

**507.2R1 Wellness Program – Administrative Regulations**

<https://www.fns.usda.gov/tn/local-school-wellness-policy>

**Nutritional Goals**

- To provide access to breakfast and lunch for all students.
  - <https://www.educateiowa.gov/pk-12/nutrition-programs>
- To provide meals that are appealing and attractive and served in clean, safe and pleasant settings.
- To provide free drinking water in cafeterias. When drinking fountains are not available, water and cups will be provided free of charge to students.
- To provide meals that meet or exceed the nutrition requirements and certifications established by federal, state, and local regulations.
  - <https://www.fns.usda.gov/school-meals/child-nutrition-programs>
- To encourage fruit and vegetable consumption by exposing students to a variety of fresh fruits and vegetables.
- To provide and encourage participation in the school breakfast, school lunch, fresh fruit and vegetable, and after-school snack programs by analyzing data, providing samples, taste testing, and surveys.
- The district will notify all families to encourage them to apply for benefits in the free or reduced meal program by releasing a public announcement and providing adequate access and confidential assistance when needed to complete the application. Applications may be completed anytime during the school year.
- All staff will use confidentiality when having knowledge of student's meal status information. In addition, the district will use a software program that keeps meal status information private.
- To schedule meals at appropriate times and allow a minimum of ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch after being seated.
- To ensure that all school nutrition a la carte items meet or exceed recommended nutritional standards of USDA's Smart Snacks and limit the portion size of foods and beverages that are sold individually.
- <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/smart-snacks-school>
- To establish guidelines to meet or exceed recommended nutritional standards of USDA's Smart Snacks for content and limit the portion size of food and beverages that are sold individually in vending machines located at schools and at other worksites.
- To establish guidelines for snacks and foods used for rewards, celebrations, and school-sponsored events.

- To provide lists for healthy snacks and foods used for celebrations and school-sponsored events.
- To establish guidelines for any foods that are included in fund-raising activities.
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.
- To work with local sponsors to provide a summer nutrition program.
  - <https://www.educateiowa.gov/pk-12/nutrition-programs-0>
- To work with local sponsors to provide nutrition education to students through a variety of classroom activities.
- To form cooperative partnerships with local organizations and groups that share the Muscatine School District's commitment to promoting good health and reducing obesity among children in the Muscatine community and are willing to contribute resources (monetary and non-monetary) to assist in advancing and institutionalizing this collaborative initiative.
- To incorporate nutrition education in subjects such as mathematics, science, social studies and language arts.
- To provide a wide variety of curricula that supports educating students in nutrition, personal hygiene and health for life-long habits.
- To provide nutrition education to families through newsletters, parent meetings and community activities. <http://www.muscatine.k12.ia.us/parents-students/nutrition/>
- To provide staff development to food and nutrition staff members required by USDA to meet or exceed the School Nutrition Professional Standards.
  - <https://professionalstandards.fns.usda.gov/>
- All schools will have closed campus for lunch
- To encourage all staff to role model healthy eating and drinking habits in schools.
  - <https://www.livehealthyiowa.org/>
- To provide Nutrition information for school meals to students and parents.

### **Physical Activity Goals**

The Muscatine School District believes that all students should participate in quality physical education, instructed by state-certified teachers.

#### **[Policy 601.6 Physical Education](#)**

- To provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
  - Accommodations will be made for student's needs and exemptions will be provided with a physician's recommendation.

