

Policies Series 700 Code 760	Procedures Series 700 Code 760
<p>Title: School Wellness <u>The Goal</u> Becoming the model for urban education, The Des Moines Public Schools Board of Directors supports a culture and climate of wellness for all students. The district promotes the development of healthy students by supporting a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment shall be aligned with school district goals to positively influence the understandings, beliefs, and habits of physical and mental well-being of students and staff.</p>	<p>I. Procedures Statement The school district strives for the collaborative approach of the Whole School, Whole Community, Whole Child framework recommended by the Centers for Disease Control and Prevention. http://www.cdc.gov/healthyyouth/wsc/index.htm The district will partner with the community to provide coordinated and targeted services and resources to meet overall Wellness Policy compliance measures and to avoid duplication of existing services.</p> <p>II. Definitions Curriculum – The prescribed elements of programs and courses which state clearly and specifically what students are expected to know and be able to do. Intramural program – An extracurricular activity program within a school that provides students an opportunity to participate in activities that are an extension of the physical education program. Interscholastic athletics – Approved athletic competition between or among two or more schools. Farm to School– programs that enrich connections communities have with fresh, healthy food and local-food producers through procurement, education and gardening activities. Health Education – A planned, sequential curriculum that addresses the intellectual, physical, emotional and social dimensions of health; develops health knowledge, attitudes and skills; and is tailored to the developmental level of students. Nutrition Education – A component of the comprehensive school health education curriculum which teaches knowledge and skills related to nutrition and physical activity to achieve positive changes in dietary and physical activity. Physical Activity – Any bodily movement produced by skeletal muscles that result in an expenditure of energy. Physical Education Program – A planned, sequential curriculum that teaches skills, knowledge and attitudes which are needed to establish and lead a physically active life. Recess – Regularly scheduled periods within the school day for structured physical activity. Safe Routes to School (SRTS) – Programs offering a variety of strategies that help make routes safer for children to walk, bicycle, or use other forms of active transportation to get to and from school as well as encouragement strategies to entice more students to do so. Nutrition Promotion – Information and encouragement to students and families to consume healthy foods and beverages.</p>

<p><u>Nutrition Education and Health Education</u> The school district will provide curriculum in nutrition education as part of the district’s instructional program in comprehensive health education in grades pre-kindergarten, kindergarten through five, and in the Family Consumer Sciences/Health Education in grades six through twelve.</p>	<p>III. Standards</p> <p>A. Nutrition Education – The school district will provide curriculum in nutrition education as part of the system’s instruction program in Comprehensive Health Education.</p> <ol style="list-style-type: none"> 1. Health education includes enjoyable, developmentally appropriate, culturally relevant participatory activities on a variety of topics including: personal health; food and nutrition; environmental health; safety and survival skills; consumer health; family life; substance abuse and nonuse, encompassing the effects of alcohol, tobacco, drugs, and poisons on the human body; human sexuality, self-esteem, stress management, and interpersonal relationships; emotional and social health; health resources; and prevention and control of disease and the characteristics of communicable diseases. 2. Nutrition education will be aligned to the CDC National Health Education Standards, the National Standards for Family and Consumer Sciences Education, and the Iowa Core Health Literacy Standards. 3. Health and nutrition education will be integrated into other areas of the curriculum, where appropriate including health services. 4. Elementary schedules will include at least 30 minutes of health education per week. 5. Farm to School messages and activities about local foods and gardening will be integrated into curriculum and school meal programs where appropriate. 6. Students will receive consistent health messages from the school district throughout the school, classroom, cafeteria, and media. 7. The school district will provide information to families that encourages physical, emotional and social health.
<p><u>Physical Education and Physical Activity</u> The school district will develop a comprehensive, school-based physical activity program (CSPAP).</p> <p>The school district will enhance and implement a curriculum in physical education that meets federal and state guidelines. The curriculum will align with the National Society of Health and Physical Educators (SHAPE) standards for all students in pre-kindergarten through grade twelve.</p> <p>http://www.shapeamerica.org/standards/pe/</p> <p>For specific curriculum information and resources visit www.pe.dmschools.org</p>	<p>B. Physical Education – The school district will enhance and implement a curriculum in physical education in accordance with the Society of Health and Physical Educators (SHAPE) National Standards.</p> <ol style="list-style-type: none"> 1. A physical education program will be provided each year for all students in pre-kindergarten through grade twelve. 2. Physical education will be aligned to the greatest extent possible with the guidelines of the National SHAPE standards and the Centers for Disease Control (CDC). <p>C. Physical Activity – For students to embrace physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class.</p> <ol style="list-style-type: none"> 1. The school district will 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 activities. Inclusion of walking, bicycling, traffic

