

HARRIS-LAKE PARK COMMUNITY SCHOOLS
BOARD POLICIES

WELLNESS POLICY - CODE NO. 505.10

The Harris-Lake Park 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 with 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 nutrition 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;
- 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: 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.*

Cross Reference: Student Activity Program
School Food Services

Approved: 4-17-06

Reviewed: 6-19-23

Revised: 4-15-20

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WELLNESS POLICY - CODE NO. 505.10R-1

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 goals 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 goals for addressing physical activity include the following:

- Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits;
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;
- Ensure physical activity is not used for or withheld as a punishment;
- Afford elementary students with recess according to the following:
 - A minimum of 30 minutes per school day of physical activity (recess, physical education, brain break, etc)

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:

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during mealtimes;
- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.

Public Involvement: There is 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.

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

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables;
- ensure that half of the served grains are whole grain;
- serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible;
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation;
- notify parents and students of the availability of the School Breakfast Program, where available; and,
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

Toward this end, the school district may:

- utilize electronic identification and payment systems;
- promote the availability of meals to all students.

Meal Times and Scheduling

The school district:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00 AM and 1:00 PM; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to handwashing or hand sanitizing before they eat meals or snacks; and,
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

Sharing of Foods

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.

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools. http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

PLAN FOR MEASURING IMPLEMENTATION

Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the school district:

- the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible;
- the superintendent will develop a summary report every three years on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and,
- the report will be provided to the school board and also distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

Approved: 3-20-17

Reviewed: 6-19-23

Revised: 7-17-23

Annual Wellness Committee Meeting: Tuesday, March 19, 2024 @ 7:30 AM

Members: Kylie Larsen, RN, school district nurse - present
 Mindy Gunderson, business manager - present
 Gary Richardson, superintendent - present
 Amy Osler, food services - absent, out of district
 Ashley Delaney, instructional coach and athletics director - present
 Rachel Tanner, special education teacher, coach, parent - present
 Matt Mentink, PE instructor and coach - present
 Chad Hibma, school board member and parent - present
 Jeff Peterson, wellness member - present
 Chris Caven, wellness member - present
 Brooke Nicks, student and athlete - absent
 Madilyn Mandelkow, student and athlete - absent
 Becca Matthiesen - elementary instructional coach and parent - present, attended for meeting hours for master's degree

Tasks/items to review:	Member input:	Follow up needed:
<ol style="list-style-type: none"> Purpose of meeting: to promote health and wellness to students, staff, wellness members, and community through nutrition and exercise. <ol style="list-style-type: none"> Plan to meet annually and as needed 		
<ol style="list-style-type: none"> Review wellness policy (updated June 2023) **policy can be accessed on HLP school site - under district, wellness center, and wellness police and assessment 		<ul style="list-style-type: none"> Website updates required to meet requirements (include contact person if desire to get involved in committee)
<ol style="list-style-type: none"> Wellness center memberships: \$240 family annually, \$120 single annually, and \$50 college students <ol style="list-style-type: none"> Annual renewal in February Prorated if purchased throughout year 	<ul style="list-style-type: none"> Cost of membership has not changed in several years, no need to increase unless additional funds needed for equipment or increased cleaning needs. Becky Lev cleaning wellness center every Wednesday 	
<ol style="list-style-type: none"> Equipment needs/request for wellness center (in 2023 the wellness budget + booster club updated and purchased many weight lifting items) 	<ul style="list-style-type: none"> Schedules posted for student free times & summer lifting schedules following requests Offering yoga classes for additional charge (Jaime Leckband) <ul style="list-style-type: none"> Willing to offer field trips to yoga studio if interested (PreK really enjoyed) Limited interest Survey completed following last meeting <ul style="list-style-type: none"> Previously discussed open house/equipment demonstrations was not completed as little interest from survey results Paper survey last 2 weeks - much better response! large amount of funds in reserve (about \$20,000) plan to purchase new equipment. <ul style="list-style-type: none"> requests: leg press, update 2 worn decline benches, additional cable machine, slam balls, stair climber, bike, update worn free weights, additional plyo boxes, 25 lb bumper plates replacements, Smith machine, ? storage for yoga mats/platforms, new shoe rack bench With new equipment we will need to remove items: suggestions? Jhammer/shoulder press, leg extension 	<ul style="list-style-type: none"> Wish list order, get quotes from Push, Pedal, Pull and Gopher Sports <ol style="list-style-type: none"> Leg press machine 2 decline benches to replace current worn benches Stair climber (versa climber or jacob's ladder) 40 lb, 50 lb, & 60 lb) Update/replace free weights/dumb bells (30 lb, 25 lb bumper plates (2 sets?) current set cracked additional plyo box Slam balls Update yoga mats Seated shoe storage bench Smith machine Aerodyne bike Agreement about removing suggested items <ul style="list-style-type: none"> Options discussed: giving away, trade in towards new purchases, school garage sale

