

# **Iroquois School District**

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## **WELLNESS POLICY**

*2008-2009*

## WELLNESS COMMITTEE

**Thank you for volunteering to serve on the Iroquois School District Wellness Committee!**

The members include:

Mark Sampson – Administrator  
Rick Soma – Administrator  
Mary Jane Fast – School Board Member  
Delores Royal – Food Service Manager  
Linda Perry – Food Service  
Jesse Rounds – PE Teacher  
Jeannie Miller – General Education Teacher  
Heath Isaacson – General Education Teacher  
Marlys Peskey – Secretary  
Karen Bohlander – Parent  
Erik Wehlander – Student  
Brent Matter – Student  
Sarita Waldner - Student

The Wellness Policy must include four components. They include the Nutrition Education Component, Physical Activity Component, Other School-Based Activities Component and the Nutrition Standards Component.

To begin this process of developing our Wellness Policy the committee will break into four groups to explore each component. We will hold our first meeting towards the end of January to share the information gathered by each group.

When you are looking at your component it is first necessary to take a baseline assessment of what the school currently does and then explore possibilities that could be implemented in the Wellness Policy. When we meet in January please have your baseline assessment completed and brainstorm ideas to work into your component. We will share this information at this time. We will find at the first meeting that many ideas may come forth but compromises must be found to develop the best possible policy for the district.

Please view the Model Wellness Policy at  
<http://doe.sd.gov/oess/cans/training/wellnesspolicy.asp>

Component groups are as follows:

Nutrition Education Component: Jeannie Miller, Heath Isaacson, Mary Jane Fast, Erik Wehlander and Brent Matter.

Physical Activity Component: Rick Soma, Jesse Rounds and Sarita Waldner.

Other School-Based Activities: Marlys Peskey, Mark Sampson and Karen Bohlander.

Nutrition Standards Component: Delores Royal and Linda Perry.

## **Nutrition Education Component**

At each grade level nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

### **Nutrition Education:**

- teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
- is part of health education classes and/or stand alone courses;
- is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects;
- includes the school cafeteria which serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom;
- uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12;
- provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
- offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
- will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;
- will include a school nutrition/health team, such as Team Nutrition or Coordinated School Health, to conduct nutrition education activities and promotions that involve parents, students, and the community.

*These are activities that are happening now to meet our Nutrition Education:*

- 1. Carr Chiropractic does a Nutrition Component*
- 2. HOTT*
- 3. Wednesday Walks*
- 4. High School Students participate in Health Occupation Class*
- 5. Virtual Health Career Fair on DDN*

*Things to Improve on over the year: (1 Year)*

- 1. Health Science Career Program*
- 2. Health Fair*
- 3. A week long K-12 Focus on Nutrition Education and increase to 2 weeks following year (This would be a 4 week plan.)*
- 4. Have Contests*
- 5. High School Facs Class and MS/HS Science talk about Nutrition*
- 6. Academy Schools- Pick Class of Nutrition*

## Physical Activity Component

The primary goal for the 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 healthful lifestyle.

### Daily Physical Education Classes K-12

- All students in grades K-12 will receive daily physical education (or its equivalent of 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students) for the entire school year. Students with disabilities, special health-care needs, and those in alternative educational settings will be included. *Physical Education classes and recess meet the requirements of this component.*
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. *Physical Education classes start with warm ups and end with cool downs, but the majority of the time is in moderate to vigorous physical activity.*
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12. *Standards are addressed in all classes.*
- All physical education will be taught by highly qualified physical education teachers. *Current teaching staff is highly qualified.*
- Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school. *The ratio is equivalent to other courses.*
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement. *Interscholastic or intramural activities are not part of the regular curriculum and are optional for all students.*

### Physical Activity across the Curriculum

- Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies.). *Grade regularly take walks to student the history of the area, the environment and other areas.*

### Daily Recess

- All elementary school students will have at least 20 minutes a day of supervised recess, preferable outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity. *Recess currently is over 20 minutes a day for grades PK – 5.*
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake. *Recess currently is prior to lunch for grades PK – 5.*

- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active. *Breaks are planned for students during extended periods of inactivity.*

#### Physical Activity Opportunities Before and After School

- All elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. *Football, Volleyball, Cross Country, Boys Basketball, Girls Basketball, Boys Track and Girls Track are currently offered.*
- All high schools and middle schools as appropriate, will offer interscholastic sports programs. *Physical Education is offered.*
- Schools will offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. *Activities include boys, girls, students with disabilities and students with special health care needs.*
- Schools will educate and encourage participation in community or club activities. *Students are encouraged to participate in community and club activities.*
- After-school child care and enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants. *Currently no after school programs are offered.*

#### Rewards/Incentives/Consequences

- Teachers and other school and community personnel will not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. *Physical Activity is not used as a punishment and is not taken away from students.*
- Students will not be denied physical activity for purposes of make-up work, testing, etc. *All students will receive physical activity and not be removed for make-up work or testing.*

#### Safe Routes to School

- The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts. *Sidewalks, crosswalks and bicycle racks are provided.*
- The school district will explore the availability of funding through the SD Department of Transportation. *Crosswalks were provided by the Dept of Transportation.*
- The school district will encourage students to use public transportation when available and appropriate for travel to school. *Bussing is provided for all students according to South Dakota Law.*

#### Use of School Facilities Outside of School Hours

- School spaces and facilities will be available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations. *Facilities are available for community activities including basketball, volleyball and walking.*
- Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs. *The school makes all facilities available to the public.*
- School policies concerning safety will apply at all times. *Policies apply to all groups.*

#### Wellness Council/Committee

- Schools will develop a Wellness Council/Committee comprised of school personnel, community members, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community. *Committee was formed during the 05-06 school year.*

## **Nutrition Standards Component**

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

### **General Guidelines**

- \* Food pricing strategies will be designed to encourage students to purchase nutritious items.
- \* Procedures will be in place for providing information to families, upon request, about the nutritional values of the foods served. Standardized recipes provide the nutritional values, also nutritional facts or child nutrition labels if provided on all groceries brought into the school for dinner, are kept for each school year.
- \* Food and beverages sold or served on school grounds or at school sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this document.

