

Mediapolis CSD Wellness Policy

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. Mediapolis Community School District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

Mediapolis Community 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.

Mediapolis Community School District supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Mediapolis Community School District will make every effort to eliminate any social stigma attached to, and prevent the overt identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students.

Mediapolis Community School District will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority, employees, and students. The local wellness policy committee will develop a plan to implement and measure the local wellness policy, and will monitor the effectiveness of the policy. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals

Nutrition Education and Promotion

Mediapolis Community 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.

Physical Activity

Physical Education

Mediapolis Community School District will provide physical education that:

- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Daily Recess

Elementary schools should provide recess for students that:

- is at least 30 minutes a day;
- is preferably outdoors.

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 school district will:

- discourage sedentary activities, such as watching television, playing computer games, etc.;
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

Communication with Parents

Mediapolis Community School District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- send home nutrition information, post nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus;

- encourage parents to pack healthy lunches and sacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.
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Nutrition Guidelines for All Foods Available on Campus

Following are the nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity in Mediapolis Community School District.

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

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 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

Mediapolis Community 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 may:

- utilize electronic identification and payment systems;
- provide meals at no charge to all children, regardless of income; and,
- promote the availability of meals to all students.

Meal Times and Scheduling

Mediapolis Community 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 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during these activities;
- will provide students access to hand washing 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

Mediapolis Community School District discourages students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

The food service program will approve and provide all food and beverage sales to students in the elementary school. To this end:

- food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills; and,
- foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte lines, vending machines, or through programs for students during the school day) will meet the following nutrition and portion size standards:

Beverages

- **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 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).
- **Not allowed:** soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners; beverages containing caffeine; excluding low-fat or fat-free chocolate milk (which contain minimal amounts of caffeine).

Vending Machines

- Vending machines that contain soft drinks; sports drinks; iced teas; fruit-based drinks that contain less than 50 percent real fruit juice

or that contain additional caloric sweeteners; and beverages containing caffeine will not be in operation from the hours of 8:15 a.m.- 3:20 p.m.

Foods

A food item sold individually in the ala carte line:

- will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;
- will have no more than 35 percent of its weight from added sugars; and,
- will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving of pastas, meats and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches and main dishes.
- will include a choice of at least two fruits and/or non-fried vegetables for sale at any location on the school site where foods are sold.

Examples: Food items could include, but are not limited to, fresh fruits and vegetables; 100 percent fruit or vegetable juice; fruit-based drinks that are at least 50 percent fruit juice and that do not contain additional caloric sweeteners; cooked, dried or canned fruits (canned in fruit juice or light syrup); and cooked, dried or canned vegetables (that meet the above fat and sodium guidelines).

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;
- Six 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;
- One-half cup cheese.

Rewards

Mediapolis Community School District will not use foods or beverages 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 punishment.

Celebrations

Schools should evaluate their celebrations practices that involve food during the school day. Mediapolis Community School District will disseminate a list of healthy party ideas to parents and teachers.

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
- 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.

Measuring Implementation

The following criteria will be reviewed annually to ensure consistent implementation of the Mediapolis CSD Wellness Policy:

School Year: _____

Wellness Goal	Evidence of Implementation	Individual(s) Responsible for Review	Date Review Completed	Comments
Nutrition Education and Promotion	The district will maintain records of district standards and benchmarks or course guides that address nutrition education at each grade level.	Building Principals	EL- MS- HS-	
	Teachers will identify classroom activities that promote healthy choices (as evidenced in lesson plans, observations, or portfolio artifacts).	Building Principals	EL- MS- HS-	
Physical Activity	The physical education teachers will be certified by the state of Iowa.	Central Office		
	Alternative educational settings will be provided for students with disabilities and/or special health care needs when necessary.	Building Principals	EL- MS- HS-	
	Students will be engaged in vigorous activity during at least 50% of physical education class time (as evidenced in lesson plans, observations, or portfolio artifacts).	Building Principals	EL- MS- HS-	
	The elementary building schedule will provide at least 30 minutes of daily recess (outdoors when possible).	Elementary Principal		
Other School-Based Activities That Promote	The school will communicate with parents and support their efforts with regard to good nutrition and exercise through newsletters, handbooks, and our district website.	Building Principals	EL- MS- HS-	

Student Wellness				
Nutrition Guidelines for All Foods Available on Campus	<p>All meals served will follow the nutrition guidelines with the objective of promoting student health and reducing childhood obesity.</p> <p>Building schedules will provide students with appropriate time to eat meals (breakfast-10 minutes, lunch-20 minutes).</p> <p>Qualified nutrition professional will administer the meal programs.</p> <p>Food and beverage sold through vending machines and accessible to students on campus will meet nutrition and portion size standards. The machines will not be in operation from 8:15 a.m.-3:20 p.m.</p>	<p>Food Service Director</p> <p>Building Principals</p> <p>Central Office</p> <p>High School Principal</p>	<p>EL-MS- HS-</p>	

The curriculum coordinator will maintain records of annual reviews.

The committee will report annually to the school board regarding the effectiveness of this policy. This report was made to the school board on the following date:
