

# School Wellness Policy

## Goals and Strategies



**New Hampton Community School District**

New Hampton, IA 50659

*2011 Update*

## School Wellness Team:

**Active Living Intern-** Anna Wikan

**Students-** Middle School- Kaelyn Ambrose, Eric Shatek, and Rachel Whitman and High School- Wil Baltus, Monte Edwards, Connor Frerichs, and Holly Meirick

**Teachers/Paraprofessionals-** Bill Boyd, Marilyn Grote, Scott Hogeland, Carol Hovey, Cindy Moore, Jim Russ, and Donna Schmeidel

**School Food Service Director-** Jodi Hollister

**School Board Member-** Tom Rasmussen

**School Nurse-** Linda Tiemessen

**Parents-** Jose and Perla Lagunas, Laurie Marzolf and Joanne Tupper

**Local Government Officials-** SueEllen Kolbet and Virgil Pickar

**Community Members-** Emily Kleiss, Tara Perkins, and Misti Sawver

**Community Health Care Professionals-** Kathy Babcock, Mindy Ellsworth, and Dr. Rick Moberly

**Administrators-** Linda Kennedy, Dr. Steve Nicholson, Kelly O'Donnell, Donita Joens, and Sarah Updegraff



**Legislative Mandate:**

In 2004, President George Bush signed legislation mandating school districts have wellness policies by the 2006 – 07 school year. During the 2004 – 05 school year, the New Hampton Community School District, in compliance with this mandate, established a local school wellness policy that includes:

1. Goals for nutrition education
2. Goals for physical activity
3. Goals for other school-based activities to promote wellness
4. Guidelines for food-service and any other foods dispensed within the district, and
5. A plan for measuring the implementation of the local wellness policy.

**This School Wellness Policy (District Policy 507.9) aligns with the mandates of the Healthy Kids Act, SF 2425. The Healthy Kids Act was established on May 13, 2008, the physical activity component was implemented on July 1, 2009, and the nutrition section was implemented in the 2010-2011 school year. See the attached copy of the Healthy Kids Act for more specific information.**



## 1. Goals for Nutrition Education

The New Hampton Community School District will provide nutrition education that will meet the following goals:

- a. Offer sequential, comprehensive, 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 and promotions, and through parent involvement.
- c. Teach students a healthy attitude about treats. When we are hungry and thirsty, it is best to choose healthy items to satisfy that hunger and thirst. But treats (foods that are higher in sugar, sodium and fats) are a good part of life and can be shared and enjoyed on occasion.

### ***Other School-Related Activities and Promotions:***

- a. Share nutrition information with athletes at presentations by community resource persons or the district food service personnel and through information materials. (Athletic Director)
- b. Establish a Health Career Club for interested high school students to explore health-related careers and conduct sharing sessions and health-related activities with high school students. (School Nurse)

### **Parent Involvement in Nutrition Education:**

- a. Stage a Wellness Fair for elementary students and parents with wellness stations and speakers.
- b. Include nutrition activities and information in the parent newsletters and flyers that go home. (Building Principals)
- c. Use Power School to send notes home to serve as incentives for parents to follow-up on classroom nutrition education. (Building Principals)



*Offer only healthier choices and kids will choose them.*

## **2. Goals for Physical Activity**

### ***Physical Education Curriculum***

Goal: The New Hampton Community School District will provide physical education for all students that is 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. The elementary and middle school staff will continue to stage spring wellness days highlighting wellness activities.
- e. High school staff will explore the offering of an early bird physical education class at the high school level.
- f. High school staff will explore the possibility of offering an Independent Study Course at the high school level with a physical education focus.

### ***Recess***

Goal: The New Hampton Elementary School will provide recess for all elementary and middle school students that:

- a. Encourages 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. (Elementary and Middle School Principals)
- b. Provides for indoor recess (due to inclement weather) with moderate to vigorous activity through the use of CD's and games. (Elementary and Middle School Principals)

### ***Physical Activity Improves Learning***

*The New Hampton Elementary School believes physical activity facilitates improved attention and focus on learning in the academic program, and is an essential component of the total educational experience all students.*

Goal: All K-5<sup>th</sup> grade students will have access to at least thirty minutes of physical activity (e.g., recess, physical education) each day. Physical activity will not be viewed as a reward for good behavior or a punishment for unacceptable behavior or unfinished work. The 6<sup>th</sup> - 8<sup>th</sup> grade students are required to have 120 minutes/week of activity to meet the expectations of the Healthy Kids Act.

### ***Optional Issues***

After-School Physical Activity Enrichment Programs will be offered:

- a. Through the provision of space, equipment, and activities.
- b. Through the partnership of New Hampton Park and Recreation and the Chickasaw Wellness Complex.

### 3. Goals for Other School-Based Activities That Promote Student Wellness

#### ***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 New Hampton Community School District will:

- a. 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. (Classroom and physical education instructors)
- b. Provide aerobic/active movement/dance videos for indoor recess activities in the elementary classrooms. (Elementary Principal)
- c. Encourage all classroom teachers of the district to provide short physical activity breaks between lessons, classes, as appropriate. (Classroom instructors)

#### **Communication with Parents**

The New Hampton Community School District will support parents' efforts to provide a healthy diet and daily physical activity for their students in the following ways:

- a. Offer healthy eating/nutrition and physical activity information at Parent/Teacher conferences and student registration, and through periodic announcements on Power School (Building)
- b. Advertise the Healthy Thought of the Day or Week on the school marquee. (School Nurse)

#### **Staff Wellness**

The New Hampton Community School District values the health and well-being of every staff member and will encourage activities and policies that support personal efforts by staff to maintain a healthy lifestyle. The district will:

- 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 through the provision of space, equipment, and activities, and through the programs of Weight Watchers, Curves, Mercy Medical Center, New Hampton Park and Recreation, the Chickasaw Wellness Complex, and the Live Healthy Iowa Program.
- c. Conduct health screenings when possible.