### **School Meal Program**

- \* The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. All schools will comply with USDA regulations and state policies. The Department of Education and Cultural Affairs (DECA), Child and Adult Nutrition Services (CANS) provide this training at Certification School every summer, so that everyone has the opportunity to learn of the regulations and policies that the state requires of child nutrition professional.
- \* Schools will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks. All menus for schools are planned using standardized recipes the state provides us, that provides nutrients to meet the Dietary guidelines for Americans. Our school uses the Enhanced Food-Based Menu planning option, which requires food group components in certain amounts. Each age group requires separate serving sizes. Provides more vegetables and fruits, and grains/breads.
- \* Menus will be planned with input from students, family members, and other school personnel and will take into account students' cultural norms and preferences. Elementary students submit a class menu during the months of April and May. Staff members eating dinner at school are asked for their input on new food items to try. Menus are compared with surrounding school menus with our number of students.

\* Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation. We will accommodate any student with special dietary needs, the food substitute as prescribed by their doctor.

#### A La Carte Offerings in the Food Service Program

\* A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this document. We do not at this time serve a la carte items.

\* School food service departments will not sell extra portions of desserts, French fries, and/or ice cream. We do not at this time sell seconds of portions of any kind of food served at lunch time.

#### Snacks

\* Healthy snacks will include fresh, dried or canned fruits (in 100% juice only); vegetables; 1% or Skim milk; and grains meeting the Standards for Food and Beverages set forth in this document.

#### Fundraising

\* At least 50% of the fund raising activities will not involve the sale of food and/or Beverages are offered they will meet the Standards for Food and Beverages.

Recommendations stated under Fundraising under Other School-Based Activities Component.

#### Parties and Celebrations

\* Schools should limit celebrations that involve food during the school day.

\* Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.

\* The district will disseminate a list of health party ideas to parents and teachers.

#### School Sponsored Events (such as but not limited to athletic events, dances, or performances)

\* Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

#### Vending Machines

\* All foods and beverages sold in school vending must meet the Standards for Foods and Beverages and guidelines for vending machines set forth in this document.



## **Other School-Based Activities Component**

Schools will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy long habits.

### **Professional Development**

- Schools will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.  
*Have sent staff to Health Education Meetings, Food Service to professional development when economically feasible. Look into Team Nutrition and Coordinated School Health*
- Schools will provide nutrition and physical education for students, staff, parents, and where appropriate, community members.  
*Students participate in Growing Healthy in K-5, FACS classes in 6-12. Look into staff program through the governor.*

### **Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.  
*Teachers lounges, kitchen table, or lunchroom all between 11:00 and 12:30*
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.  
*K-5 wash before going to lunch. Others have bathroom and locker rooms available.*
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.  
*Twenty minutes are given to each lunch group every day.*

### **Recess Before Lunch**

- Schools will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.  
*Recess is currently scheduled for 10:50 – 11:15 and lunch is from 11:20- 11:50 for K-5.*

### **Rewards, Incentives and Consequences**

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food will not be used as a reward or incentive in the classroom, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks).  
*Goal to improve in this area and brainstorm other rewards besides candy or food.*
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

*Food is not withheld for any reason.*

- Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance; nor will they cancel recess or other physical activity for instructional make-up time.

*Goal to improve in this area also. Recess should never be used for a consequence unless the consequence is for inappropriate behavior at recess.*

### **Community Access to Facilities for Physical Activity**

- Schools will provide community access to the school's physical activity facilities outside of the normal school day and/or from city-school partnerships to institute recreation programs utilizing school facilities when possible.

*Wednesday night and Sunday nights are currently used for basketball for community members. Also, open gym is provided for students during the summer.*

### **Vending Machines**

- Vending machines with food and beverages will not be available in elementary schools. The school will provide healthy snacks as a part of the after-school care activities. In the event that these snacks are not available as a part of the after-school care activities, the school may provide vending services with healthy choices.

*No vending machines are available for the elementary. Vending machines and the sale of open campus food will be available for juniors and seniors at 12:30pm until the end of the school day during open campus hours only.*

- No vending service will be available one hour before and one hour after the breakfast and lunch service.

*High school lunch ends at 11:24. Vending machines will not come on until 12:30pm.*

### **Fundraising**

- School fundraising activities will support healthy lifestyles. Such activities may include physical activity (e.g. walk-a-thon), school support (e.g. selling school memorabilia) and/or academic achievement (e.g. spelling bee).

*Currently sell lots of school memorabilia and have academic achievement awards. Goal to work on more physical activity fund raisers.*

- The sale of food or beverages as a fund raiser will not take place from one hour before and one hour after the breakfast and lunch service.

*No food or beverages are sold in the morning and vending machines come on at 12:30pm. All other groups have seized selling items during this time.*

- Schools will encourage fundraising activities that promote physical activity.

*This is a goal that needs to be worked on.*

- The school district will make available a list of ideas for acceptable fundraising activities.

*Goal is to brainstorm ideas and have a list available.*

### **Wellness Councils**

- Schools will organize local wellness councils comprised of parents, teachers, administrators, foodservice personnel, and student to plan, implement, and improve nutrition and physical activity within the school environment.  
*Wellness Committee formed during the 05-06 school year.*