recess is offered daily in elementary school	Building Principal	June
E) Review criteria for outside recess	Building Principal	June
F) Assess recess space and equipment to determine if moderate to vigorous activity is possible	Building Principals	June



## **Forest City Wellness Plan—Attachment Goal 3**

### **Nutrition Education and Promotion**

The primary goal of nutrition education, which may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition related behaviors conducive to health and well-being,” (ADA 1996), is to influence student’s eating behaviors.

Health promotion goals seek to utilize many different venues to encourage the adoption of healthy lifestyle choices by students and faculty.

#### **Goals:**

- 1) Nutrition education and promotion will be included in subject areas when appropriate.
- 2) Efforts will be made to promote fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health-enhancing nutrition practices. These efforts will link with school meal programs, other school foods and nutrition related community services when possible.
- 3) Coaches of athletic programs will share with student participants the special nutritional/hydration needs of athletic participants.
- 4) Opportunities for physical activity will be incorporated into other subject areas as appropriate.
- 5) Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.
- 6) Efforts will be made to work with other community agencies to promote and educate on the importance of healthy lifestyle choices when appropriate. (YMCA, Public Health department, Task Force Winn. County)
- 7) Staff will be encouraged to participate in activities that support a healthy lifestyle.

### GOAL AREA #3: Nutrition Education and Promotion

Specific Goals/Action Steps	Individual/Group Responsible	Timeline
<p><b>Goal 1:</b> Nutrition education and promotion will be included in subject areas when appropriate</p> <p><b>Goal 2:</b> Efforts will be made to promote fruits, vegetables, whole grain products, low-fat and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices. These efforts will link with school meal programs, other school foods and nutrition related community services when possible</p> <p><b>Goal 3:</b> Coaches of athletic programs will share with student participants the special nutritional/hydration needs of athletic participants</p> <p><b>Goal 4:</b> Opportunities for physical activity will be incorporated into other subject areas as appropriate</p> <p><b>Goal 5:</b> Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate</p> <p><b>Goal 6:</b> Efforts will be made to work with other community agencies to promote and educate on the importance of healthy lifestyle choices when appropriate</p> <p><b>Goal 7:</b> School staff will be encouraged to participate in activities that support a healthy lifestyle</p>	<p>Building Principal</p> <p>Family and Consumer Science Teachers Health Teachers Food Service Director</p> <p>Activities Director</p> <p>Building Principals</p> <p>Building Principals</p> <p>Nurses</p> <p>Self Monitoring</p>	<p>June</p> <p>June</p> <p>June</p> <p>June</p> <p>June</p> <p>June</p> <p>June</p>
<p><b>Action Steps</b></p>		
<p>A) Review current curriculum to determine areas that nutrition education could be included</p>	<p>Building Principals</p>	<p>June</p>
<p>B) Assess number of fruits, vegetables, and whole grain selections in the food service program</p>	<p>Food Service Director</p>	<p>June</p>
<p>C) Assess other nutrition related services outside the school setting</p>	<p>Administrative Team</p>	<p>June</p>

D) Provide healthy food preparation education when needed	Family and Consumer Science Teachers and Health Teachers	June
E) Provide athletic coaches with current nutritional/hydration guidelines for athletes	Activities Director	June
F) Encourage school staff to give students physical activity breaks when possible	Building Principals	June
G) Assess number of times physical activity breaks are given, as needed per grade level.	Building Principals	June
H) Assess number of other health related agencies to partner with to encourage healthy lifestyle choices. (YMCA, Public Health, Winnebago Task Force)	Wellness Committee	June
I) Assess number of staff that are engaged in activities to support healthy lifestyle choices	Self Monitoring	June
J) Partner with other health related agencies to provide healthy lifestyle choices	Wellness Committee	June