*A healthy lifestyle connects with higher academic performance.*

#### **4. Goals for All Foods Available on the NHCS D Campus**

##### ***Food Service Entrees***

##### ***Meals served at the New Hampton Community School District will:***

- a. Be appealing and attractive to all students.
- b. Be served in clean and pleasant settings.
- c. Be balanced and nutritious.
- d. Be prepared and served in the most healthful manner (bake rather than fry, etc.).
- e. Offer a variety of fruits and vegetables (fresh, when possible).
- f. Be as low in fat, sugar, and sodium content, as possible.
- g. Include an ala carte offering in both buildings (survey students to learn preferences).
- h. Include the offering of water in both cafeterias (bottled water at the high school).
- i. Include only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).
- j. Ensure that at least half of the served grains are whole grain.
- k. Meet, at a minimum, nutrition requirements established by local, state, and federal law. (Food Service Director)

##### ***Breakfast served at the New Hampton Community School District will:***

Ensure that all children have the opportunity to have breakfast in order to meet their nutritional needs and enhance their ability to learn.

##### ***Food Service Director:***

The food service director will:

- a. Involve elementary, middle school (St. Council), and high school students (foods class) in developing nutritious menus throughout the year on a rotating basis.
- b. Identify the food group to which each item on the lunch menu connects.
- c. Explore the option of offering an after-school snack cart with healthy choices for students involved in after-school activities.
- d. Attend training sessions to continue learning current best practice in food service.

##### ***The New Hampton Community School District will:***

- a. Encourage students to take at least ten minutes to eat after sitting down for breakfast and twenty minutes after sitting down for lunch. (Teachers)
- b. Provide students access to hand-washing/sanitizing in the classrooms or bathrooms before they eat meals. (Teachers)
- c. Discourage students from sharing their foods or beverages with one another, given concerns about allergies and other restrictions on some children's diets. (Food Service Personnel)

##### ***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-priced meals. Toward this end, the school district will:

- a. Utilize electronic identification and payment systems; (Food Service Personnel)
- b. Promote the availability of meals to all students. (Food Service Director)

### **Vending Machines:**

All foods and beverages sold individually outside the reimbursable meal programs during the school day or through programs/events for students after the school day, will meet the following requirements: (Building Principals)

#### **A. Beverages:**

Gatorade, Propel, Fruit Juice and Water	Girls' locker room at the high school
	Boys' locker room at the high school
	Teachers' lounges of the district
	Machine in new lobby at the high school
	Old gymnasium entrance at the middle school
	Concessions in middle school gym
Propel and water	Hallway machines in the high school
All beverages available from Pepsi*	Concessions at Mikkelson Park
	Concessions at the football complex
	Concessions in high school gym

\*There will be an attempt to limit pop and beverages high in sugar in these concessions, also.

#### **B. Foods:**

Food items could include: string cheese, yogurt products, whole grain granola bars, fresh fruits and vegetables, trail mix, nuts and seeds, dried or canned fruits, dried cereal, whole grain crackers, and popcorn

#### **Snacks in School**

Snacks served during the day or in after-school activities 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 as the primary beverage. (Building Principals and Teachers)

#### **Rewards**

The New Hampton Community School District will encourage teachers to try to find other ways than the use of foods to reward students for academic performance or good behavior.

#### **Celebrations**

The New Hampton Community School District will encourage healthy food items (low in fat, sugar, and salt) to be served for celebrations. The school will disseminate a list of healthy party ideas to parents and teachers. (Building Principals and Teachers)





## 5. Monitoring the Implementation of the School Wellness Policy

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

### **In the spring of the year, in the New Hampton Community School District:**

- Each principal will ensure compliance with the policies outlined in this plan concerning issues in his/her building and will report on the building's compliance by completing the School Wellness Policy Checklist:
- Food service staff, at the district level, will ensure compliance with nutrition and other policies outlined in this plan under goal #4 and will report on compliance by completing the School Wellness Policy Checklist.
- The school nurse, physical education instructors, athletic director, and any other person that is significant to the implementation of this policy will ensure compliance by completing the spring checklist.
- The completed checklists will be handed to the district wellness coordinator who will compile a summary report. The report will be presented to the school board, superintendent, principals, all staff, School Wellness Policy Team, and other stakeholders.
- Recommendations will be made each year by the School Wellness Policy Team to insure successful implementation of this plan. The team will modify this plan as needed to ensure the wellness needs of students and staff are met.

### **In this 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 an SMI review from the state agency within the past five years, the school district will request from the state agency that an SMI review be scheduled as soon as possible.

### **Ongoing Assessment:**

The New Hampton Community School District conducted a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of this assessment helped to identify and prioritize needs for the development of the School Wellness Policy. This baseline assessment will be repeated every three years to help review compliance, assess progress and determine areas in need of improvement.