<p>The school district will offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically activity lifestyle.</p> <p>Legal References: 2008 Iowa Acts, Senate File 2425, division XI, “Healthy Kids Act.” IAC 281—12.2 and 125 (256)</p> <p>https://www.educateiowa.gov/sites/files/ed/documents/0910_sbp_HKA_finalPhysActRules.pdf</p>	<p>skills and safety in the health, physical education, and/or other classroom curriculum is encouraged.</p> <ol style="list-style-type: none"> 2. Each elementary school will provide daily recess, preferably outdoors, for at least 20 minutes, during which schools should encourage moderate to vigorous physical activity. 3. Middle and high schools will promote physical activity programs such as clubs, intramurals, and interscholastic athletic programs. 4. Classroom teachers are encouraged to incorporate daily physical activity breaks to increase student achievement. <p>https://www.gonoodle.com/, https://www.educateiowa.gov/physical-activity</p> <ol style="list-style-type: none"> 5. Students in grades K-12 are encouraged not to be removed from the physical education class or physical activity due to an intervention or make-up work for another course. 6. Physical activity or withholding physical activity should not be used as a punishment throughout the school day following NASPE position statement on Physical Activity Used as Punishment and/or Behavior Management. 7. Schools are encouraged to promote walking, bicycling, and other forms of active transportation to and from school including, but not limited to, walking school buses, bicycle trains, supported remote drop-off locations, increased walking distance option from bus drop off to door, and delayed safety release procedures. <p>http://guide.saferoutesinfo.org/encouragement/index.cfm</p> <p>Schools are encouraged to perform walk audits to assess traffic and safety conditions in the vicinity of each school and identify safety conditions needing mitigation. Where identified problems exist in areas under District’s control, District will seek to mitigate them as promptly as is feasible; where problems are under the city or other entity’s control, District will encourage the city or other entity to mitigate them.</p>
<p><u>Student Nutrition</u></p> <p>The school district will follow Des Moines Public Schools Board of Directors’ Policy Series 700, Code 763 Nutrition Standards.</p> <p>All foods offered or sold during the school day or for school-sponsored activities will meet federal, state and local standards. All foods offered or sold to students should make a positive contribution to student health and support nutrition education efforts.</p> <p>Schools will provide access to healthy foods outside the reimbursable meal programs including those sold through a la carte lines, vending machines, student-run stores, fundraising activities before, during, and 30 minutes after school.</p> <p>Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards.</p>	<p>D. Food and Beverages – The District will follow Des Moines Public Schools Board of Directors’ Policy Series 700, code 763 Nutrition Standards. All foods made available on campus must comply with federal, state and local nutrition, food safety and sanitation policies and regulations.</p> <p>(National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act of 2010)</p> <p>E. All Food Offered or Sold</p> <ol style="list-style-type: none"> 1. Schools only allow marketing and advertising of foods and beverages that meet the Smart Snacks and school nutrition standards. 2. Fundraising Activities: To support children’s health and school nutrition-education efforts, school-sponsored fundraising activities are encouraged to either not involve food or use foods that will make a positive contribution to children’s diets and health and meet or exceed Smart Snacks nutrition standards. Schools will encourage fundraising activities that promote physical activity and other

The school district supports Farm to School efforts to increase awareness of and access to healthy, local foods.

non-food items through various district websites. While this restriction does not apply to PTAs/PTOs, independent booster clubs or similar organizations, they are encouraged to comply with this policy when it comes to the sale of fundraising items.

3. Snacks:

Snacks served during the school day or in after-school care or enrichment programs 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. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents through various district websites. Eligible schools will provide snack through approved after-school programs participating in the National School Lunch Program.

4. Rewards:

Schools will not use food or beverages for rewards that do not make a positive contribution to children's diets and health, and will not withhold food or beverages as a punishment.

<http://www.extension.iastate.edu/publications/pm2039a.pdf>

F. School Meals – Guidelines for reimbursable school meals shall not be less restrictive than federal, state and local standards.

