

Wellness Plan

Code No. 507.9

The Spalding Catholic School Board promotes healthy students by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. Spalding Catholic supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, Spalding Catholic contributes to the basic health status of students. Improved health optimizes student performance potential.

Spalding Catholic 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 goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

Spalding Catholic supports and promotes proper dietary habits contributing to students' health status and academic performance. Our long-term goal is that all food available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school board directs the administration to develop a local wellness plan with representatives from the board, parents, leaders in food/exercise authority, employees, and students. The administration will monitor implementation and evaluation of the policy, and will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals

1. The school district will provide nutritional education and engage in nutrition promotion that:
 - a. is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences, and electives.
 - b. Examples include, but are not limited to: balanced diet, personal hygiene, and guest speakers.
2. Physical Activity
 - a. Physical Education
 - i. The school district will require physical education for all students in grades K-12 for the entire school year – starting with the graduating class of 2009.
 - ii. The classes will be taught by certified physical education teachers.
 - b. Elementary Recess
 - i. Will be at least 20 minutes a day.
 - ii. Will be outdoors, preferably.

- c. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, Spalding Catholic will give students periodic breaks during which they are encouraged to stand and be moderately active.
- 3. For students to receive the nationally recommended amounts of daily 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, Spalding Catholic will:
 - a. offer classroom 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;
 - b. discourage sedentary activities, such as watching television, playing computer games, etc;
 - c. provide opportunities for physical activities to be incorporated into other subject lessons; and,
 - d. encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.
- 4. School Meals
 - a. Meals served through the National School Lunch Program will:
 - i. be appealing and attractive to students;
 - ii. be served in clean and pleasant settings;
 - iii. meet, at a minimum, nutrition requirements established by local, state, and federal law;
 - iv. offer a variety of fruits and vegetables; and,
 - v. serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).
 - b. Spalding Catholic will engage students and parents, through taste-tests of new entrees and surveys of foods offered through the meal programs to identify new, healthful and appealing food choices.
 - c. Information about the nutritional content of meals will be made available upon request.
 - d. Meal Times and Scheduling
 - i. Spalding Catholic will provide students with at least 15 to 20 minutes after sitting down for lunch;
 - ii. meals will be scheduled at appropriate times, e.g., lunch should be between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings, or activities during mealtimes, unless students may eat during such activities;
 - iii. Students will be provided access to hand washing or hand sanitizing before they eat meals or snacks; and,
 - iv. Spalding Catholic will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

- e. Qualified nutrition professionals will administer the meal programs following National School Lunch guidelines.

The Spalding Catholic School Board will monitor and evaluate this policy.

1. The administration will ensure compliance with established school district-wide nutrition and physical activity.
2. Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the food service director.

To help with the initial development of Spalding Catholic's wellness policy, a baseline assessment of the school's existing nutrition and physical activity environments and practices will be made. The results of those assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every five years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, Spalding Catholic will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. Spalding Catholic will revise the wellness policies and develop plans to facilitate their implementation.

Addendum added May 2011

*Spalding Catholic follows the Healthy Kids Act 12.5 (6) ensuring all students enroll in physical education and health classes. Exemptions to this follow the guidelines – see attachment.

*Following subrule 12.5(19) K-5 students have 30 minute/day of physical activity and grade 7-12 students have 120 minutes/week.

*Nutritional content standards follow 281-58.11 (256) the attached foods table and beverage table.

* The Wellness Policy was assessed by Wellness Committee in August of 2015.

* If you would like to participate in the development, reviewing, updating, or implementation of the Spalding Wellness Policy, please contact Maureen Berg at Spalding Catholic School, at [\(712\) 727-3451](tel:7127273451).

Spalding Catholic
Approved August 21, 2006
Revised June 2011

Code No. 507.9

Spalding Catholic is an equal opportunity provider and employer.

EDUCATION DEPARTMENT[281] Adopted and Filed

Pursuant to the authority of Iowa Code section 256.7(5), the State Board of Education hereby Amends Chapter 12, "General Accreditation Standards," Iowa Administrative Code.

2008 Iowa Acts, Senate File 2425, division XI, created the "Healthy Kids Act." Specifically, these proposed rules implement section 142 of the legislation and its mandate of minimum time periods of physical activity for elementary and secondary pupils, as well as its mandate that every pupil who is physically able to do so complete a certification course for cardiopulmonary resuscitation by the end of grade 12.

The proposed amendment in Item 1 adds a definition of "physical activity," clarifying that the concept includes more than components of the physical education model. The proposed amendment in Item 2 includes the statutory exemption for both the physical activity requirement and the cardiopulmonary resuscitation course completion requirement. The proposed new subrules in Item 3 describe the physical activity requirement and the cardiopulmonary resuscitation course completion requirement. Notice of Intended Action was published in the January 14, 2009, Iowa Administrative Bulletin as ARC #7504B. A public hearing was held via the Iowa Communications Network (ICN) on February 3, 2009, and public comments were allowed until close of business on that same date. Approximately 50 persons attended the public hearing, and roughly half of those in attendance spoke. In addition, 21 written comments were received.

