

## **Ireton Christian School Wellness Policy**

Ireton Christian School strives to educate the whole person in mind, body and soul. In educating students about the body, they strive to develop a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.

Ireton Christian School strives to maintain a learning and working environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity.

Ireton Christian School supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods available on school grounds and at school-sponsored activities during the instructional day should meet Ireton Christian Schools nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

Ireton Christian School has developed a local wellness committee comprised of administration, head cook and parents. The local wellness committee has developed a plan to implement and measure the wellness policy and monitor the effectiveness of the policy. The committee will report annually to the Ireton Christian School Board regarding the effectiveness of this policy.

### **Goals:**

- Nutrition Education and Promotion
- Nutrition Guidelines for all Foods Available on Campus
- Physical Activity
- Implementation and Evaluation

### **Nutrition Education and Promotion**

Ireton Christian School will provide nutrition education and engage in nutrition promotion that:

- Includes promotion of enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits, etc.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices
- Emphasizes caloric balance between food intake and physical activity
- Links with meal programs, other foods and nutrition-related community services

## **Nutrition Guidelines for All Foods Available On Campus**

### **General Directives**

#### **Food Safety:**

All foods made available will follow food safety and security guidelines and comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will continue to be implemented to prevent illness in our school. For the safety and security of the food and facility, access to the food service operations should be limited to food service staff and authorized personnel.

#### **Sharing of Foods:**

Ireton Christian School does not allow students or staff to share 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 Service Department:**

Ireton Christian School Food Service Department will

- Engage students in selecting food offered through the meal program in order to identify new, healthful and appealing food choices. Parent feedback is welcome;
- Share information about the nutritional content of meals with parents and student

#### **Qualifications of Food Service Staff:**

Qualified nutrition professionals will administer the meal programs. As part of Ireton Christian Schools' responsibility to operate a food service program, ICS will:

- Provide continuing professional development for all nutrition professionals
- Provide staff development programs that include appropriate certification and/or training programs for managers and cafeteria workers, according to their levels or responsibility
- Provide the USDA established-continuing education hours and training for all food service employees

### **School Meals**

#### **Meals served through the National School Lunch will:**

- be appealing and attractive to students;
- be served in clean and pleasant settings;
- meet nutrition requirements established by local, state and federal law;
- include a variety of fruits and vegetables and menu choices

### **Free and Reduced-Priced Meals Program:**

Ireton Christian will continue to make every effort in eliminating any social stigma attached to, and in preventing the over identification of students who are eligible for free and reduced-price meals. Toward this end, ICS will:

- promote the availability of meals to all students
- all payments recorded electronically and kept in safe until deposited

### **Meal Times and Scheduling:**

ICS will:

- Allow adequate time for students to receive and consume meals and provide a pleasant dining environment;
- Schedule meal periods at appropriate times, lunch periods scheduled between 11am and 1pm;
- Not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities
- Attempt to schedule lunch periods to follow recess periods (in elementary schools)
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks

### **ala carte sales**

In Jr High, all food and beverages sold individually outside the reimbursable meal program will meet the following nutrition and portion size standards and be in compliance with the USDA's Smart Snacks in School.

### **Beverage and Food**

ICS will follow The Smart Snack in Schools standards published by the USDA, building on the healthy advancements by ensuring that snack

### **Food Nutrition Standards**

**General Standard for Competitive Food must meet all of the proposed competitive food nutrient standards and**

1. Be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient *or*
2. Have as the first ingredient one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc) *or*
3. Be a combination of food that contains at least ¼ cup fruit and/or vegetable *or*
4. Contain 10% of the Daily Value (DV) of nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016, this criterion is obsolete and may not be used to qualify as a competitive food.
5. If water is the first ingredient, the second ingredient must be one of items 2, 3, or 4 above

## Exemptions to the Standard

- Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards
- Canned and frozen fruits with no added ingredients except water or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.
- Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
- **NSLP/SBP Entrée Items Sold A la Carte**
  - Any entrée items offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.
- **Sugar-free chewing gum is exempt from all competitive food standards**
- **Grain Items – Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.**
- **Total Fats**
  - Acceptable food items must have less than 35% calories from total fat as served.
  - Exemptions to the standard
    - Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard
    - Nuts and seeds and nut/seed butters are exempt from the total fat standard
    - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard
    - Combination products are not exempt and must meet all the nutrient standards
- **Saturated Fats – Acceptable food items must have less than 10% calories from saturated fat as served**
  - Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard
  - Nuts and seeds and nut/seed butters are exempt from the total fat standard
  - Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard
  - Combination products are not exempt and must meet all the nutrient standards
- **Trans Fats – Zero grams of trans fat as served (less than 0.5 g per portion)**
- **Sugar – Acceptable food items must have less than 35% of weight from total sugar as served**