<p>5. Nutrition needs</p> <p>a. Elementary free nut free (letters given to all parents, signage outside of specific classrooms and front door)</p> <p>b. Dietary modification forms for any students with special dietary accommodations</p>	<ul style="list-style-type: none"> - Reviewed increased dietary modifications and students with allergies - Both Chad and Rachel share appreciation for dietary staff and deny any issues - Amy and kitchen staff do a wonderful job meeting student's specific needs and ensuring those with allergies are provided with safe food alternatives 	<ul style="list-style-type: none"> - Reviewed needing to start thinking about making MS/HS nut friendly (2025-2026 will have elementary student in MS/HS)
<p>6. Hydration needs</p>	<ul style="list-style-type: none"> - Continue to allow students to self carry water bottles 	
<p>7. Wellness challenges or ways to promote overall health and wellness?</p> <p>a. Physical, nutritional, and hygiene posters displayed at both buildings</p> <p>b. ? health challenge for staff</p>	<ul style="list-style-type: none"> - Ashley shares has a few potential options for staff wellness challenges - Suggestion about trying to involve students and staff in challenge - Matt suggests walking challenges (before or after school - ? walk across IA, or marathon) 	



Section 1: General Information and Wellness Committee

LEA (Local Education Agency) Name	HARRIS-LAKE PARK
Date Triennial Assessment was Completed	06-14-2022
Date of Last Wellness Policy Review	4-15-2020
Website address for the policy, updates, and assessment results and/or information on how the public can access copies	www.harris-lp.k12.ia.us
How often does the school wellness committee meet? Date of last meeting?	<i>Annually. Wellness Needs Survey implemented in 2021-2022 in lieu of in-person meeting. Survey date- December 8, 2021</i>

Designated School Wellness Leader

LEAs must designate at least one school official responsible for determining the extent to which each school under their jurisdiction is in compliance with the wellness policy.

Name	Job Title	Email
Gary Richardson	Superintendent	grichardson@hlpcsd.org

School Wellness Committee Members

Name	Job Title/Volunteer	Email
Gary Richardson	Superintendent	grichardson@hlpcsd.org
Mindy Gunderson	Business Manager	mgunderson@hlpcsd.org
Linda Treharne	Volunteer/Community Member	
Donna Stoltenburg	Volunteer/Community Member	
Amy Osler	Food Service Director	aosler@hlpcsd.org
Ashley Delaney	Activities Director	adelaney@hlpcsd.org
Daryl Meyer	Faculty Member	dmeyer@hlpcsd.org
Diane Duis	Volunteer/Community Member	
Chad Hibma	School Board Director	chadhibma@hlpcsd.org



Section 2: Compliance with the Wellness Policy

At a minimum, local wellness policies are required to include (verify all the following are included in the school wellness policy by checking the boxes below):

Specific goals for:

- Nutrition promotion and education,
- Physical activity, and
- Other school based activities that promote student wellness.

- Standards and nutrition guidelines for all foods and beverages sold to students before, during and 30 minutes after the school day.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- Description of public involvement, public updates, policy leadership, and evaluation plan.

Another form of documentation for Section 2 is the [School Wellness Policy Checklist](#).

Section 3: Comparison to Model School Wellness Policies

The [Alliance for a Healthier Generation Model Policy](#) is to be used as a best practice guide.

Compare local wellness policy language with the model policy and identify areas where the language is comparable to the model policy and potential areas that can be strengthened.

Areas with Similar Language	Potential Areas to Strengthen Language
<ul style="list-style-type: none"> *Nutritional guidelines *Community partnerships *Staff wellness 	<ul style="list-style-type: none"> *Improve the school committee role and membership language. *Improve the language promoting hydration.

Optional Resource:

- [WellSAT 3.0](#): Online quantitative tool that determines where revisions are needed to strengthen the language in school wellness policies and provides sample language.