- All students will receive the minimum Physical Education requirements according to board policy. The district encourages using physical activity as a reward, physical activity not being used as a punishment, and physical activity not being withheld as a punishment.
- To provide a physical education program that emphasizes physical fitness, healthy lifestyles, includes the development of positive attitudes toward wellness and physical activity, safety guidelines, responsible behavior in physical activity settings, appreciation for a variety of physical activities, and an understanding of the relationship between physical activity, wellness, and nutrition.
- To encourage physical activity during the recess period.
- To provide opportunities for physical activity during the school day in addition to scheduled physical education classes and to encourage and assist students to set personal fitness goals.
  - The district encourages students and staff to walk or ride bikes to and from school, whenever possible. The district also encourages the use of community facilities, parks, and walk paths for all students and families. Additional information can be found at the Iowa Department of Education's website.
- To consider planning recess before lunch since research indicates that physical activity prior to lunch can increase nutrient intake and reduce food waste.
  - <https://healthymeals.fns.usda.gov/healthierus-school-challenge-resources/recess-recess-lunch>
- To provide elementary schools 2 - 15 minutes recess sessions
- To provide opportunities for physical activity in other subject area classes.
  - Encourage teachers to give students daily brain breaks and stories in motion.  
<https://www.educateiowa.gov/documents/school-wellness/2014/11/brain-breaks-classroom>  
<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/stories-motion-physical>
- To provide opportunities for physical activities for staff. MCSD Administration encourages brain breaks and less sedentary activity for staff.  
<https://www.educateiowa.gov/documents/team-nutrition/2016/07/staff-fitness-breaks>
- To sponsor MCSD Race for the Schools, Proceeds benefit Muscatine Schools Physical Education and Wellness Program:
  - <https://secure.getmeregistered.com/RaceForTheSchools>
- To encourage parents to promote physical activity and to participate in physical activities with their children.
- To encourage physical activity participation in the community the school gyms are available for community organization and group use.

**Health and Safety Goals**

- To ensure that all buildings, structures, and grounds are inspected and meet health and safety standards.
- To maintain a school and worksite environment that is free from tobacco.
- To maintain a school and worksite environment that is free from alcohol and drugs.
- To monitor routes to school and encourage walking and bicycle riding where appropriate and safe.
- To provide safe traffic patterns at school sites for students and vehicles before and after school.
- To provide a comprehensive health and safety education program for students.
- To provide career education awareness for careers in health and wellness-related fields.
- To provide handwashing training programs, such as Scrubby Bear to all elementary students.
- To refer students, families, and staff to health resources in the community
- Promote and support health and safety programs in the community.

**Family and Community Involvement Goals**

- To make facilities available to the community for wellness-related activities through established procedures.
- To collaborate with community agencies and organizations to promote, support, and encourage wellness activities in the community and support and encourage participation in community activities such as organized walks, health screenings, and educational programs.

**Wellness Coordinator and Worksite Contact Persons**

- The Superintendent shall appoint a Wellness Coordinator to manage and coordinate the implementation of the program.
- Each principal shall appoint a Wellness Contact for his/her school.
- The Superintendent shall appoint a Wellness Contact for the District Office.

**Wellness Steering Committee**

Will include:

- Parents
- One representative from each level (elementary, middle school, and high school).

- One student representative from each level (elementary, middle school, and high school).
- School Board member
- School administrators one from each of the three district levels
- Director of Teaching and Learning
- Food and Nutrition Supervisor and Managers
- One representative from District Administration Center.
- The Coordinator of School Nurses
- One Physical Education teacher – from each level (elementary, middle school, and high school).

### **Implementation**

- The Wellness Steering Committee will conduct a baseline assessment of current nutrition guidelines and activities, nutrition education, physical activity, the involvement of students, families, and staff in wellness activities and other wellness-related topics.
- The Wellness Steering Committee will work with staff to develop a comprehensive wellness program based on the adopted goals and results of the initial assessment.
- The goals of the program will be implemented in a progressive manner. The plan will identify the goals for each year.
- The program shall be implemented at all grade levels for staff, parents, and for the community.
- The program will be incorporated into existing parent involvement programs
- The policy will be updated on the website with a link and the board will be updated at regularly scheduled meetings.
- To establish communication notification procedures (Facebook, Cable, Radio, E-mail to parents, students and staff members, School Messenger, etc)
- The Wellness Coordinator will work with the Wellness Contacts regarding the implementation of the program.

### **Oversight, Evaluation and Modification**

- The Wellness Steering Committee will monitor the implementation of the wellness program.
- The program will be assessed annually and data will be compared to the baseline data and, in subsequent years, to the previous year's data.
- The committee shall report the results of the annual assessment to the Superintendent and the School Board.

- Recommendations for modifications in this policy and/or the program if appropriate shall be made after analyzing assessment data.