

## WELLNESS POLICY

The Carlisle Community Schools Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

The 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. In accordance with law and this belief, the board commits to the following:

The school district will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- **Other School Based Activities that Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- 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.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;

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- Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy;
- Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc.). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

Legal Reference: 42 U.S.C. §§ 1751 *et seq.*  
 42 U.S.C. §§ 1771 *et seq.*  
 Iowa Code §§ 256.7(29); 256.11(6).  
 281 I.A.C. 12.5; 58.11.

Cross Reference: 504.6 Student Activities Fund Raising  
 711 School Food Services

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## WELLNESS REGULATION

To implement the Wellness Policy, the following district specific goals have been established:

**Goal 1 – Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:

- Provide students with the knowledge and skills necessary to promote and protect their health
- Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

**Goal 2 – Physical Activity:** Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal(s) for addressing physical activity include the following:

- Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:
  - Physical education, recess;
  - Classroom-based physical activity;
  - Walk to school; and
  - Out of school time activities
- Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habit;
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time
- Suitably adapt for students with chronic health problems, disabling conditions or other special needs.

**Goal 3 – Other School-Based Activities that Promote Student Wellness:** Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:

- Develop a plan to promote staff health and wellness
- Share information about the nutritional content of meals with parents and students
- Permit students to bring and carry water bottles filled with water throughout the day

**Public Involvement:** There is a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the

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school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy.

- The district has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy

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**Carlisle CSD:**

Physical Activity Contract  
(High School)  
\_\_\_\_\_ School Year

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent information: \_\_\_\_\_

Fall:

Spring:

<p>___ Weights/PE/Personal Fitness</p> <p>___ Sports: (Circle all)</p> <p>    Football (Season start _____ End _____)</p> <p>    Volleyball (Season start _____ End _____)</p> <p>    Cross country (Season start _____ End _____)</p> <p>    Basketball (Season start _____ End _____)</p> <p>    Wrestling (Season start _____ End _____)</p> <p>___ Non-school activities (may include non-school sport teams, gymnastics, dance, exercise program, etc.) that the student may be involved in during the 2009-10 school year, including a description of the activities and estimated time the student participates per week: (E.g.: I attend private dance lesson 2x/week for 150 minutes each week.)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>___ Weights/PE/Personal Fitness</p> <p>___ Sports: (Circle all)</p> <p>    Basketball (Season start _____ End _____)</p> <p>    Wrestling (Season start _____ End _____)</p> <p>    Track (Season start _____ End _____)</p> <p>    Golf (Season start _____ End _____)</p> <p>    Baseball (Season start _____ End _____)</p> <p>    Softball (Season start _____ End _____)</p> <p>    Soccer (Season start _____ End _____)</p> <p>___ Non-school activity (may include non-school sport teams, gymnastics, dance, exercise program, etc.) that the student may be involved in during the 2009-10 school year, including a description of the activities and estimated time the student participates per week: (E.g.: I attend private dance lesson 2x/week for 150 minutes each week.)</p> <p>_____</p> <p>_____</p> <p>_____</p>
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I understand the state legislation requires a minimum of 120 minutes of physical activity each week for students in grades 6-12 each semester during the school year.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Principal or Designee's Signature

\_\_\_\_\_  
Date

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AREA	NUTRITION RECOMMENDATIONS/GUIDELINES
School Meals	<ul style="list-style-type: none"> <li>• Meals served through the National School Lunch and Breakfast Program will: be prepared by staff trained in the planning and preparation of meals that are attractive and appealing</li> <li>• meet, at a minimum, nutrition requirements established by state and federal law</li> <li>• offer a variety of nutrient dense foods (i.e.: whole grains, fresh fruits and vegetables and dairy products)</li> <li>• serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)</li> </ul>
Breakfast	<p>To ensure that all children have breakfast available, in order to meet their nutritional needs, the Carlisle Community School District will</p> <ul style="list-style-type: none"> <li>• operate the breakfast program, to the extent possible</li> <li>• notify parents and students of the availability of the School Breakfast Program, where available.</li> </ul>
Vending/ A la carte  (vending is not available in elementary or middle school)	<p>All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law.</p>
Sharing of Food	<p>The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.</p>
Celebrations/ Snacks/ Rewards	<p>Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetable as the primary snacks and water as the primary beverage. The school district will disseminate a list of healthful snack items to teachers and parents. Foods that come from home for sharing among children must be either whole fruits, vegetables or commercially prepared packaged food in factory sealed containers. In an effort to support the Healthy Kids Act, we encourage parents, guardians and staff to provide healthy alternates for classroom snacks, rewards and celebrations.</p>
Food Safety	<p>All foods made available through the school lunch and breakfast programs adhere to food safety and security guidelines.</p> <ul style="list-style-type: none"> <li>• All foods available through the school lunch and breakfast programs comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illnesses.</li> <li>• For the safety and security of the food and facility, access to the food service operations are limited to the food service staff.</li> </ul>
Other School Events/ Fundraising	<p>There are two types of fundraising- regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.</p>

Approved 06-13-2006 Revised 08-11-2008 Revised 10-12-09

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