

# Allamakee Community School Wellness Policy



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Food Service Staff/After School Staff  
Middle School Principal/Parent  
Physical Education & Health Instructor  
School Board Member  
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## Legislative Mandate

In 2004, President George Bush signed legislation mandating school districts have wellness policies by the 2006-2007 school year. During the 2004-2005 school year, the Allamakee Community School District (ACSD), in compliance with this mandate, established a local school wellness policy which is updated yearly in accordance with the Healthy Kids Act content and activity standards. These include the following:

1. Goals for nutrition education
2. Goals for physical activity
3. Goals for school-based activities promoting wellness
4. Goals for all foods available within the ACSD
5. Review and assess implementation of the policy

## **I. Goals for Nutrition Education**

- A. The Allamakee Community School District will provide nutrition education that will meet the following goals
  - a. Offer sequential, comprehensive, and standards-based nutrition education designed to provide students with the knowledge and skills necessary to promote and protect their health
  - b. Reinforce classroom nutrition education through cafeteria and other school-related activities, promotions, and through parent involvement
  - c. Teach students a healthy attitude about treats, for example when we are hungry and thirsty, it is best to choose healthy items to satisfy that hunger and thirst
- B. The Allamakee Community School District will provide other school-related activities and promotions
  - a. Nutritional information will be provided to students and staff members promoting wellness education
  - b. Nutritional information will be provided by Iowa State Extension Service, Waukon Food & Fitness Youth Team, and other resources through cross-age teaching
- C. The Allamakee Community School District will provide parent involvement in nutrition education
  - a. The school district will work in cooperation with the local hospital to provide a Wellness Fair for all students and parents
  - b. Include nutrition activities and information in the parent newsletters or flyers that go home
  - c. Use of PowerSchool to send notes home to serve as incentives for parents to follow-up on classroom nutrition education

## **II. Goals for Physical Activity**

- A. The Allamakee Community School District will provide physical education for all students taught by a certified physical education instructor
  - a. The current physical education curriculum at all grade levels will be enhanced to increase the level of vigorous physical activity and student engagement
  - b. Physical education classes will be cooperative rather than competitive
  - c. Physical education instructors will encourage the practice of physical fitness skills and the involvement of family
  - d. High school staff will continue to offer independent morning PE and varied PE class options
  - e. The district will continue to offer a wellness course at the Middle School and High School levels

B. The Allamakee Elementary Schools will provide recess for all elementary grades

- a. Encourage moderate to vigorous physical activity, the provision of space and equipment, and playground supervisors, who will direct activities and teach self-responsibility so that recess can be productive, safe, and enjoyable
- b. Provide for indoor recess (due to inclement weather) with moderate to vigorous activity through the use of CD's and games

C. The Allamakee Elementary Schools will provide access to physical activity, encourage opportunities and educate healthy life styles with strong academic performance

D. The Allamakee Elementary Schools will provide after-school physical activity enrichment programs

- a. Provision of space, equipment, and activities
- b. Partnership with the After School Programs, Waukon Wellness Center, and Waukon Park and Recreation
- c. Include organized sports activities such as volleyball and dance club

### **III. Goals for School-Based Activities Promoting Student Wellness**

A. The Allamakee Community School District will provide the integration of physical activity into classroom settings

- a. Encourage students to meet the nationally recommended amount of daily physical activity, fully embrace regular physical activity as a personal behavior, and provide opportunities for physical activity beyond the physical education class
- b. 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 lifestyles

B. The Allamakee Community School District will provide support for parents' efforts to maintain a healthy diet and daily physical activity for their children

- a. Offer healthy eating/nutrition information through newsletters, school website, parent/teacher conferences and student registration
- b. Offer physical activity information through newsletters, school website, parent/teacher conferences and student registration

- C. The Allamakee Community School District will provide encouragement and support of personal efforts by the staff to maintain a healthy lifestyle
- a. Encourage staff to be wellness role models for the students of this district and to bring treats/snacks that are healthy when they are sharing with other staff members and with students
  - b. Encourage staff to be involved in independent activities such as healthy eating, circuit training, aerobics, walking, jogging and dancing and promoting staff involvement in physical activity focused events organized for students
  - c. Conduct annual health screenings in conjunction with the local hospital and district insurance carrier
  - d. Administration will offer activities promoting and educating staff on physical and mental wellness such as continuing to offer a preventative and proactive wellness lab clinic in the fall for staff