Section 4: Progress Towards Goals

- Use the [School Wellness Policy Progress Report](#) to document compliance and progress towards each goal at the school building level. The report can include information for each building or include progress for all buildings (please clearly identify buildings and associated progress).

School Wellness Policy Building Assessment Tool

School Name: Harris Lake Park CSD

District Wellness Contact Name Andy Irwin/E-mail:airwin@hlpcsd.org

This tool is to be completed to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Nutrition Units in the Health Curriculum	X			Nutrition lessons have been viewed by administration at HS	Expand nutrition lessons into MS curriculum
2. Posters are distributed throughout the district that promote physical activity and healthy food choices	X			Posters have been distributed and put up	Many are becoming outdated, we need to update
3. Promote the importance of a healthy breakfast for students.		X		School breakfast menus are published daily and monthly in school publications.	Encourage more participation in school breakfast at the MS/HS level.
4. Allow more time for students to eat their school lunch.	X			Additional serving times have been implemented resulting in faster serving times, thereby allowing students more time to eat their meals.	
Physical Education and Physical Activity Goals					
1. Students able to participate in grades k-5 engage in 30 minutes of physical activity daily outside of PE classes	X		X	6th grade is now provided with recess time daily. An alternative to additional recess time for this grade is the Adventure PE class incorporated into the MS schedule.	Continue to explore additional options and scheduling to promote more physical activity outside of PE classes.

2. Grades 7-12 have the opportunity to participate in interscholastic athletics sponsored by the IHSA & IGHSAU	X			Promote participation in athletics	Continue to promote sports participation
3. School sponsored cheer & dance are available for students.	X			Cheer and dance are programs in the school district	Continue to promote cheer and dance as an opportunity for our students
4. Additional & alternative physical education classes offered for MS/HS students	X			Adventure PE is provided to grades 6-8 which teaches life-long recreational activities to students (example- frisbee golf, bowling, hiking); Fitness and Conditioning is offered to HS students as an alternative to traditional PE class.	
Nutrition Guidelines for All Foods Available to Students					
1. Our district follows the standards set forth by both state and federal laws when serving meals to students	X			Meals have been devised using the Iowa Code nutritional content standards chart provided.	Watch for changes to the nutritional guidelines
2. Healthy snacks are available outside of the designated food service time through a healthy snack vending machine	X			A vending machine was brought in to provide snacks for students	Monitor sales of snacks
3. Students are encouraged to stay hydrated throughout the day.	X			Hydration stations are available near school gyms and students are allowed to carry water-bottles with them during the school day.	
4. Entrée alternatives during school lunch are offered to all students	X			A sandwich alternative to the main entrée is offered to all grade levels. Additional alternatives are offered to MS/HS students- salads, fruit plates, yogurt parfaits.	Due to covid guidelines, salad bars were discontinued at both buildings.

Other School Based Activities Goals				
Integrating Physical Activity into the Classroom Settings				
1. All students participated in a Live Healthy lowa walk with staff during the school day.	X		Using Live Healthy lowa resources, we organized the event to promote healthy living	Continue event annually
2. Our students receive CPR training	X		Utilizing outside resources we are able to provide the training	Expand program to become certified in CPR
3. Classroom teachers are encouraged to provide short physical activity breaks whenever possible.	X		Seasonal weather presents challenges for regular breaks.	Utilize the school gym when possible or yoga/stretching on the classroom.
Communication with Parents				
1. The district provides parents information on healthy foods and nutrition.	X		The information is distributed in our monthly newsletter	Add items in the newsletter highlighting the healthy activities the district is participating in.
2. Encourages participation in youth sports/activities through local youth athletic organization and school athletic booster club.	X		Information regarding K-8 youth activities and registration information is distributed in monthly newsletter and by email through the school student information system.	
Food Marketing in Schools				
1. H-LP only allows advertising of items that meet the smart snacks in school nutritional standards	X		Using advertisements that comply using guidance from nutritional standards	Review the nutritional standards and make adjustments if needed.
2.				
3.				
Staff Wellness				
1. 24-hour Access to school wellness center	X		Program key card entrance system to operate on a 24-hour time frame	Monitor staff use of wellness center.
2. Annual wellness challenges for staff/spouses	X		Promoting participation in the wellness challenges.	Encourage more participation among staff members.