1. The School Food & Nutrition Department will provide meal pattern breakfast and lunch to students each day that school is in session. Schools will schedule meal periods at appropriate times.
2. Schools are encouraged to provide a positive lunchroom environment that encourages healthy choices and ensures adequate time to consume meals.
3. Schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
4. Schools should discourage students from sharing their foods and beverages with one another during meals or snack times.
5. The school district will sponsor the Summer Food Service Program in schools and community locations throughout Des Moines as applicable.

G. Farm to School – The Food & Nutrition Department supports a diverse Farm to School program.

Purchasing local (within the state of Iowa) and regional (within bordering states) foods through distributors and producers as applicable. Promoting local foods through a variety of in-class, cafeteria and media outlets. Tracking and reporting local food purchases as well as the impact they have on school nutrition programs.

School Employee Wellness

The health, safety and attendance of school teachers and staff are critical to our students meeting the rigorous learning goals we have set. In addition, school staff members are a unique and valuable resource. To this end, the district will establish a school employee wellness program that will include, but is not limited to, physical activity and nutrition information, weight management, stress management, health screenings, tobacco cessation and other evidence-based approaches.

The employee wellness program is fully supported by the DMPS Superintendent, School Board, DMPS Leadership and the Health Benefits Advisory Committee.

The program will be evaluated annually for its overall effect on staff health and well-being, staff attendance and return on investment.

H. School Employee Wellness

1. Employees will be encouraged to participate in the Healthy U Employee Wellness Program.
<http://www.dmschools.org/departments/human-resources/employee-benefits/employee-health-wellness/>
2. Employees will be encouraged to participate in activities surrounding physical, environmental, social, mental, spiritual, emotional, financial, nutritional, occupational and community health wellbeing.
3. Employees will be given an opportunity to earn wellness incentive dollars to be applied toward their health insurance premium, through active participation, completion and self-reporting of approved wellness activities outlined in the yearly updated Healthy U Incentive Guide.
4. Employees will be encouraged as part of their wellness program to complete a yearly online health assessment.
5. Employees will be encouraged as a part of their wellness program to complete a yearly biometric screening.
6. The school district will perform an annual evaluation of the wellness program. Through the use of aggregate data obtained from the screenings, medical claims data and from employee feedback.
7. Healthy U and the school district will continue to support and offer programs that will support the emotional health of its employees through programs such as EAP (Employee Assistance Program).
8. Employees are expected to complete required safety trainings and assessments based on their job description (random drug screens, universal precautions, mandatory reporter, SafeSchools Training, etc.).

SafeSchools link: <http://dmps.ia.safeschools.com/>

Policy Implementation

The superintendent/designee will ensure district compliance with established school district wellness policy. A district Wellness Policy Committee comprised of a diverse team of representatives will meet periodically to review and update the district wellness policy.

Building principal/designee will ensure building-level compliance with established wellness policy including a building-level wellness committee and action plan.

*Adopted: June 20, 2006
Administrative Procedures: Code 760*

IV. Compliance – The superintendent/designee will ensure compliance with established school district wellness policy and procedures. A district Wellness Policy Committee will meet at least twice annually (October and March) to review the district wellness policy.

Wellness Policy Committee membership will be open to required participants including but not limited to school board members, at least one parent representative, at least one student representative, a community partner representative, a district transportation representative, and at least one non-district representative from any or all of the following: medical, dietetics, public health, transportation, restaurant/hospitality, and/or parks/recreation.

The district Wellness Policy Committee will seek input during evaluation from district and community stakeholders. A public forum will be held once each academic year to inform and include community members in wellness policy and practice.

Legal References: Richard B. Russell National School Lunch Act, 42, U.S.C. 1751 et seq. (2005); Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.

Last review: 2010; Revised: November 1, 2016

- A. A comprehensive assessment will be repeated every 3 years to help review policy compliance, assess progress and determine areas in need of improvement.
- B. The principal/designee will ensure compliance with the wellness policy and procedures in the school and to communicate information to staff, students and the community. Each school building is encouraged to form a Wellness Team comprised of administrators, teachers, staff, parents and students. Each school building will complete an annual action plan to measure progress toward wellness policy goals to be kept on file with Food & Nutrition Management.

The district Wellness Policy Committee will communicate wellness policy updates with the board, and building principal, Wellness Team or designated contact.

Efforts will be made to combine school wellness policy implementation and evaluation with other school wellness initiatives; i.e., Alliance for a Healthier Generation Healthy Schools Program, Pick a Better Snack, Fuel Up to Play 60, Team Nutrition, Farm to School, 5210-Let's Go, etc.

Adopted: June 20, 2016; Revised November 1, 2016