#### **IV. Goals for All Foods Available within the ACSD**

- A. The Allamakee Community School District will provide food service entrees/meals for lunch to ensure that all children have the opportunity to meet their nutritional needs and enhance their ability to learn
- a. Full meal program follows the U. S. Government's Healthy, Hunger-Free Kids Act of 2010
  - b. Encourage students to take at least twenty minutes after sitting down for lunch
  - c. Provide students access to hand-washing/sanitizing in the classrooms or bathrooms before they eat meals
  - d. All ala carte items meet the Smart Snack standards
  - e. Fresh fruits and vegetables offered daily
  - f. Fat, sugar, and sodium content meet nutrition standards
  - g. Bottled water and non-caffeinated beverages are offered as ala carte items
  - h. Garden bar is offered in August 2012 at the Middle School and High School
  - i. Whole grain flour is used in baking per guidelines
  - j. During lunch mods, no restaurant labeled foods or carbonated beverages that are not Smart Snack approved are allowed
  - k. School food program will purchase \$2.00 per student per month of local food
  - l. Free drinking water is available during meals
  - m. Training for food and nutrition staff meets or exceeds the USDA Professional standards
- B. The Allamakee Community School District will provide breakfast to ensure that all children have the opportunity to meet their nutritional needs and enhance their ability to learn
- a. Healthy breakfast will be available at all centers
  - b. Encourage students to take at least ten minutes to eat after sitting down for breakfast
  - c. Provide students access to hand-washing/sanitizing in the classrooms or bathrooms before they eat meals

C. The Allamakee Community School District will provide Free and Reduced-Priced Meals eliminating any social stigma by preventing the overt identification of eligible students

- a. Utilize electronic identification and payment systems
- b. Promote the availability of meals to all students

D. The Allamakee Community School District will provide vending machines in which all food and beverages will be sold individually outside the reimbursable meal programs during the school day or through programs/events for students after the school day

- a. Food should include a variety of healthy choices
- b. Beverages should include milk, juices, and water

E. The Allamakee Community School District will provide encouragement of healthy snacks

- a. Snacks served during the day will make a positive contribution to children's diet and health while emphasizing fruits and vegetables as the primary snacks and water as a beverage
- b. Snacks served during after school activities will make a positive contribution to children's diet and health while emphasizing fruits and vegetables as the primary snacks and water as a beverage
- c. Snacks served during the day or in after school activities will make a positive contribution to children's diet and health while emphasizing fruits and vegetables as the primary snacks and water as a beverage
- d. There are no food or beverage fundraisers during the school day unless the food or beverage meets Smart Snack standards

F. The Allamakee Community School District will provide encouragement to teachers in finding other methods than the use of foods to reward students for academic performance or good behavior

G. The Allamakee Community School District will provide encouragement of healthy food items (low in fat, sugar, and salt) to be served for celebrations

- a. The school will disseminate a list of healthy party ideas to teachers
- b. The school will disseminate a list of healthy party ideas to parents

- H. Food Procurement for the Allamakee Community School District
  - a. The District shall source unprocessed locally grown or raised agricultural foods, within 150 miles, to the greatest extent possible, including school grown products (from school gardens), and menus will be developed to compliment local growing seasons and availability of foods
  - b. If the cost of unprocessed locally grown or raised agricultural food products is at or below 15% of comparably sourced foods, the district may use geographic preference for the procurement of local foods

**V. Review and Assess Implementation of Policy**

- A. The Allamakee Community School District will provide compliance with established school district-wide nutrition and physical activity wellness policies
  - a. The Allamakee Community School Wellness Committee will review and ensure compliance with the policies outlined in this plan
  - b. Food service staff, at the district level, will ensure compliance with nutrition
  - c. District personnel and any other person that is significant to the implementation of this policy will ensure compliance
  - d. Recommendations will be made each year by the School Wellness Committee
  - e. Changes in the ACSD Wellness Policy will be communicated to the district staff