- Dried whole fruits or vegetables, dried whole fruit or vegetable pieces and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from sugar standard
- Dried whole fruits or pieces with nutritive sweeteners that are required for processing and/or palatability purposes (cranberries, tart cherries or blueberries) are exempt from the sugar standard
- Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard
- **Sodium**
  - Snack items and sides dishes sold a la carte: less than 230 mg sodium per item as served
  - Entrée items sold a la carte: less than 480 mg sodium per item as served, including any added accompaniments
- **Calories**
  - Snack items and side dishes sold a la carte: less than 200 calories per item as served, including any added accompaniments
  - Entrée items sold a la carte: less than 350 calories per item as served including any added accompaniments
  - Entrée items served as an NSLP or SBP entrée as exempt on the day of or day after service in the program meal
    - Combination products are not exempt and must meet all the nutrient standards
- **Accompaniments**
  - Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.
- **Caffeine**
  - Elementary/Middle School: Foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances

### **Special Events**

#### **Snacks:**

Snacks served during the school day should 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. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations.

**Rewards:**

ICS is encouraged to offer nonfood forms of rewards. If food or beverage rewards are used for academic performance or good behavior, they should conform to this policy. Schools will not withhold beverages or food (including food served through meals) as a punishment.

**Celebrations**

ICS will evaluate our celebration practices that involve beverage and food during the school day. The food used in celebration practices should 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.

**Fundraising**

To support children's health and school nutrition-education efforts, in-school fundraising activities should use foods that meet the above nutrition and portion-size standards for beverage and foods. ICS encourages fundraising activities that promote physical activity.

**PHYSICAL ACTIVITY**

**Wellness education is an important and integral part of the education of students at ICS.**

**Physical Education:**

ICS will provide wellness education that:

- Includes students with disabilities;
- Engages students in moderate to vigorous activity during at least 75% of physical education class time;
- Meets regularly for the scheduled period of time it will allow at the elementary school level and middle school level (at least 2-3 times a week, 30 minutes/time)
- Is for all students in K-8 for the entire school year.

**Physical Activity Opportunities after School**

To provide opportunities for physical activity outside the regular physical education classes, all elementary and middle schools are encouraged to:

- Offer extracurricular physical activity programs, such as sports and practice;
- Offer a range of activities that meet the needs, interests, and abilities of all students;
- Publicize and promote participation in community events and programs that involve physical activity
- Is at least 30 minutes a day (K-4<sup>th</sup> Grade 60 minutes a day)

### **Daily Recess**

Elementary schools will offer recess for students that are preferably outdoors (criteria should be established for when indoor recess occurs). Recess should encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.

Elementary schools will discourage extended periods (i.e. periods of two or more hours) of inactivity. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, ICS will:

- Offer integrated health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Provide opportunities for physical activity to be incorporated into other subject lessons;
- Encourage classroom teachers to provide short physical activity breaks during lessons or classes, as appropriate.

### **Physical Activity and Punishment:**

Employees will not use physical activity (e.g., running laps, pushups) or routinely withhold 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.

## **IMPLEMENTATION AND EVALUATION**

### **Communication with Parents**

ICS will support parents' efforts to provide a healthy diet and daily physical activity for children. ICS will:

- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- Support parents' efforts to provide their children with opportunities to be physically active outside of school;
- Distribute information about physical education and activity via a web site, newsletter, other take-home materials and special events or physical education homework.

ICS values the health and well-being of every staff member and encourages activities and policies that support personal efforts by staff to maintain a healthy lifestyle.

### **Monitoring**

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

#### **In ICS:**

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the school board;
- Food service staff, at the school level, will ensure compliance with nutrition policies within food service areas and will report on matter to the principal.
- ICS will report on the most recent USDA school meals initiative (SMI) review findings and any resulting changes. If ICS has not received a SMI review from the state agency within the past five years, ICS will request from the state agency that a SMI review be scheduled as soon as possible;
- The principal will develop a summary report annually on compliance with ICS established nutrition and physical activity wellness policies, based on input from schools within ICS.
- The report will be provided to the advisory committee and distributed to the wellness committee.

### **Policy Review**

The principal will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity at the end of the school year. ICS will review and revise the wellness policy as needed.

***Ireton Christian School provides high-quality, Christ-centered education that connects learning to real life, where each child is known, nurtured, and equipped to positively impact their community and world for Christ.***