

Twin Cedars Community School District

Wellness Policy

Twin Cedars Community School District along with the school board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Twin Cedars Community School District supports a healthy environment where students learn and participate in healthy 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 the students. Improved health optimizes student performance potential.

The Twin Cedars Community School District provides comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with the healthy school district goals to positively influence student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Twin Cedars Community School District supports and promotes proper dietary habits. Along with physical activity that contributes to student's health status and academic performance. All Foods available on school grounds and at school sponsored activity during the instructional school day (bell-to-bell) must meet or exceed these Wellness Policy nutrition standards that go along with the Healthy Kids Act Nutritional Content Standards.

Meal Time

TCCSD will provide a healthy eating environment that allows students to have at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch. Students will have access to hand washing or hand sanitizing before eating meals or snacks. The district discourages student from sharing their food or beverages with one another during meals or snack times; this given concerns about sanitation, food allergies and health issues.

Nutritional information will be made available for all regularly served foods and beverages through the cafeteria per request.

Guide-lines for reimbursable school meals will meet regulations and guidance issued by the U.S. Department of Agriculture.

Incentives, rewards and punishment

Food/beverage items that are utilized as an incentive shall adhere to the TCCSD nutritional standards. (Healthy Kids Act)

Foods provided through the school breakfast and lunch program will not be withheld or used as a reward or discipline strategy.

Staff will not use physical activity (running laps, pushups, sit-ups, etc.) or routinely withhold opportunities for physical activity (i.e. recess, physical education) as punishment.

Staff must not use this as a time to have made up work done (i.e. homework, detention, a.r. reading, book talks, etc.)

Schools will evaluate their celebration practices that involve beverage and food during the school day. The food used in celebration practices will make a positive contribution to children's diets and health,

with an emphasis on serving fruits and vegetables as the primary snacks and healthy beverages conforming to this policy.

**It is recognized that there may be rare and special occasions when the school principal or superintendent may allow a school group to deviate from these standards.

District Nutritional Standards

Food

The school food policy applies to foods sold on all school properties during the school day as well as foods offered as snacks/treats to students during the school day.

Allowed

A food item sold/offered individually will:

- * have no more than 35% of its calories from fat; excluding nuts, seeds, peanut butter and other nut butter, as well as cheese. (To calculate percentages of calories from fat multiply total grams of fat in one serving by 9. Divide this number by the amount of calories per serving then multiply by 100).
- * have no more than 35% of its calories from added sugars; (to calculate percentages of calories from sugar multiply total grams of sugar in one serving by four. Divide this number by the amount of calories per serving then multiply by 100)
- * fruits and or vegetables shall be offered for sale at any location where food is sold.
- * all vending machines accessible to students (not meeting the HKA) will be turned off during the instructional day. All healthy machines (meeting the HKA) will be left on during the instructional day and before and after school.
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Beverages

Allowed:

Elementary school

- Water
- Milk and juice in 8-ounce servings or less, which meet the following criteria:
 - +Fat-free or low-fat milk and nutritional equivalent (per USDA) milk alternatives;
 - +Fat-free or low-fat nutritionally equivalent flavored milk with no more than 180 calories per 8-ounce serving;
 - +100% juice with no added sweeteners, no more than 140 calories per 8-ounce serving and at least 10% of the recommended daily value (DV) for at least micronutrients (e.g. calcium, vitamins, iron).

Jr High & High School

- Water
- No- or low-calorie beverages with no more than 10 calories per 8-ounce serving (e.g., diet sodas, unsweetened teas, low calorie sports drinks, fitness waters, flavored water, seltzers)
- Milk, light juice, juice and sports drinks in 12-ounce servings or less, which meet the following criteria:

- +Fat-free or low-fat milk and nutritionally equivalent (per USDA) milk alternatives;
- +Fat-free or low-fat nutritionally equivalent flavored milk with no more than 180 calories per 8-ounce serving;
- +100% juice with no added sweeteners, no more than 140 calories per 8-ounce serving and at least 10% of the DV for at least three micronutrients;
- +Light juices and sports drinks with no more than 70 calories per 8-ounce serving.
- +At least 50% of beverages must be water and now- or low calories options (no- or low-calorie options (no more than 10 calories per 8-ounce serving.

Not Allowed:

- Soft drinks containing calorie sweeteners; beverages containing caffeine, excluding low-fat or fat free chocolate milk (which contains minimal amounts of caffeine).

During School Hours

Vending, a la cart, and regulated fundraising items (any foods or beverages sold to students from midnight before school and 30 minutes after school ends) sold to students during the instructional day, must meet the Healthy Kids Act Nutritional Content Standards.

Students are not permitted in the teacher’s workroom nor have access to any of the foods or beverages that are available for staff, located in the workroom. Staff is discouraged from eating or during those items in front of the students and to act as a healthy role model for the school. Staff are encouraged, but not required, to follow the TCCSD Nutritional Standards.

Concessions

TCCSD encourages concessions that are sold outside of the instructional day to offer nutritious options for sale, including but not limit to fresh fruits, vegetables, yogurt, granola bars, deli sandwiches, and string cheese. Water will also be offered wherever beverages are sold.

Nutrition Education and Promotion Goals

The TCCSD will provide nutrition education and engage in nutrition promotion that:

- Is part of health education classes, and classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Promotes fruits, vegetable, whole-grain products, low-fat and fat-free dairy products health food preparation methods and health-enhancing nutrition practices;
- Emphasizes calorie balance between food intake and physical activity.

Classroom Parties and Treats

The TCCSD encourages parents to provide healthy food and drinks that follow the TCCD nutritional standards.

Physical Education

The TCCSD will provide physical education that:

- Includes students with disabilities (students with special health-care needs may be provided in alternative education setting);
- Engages students in moderate to vigorous activity during at least 75% of physical education class time;
- Ensures students take PE each semester. These classes will be taken 3 days one week and 2 days the next (alternating Fridays) for middle school and high school
- Meets regularly for a period of approximately 40 minutes per session at the middle school and high school level;
- Meets for 30 minutes 2 times a week at the elementary school level;
- Promotes the recommended 60 minutes or more of moderate to vigorous daily physical activity for all students
- Is taught or supervised by a certified physical education teacher.

Daily Recess

Elementary schools will be required to provide at least 2 recesses for students that:

- Total at least 30 minutes a day;
- Are preferable outdoors; indoor recess will occur if it is raining or the temperature is 10 degrees Fahrenheit or below, including the wind chill factor.
- Encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Students will be allowed at least one recess a day regardless of makeup work or disciplinary reasons.

Physical Activity and Punishment

Employees will not use physical activity (e.g. running laps, pushups) or routinely withheld opportunities for physical activity (e.g. recess, physical education) as punishment. Physical activity may be used as an accommodation for students demonstrating a specific need for activity.

CPR Training

Every student will be required to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12.

Monitoring and Compliance

In each school the food service supervisor will ensure compliance with nutrition policies within food service areas and will report compliance to the principal. The principal will ensure compliance with the Wellness Policy that pertain to their building and will report on the school's compliance to the superintendent. The Wellness Policy Committee will measure implementation outcomes and reviews the effectiveness of the Wellness Policy on an annual basis and report their finding to the school board. The superintendent &/or food director will report the progress to the school board.

Wellness Policy Members

Brian VanderSluis ~ Superintendent/Elementary Principal

Dave Roby ~ High School Principal

Megan Wilson ~ School Nurse

Aaron Allspach ~ Physical Education Teacher

Brandy Dunkin ~ Food Service Manager

Daniel Ginger ~ Student Council Sponsor

Angie Goemaat ~ Elementary Health Teacher