Many of the concerns raised by school officials commented about the accountability for the physical activity requirement in subrule 12.5(19). The Department has developed a sample agreement for schools and school districts to use to track compliance with the physical activity requirement. The remainder of those commenting raised objections to the underlying legislation, expressed concerns that are not germane, or asked questions about implementation.

Since the Notice of Intended Action was published, two changes have been made to the amendments. As the result of public comment regarding accountability for the physical activity requirement, the duration of the agreement referenced in paragraph 12.5(19)"b" has been increased from no more than one semester to no more than one school year. The other change is not related to public comment. To avoid any confusion regarding what is meant by "spirit" activities, that term has been replaced in paragraph 12.5(19)"a" with the word "similar" activities.

An agencywide waiver provision is provided in 281—Chapter 4.

These amendments are intended to implement 2008 Iowa Acts, Senate File 2425, sections 142 and 145.

The following amendments are adopted.

ITEM 1. Adopt the following **new** definition in rule **281—12.2(256)**: "*Physical activity*" means any movement, manipulation, or exertion of the body that can lead to improved levels of physical fitness and quality of life.

ITEM 2. Amend subrule 12.5(6) as follows:

12.5(6) *Physical education and health courses exemption Exemption from physical education course, health course, physical activity requirement, or cardiopulmonary resuscitation course completion.* A pupil shall not be required to enroll in either a physical education or health courses course if the pupil's parent or guardian files a written statement with the school principal that the course conflicts with the pupil's religious beliefs. A pupil shall not be required to enroll in a health course if the pupil's parent or guardian files a written statement with the school principal that the course conflicts with the pupil's religious beliefs. A pupil shall not be required to meet the requirements of subrule 12.5(19) regarding physical activity if the pupil's parent or guardian files a written statement with the school principal that the requirement conflicts with the pupil's religious beliefs. A pupil shall not be required to meet the requirements of subrule 12.5(20) regarding completion of a cardiopulmonary resuscitation course if the pupil's parent or guardian files a written statement with the school principal that the completion of such a course conflicts with the pupil's religious beliefs.

ITEM 3. Adopt the following **new** subrules 12.5(19) and 12.5(20): **12.5(19)** *Physical activity requirement.* Subject to the provisions of subrule 12.5(6), physically able pupils in kindergarten through grade five shall engage in physical activity for a minimum of 30 minutes each school day. Subject to the provisions of subrule 12.5(6), physically able pupils in grades six through twelve shall engage in

physical activity for a minimum of 120 minutes per week in which there are at least five days of school.

a. This requirement may be met by pupils in grades six through twelve by participation in the following activities including, but not limited to: (1) Interscholastic athletics sponsored by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union; (2) School-sponsored marching band, show choir, dance, drill, cheer, or similar activities; (3) Non-school gymnastics, dance, team sports, individual sports; or (4) Similar endeavors that involve movement, manipulation, or exertion of the body. *b.* When the requirement is to be met in full or in part by a pupil using one or more non-school activities, the school or school district shall enter into a written agreement with the pupil. The agreement shall state the nature of the activity and the starting and ending dates of the activity and shall provide sufficient information about the duration of time of the activity each week. The agreement shall also be signed by the school principal or principal's designee and by at least one parent or guardian of the pupil if the pupil is a minor. The pupil shall sign the agreement, regardless of the age of the pupil. The agreement shall be effective no longer than one school year. There is no limit to the number of agreements that a school or school district may have with any one pupil during the enrollment of the pupil. *c.* In no event may a school or school district reduce the regular instructional time, as defined by "unit" in subrule 12.5(14), for any pupil to enable the pupil to meet the physical activity requirement. However, this requirement may be met by physical education classes, activities at recess or during class time, and before- or after-school activities. *d.* Schools and school districts must provide documentation that pupils are being provided with the support to complete the physical activity requirement. This documentation may be provided through printed schedules, district policies, student handbooks, and similar means. **12.5(20) *Cardiopulmonary resuscitation course completion requirement.*** Subject to the provisions of subrule 12.5(6), at any time prior to the end of twelfth grade, every pupil physically able to do so shall have completed a psychomotor course that leads to certification in cardiopulmonary resuscitation. A school or school district administrator may waive this requirement for any pupil who is not physically able to complete the course. A course that leads to certification in CPR may be taught during the school day by either a school or school district employee or by a volunteer, as long as the person is certified to teach a course that leads to certification in CPR. In addition, a school or school district shall accept certification from any nationally recognized course in cardiopulmonary resuscitation as evidence that this requirement has been met by a pupil. A school or school district shall not accept auditing of a CPR course, nor a course in infant CPR only. This subrule is effective for the graduating class of 2011-2012.