

SOUTH TAMA COUNTY SCHOOLS

THE SOUTH TAMA COUNTY BOARD OF EDUCATION WILL HOLD A
SPECIAL SESSION ON MONDAY, **NOVEMBER 6, 2017 AT 5:30 P.M.**
IN THE PROFESSIONAL LEARNING ROOM, PARTNERSHIP CENTER,
215 W 9TH STREET, TAMA, IOWA

AGENDA

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| I. | Call to Order | Penny Tynismaa, Board President |
| II. | Roll Call and Declaration of Quorum | Full Board |
| III. | Adoption of Agenda | |
| IV. | Public Comment
The Board welcomes the opportunity to listen to comments from citizens, but is not able to take action on the issues raised by citizens during public comments, and Board Members do not intend to make an immediate response. The President shall have the authority to end public comments at any time or limit the amount of time allocated to individuals. | |
| V. | Action Items:
A. Wellness Policy #630.55 Revision - Final Read | Jeff Berger |
| VI. | Discussion Item:
A. Long-range planning ideas from the IASB Board Orientation session on October 30 | |
| VII. | 30 Minute Work Session on STC Finances | Jeff Burger |
| VIII. | Adjournment | |

Agenda Item V.A. Wellness Policy #630.55 Revision - Final Read

This is the final reading for the Wellness Policy #630.55, to be in compliance with federal law.

Superintendent's Recommendation:

Approve the final reading for Wellness Policy #630.55.

630.55 Wellness Policy

South Tama County Community School District chooses to promote a healthy life style for its students and staff. An important step is the development and implementation of this Wellness Policy covering nutrition education, physical activity, nutrition guidelines for foods available on each school campus including foods used for fundraising and rewards. These policies meet the requirements mandated in the Child Nutrition and WIC Reauthorization Act of 2004, Healthy Hunger-Free Kids Act of 2010, and the Iowa Healthy Kids Act of 2014.

Nutrition Education

The District believes that nutrition education is important and that students are more likely to practice good nutrition if it is modeled in a supportive school environment.

- Nutrition education will be provided according to the written South Tama County curriculum.
- The health benefits of good nutrition should be emphasized.
- The District encourages all staff to incorporate nutrition themes into their curriculum where appropriate.
- The nutrition education components of the health curriculum will be reviewed as a part of Board Policy 603.20, curriculum development and textbook adoption cycle.

When feasible, the District will offer on an annual basis professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

Physical Activity

The South Tama County Community School District will ensure that every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity. This activity will come in the form of recess, intramurals or scheduled physical education classes. High School students are required to complete a Physical Activity Contract.

In an attempt to help students achieve and maintain a high level of personal fitness, the following will be included:

- Exposure to a wide variety of activities.
- Teach physical skills to help maintain a lifetime of health and fitness.
- Encourage self-monitoring so youngsters can see how active they are and set their own goals.

Whenever possible, intramurals will be scheduled at the High School to provide additional activity for students who cannot participate in established extra-curricular programs.

Physical activity during the school day (including but not limited to recess, physical activity breaks or physical education) will not be withheld as punishment for any reason.

CPR Certification

All students are required to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12.

Food Service

The full school breakfast and meal program will follow the USDA requirements for federal breakfast and meal programs.

Sales & Marketing: **The District will only allow marketing and advertising of foods and beverages that meet the Smart Snacks nutritional standards on campus.**

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte lines, vending machines, and student stores or fundraising activities) during the school day, or through programs for students after the school day will **meet or exceed the USDA Smart Snacks in School** nutrition standards as required by state or federal law. In an effort to support the consumption of nutrient dense food in the school setting, the district has adopted the following nutrition standards governing the sale of food and beverages on school grounds during the instructional day, complying with the Iowa Healthy Hunger-Free Kids Act of 2010, and the Iowa Healthy Kids Act of 2014.

Menus will be posted on the website.

Water: To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day on the school campus. The District will make drinking water available where school meals are served during mealtimes.

(Continued)

281—58.11(256) Nutritional content standards.

Foods Table		
Nutrient	Allowable à la Carte, Vending, and Regulated Fundraising Items	Exemptions
General Standards for Competitive Food	<p>To be allowable, a competitive food item must meet all of the competitive food nutrient standards AND:</p> <ol style="list-style-type: none"> 1. Be a grain product that contains 50% or more whole grains by weight or have whole grain 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 food that contains at least ¼ cup fruit and/or vegetable; OR 4. Only through July 1, 2016, the food may qualify by containing 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). <p>*If water is the first ingredient, the second ingredient must be one of the items in 1, 2, or 3 above.</p>	<p>Any entrée item 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.</p> <p>Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards.</p> <p>Canned and frozen fruits with no added ingredients except water or that are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards.</p> <p>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.</p>
Calories	<p>Snack items and side dishes sold à la carte: ≤200 calories per item as served, including any added accompaniments</p> <p>Entrée items sold à la carte: ≤350 calories per item as served, including any added accompaniments</p>	<p>Entrée items served are exempt on the day of or day after service in the program meal.</p>
Sodium	<p>Snack items and side dishes sold à la carte must be ≤200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold à la carte: ≤480 mg sodium per item as served, including any added accompaniments/condiments</p>	<p>Entrée items served are exempt on the day of or day after service in the program meal.</p>

Foods Table		
Nutrient	Allowable à la Carte, Vending, and Regulated Fundraising Items	Exemptions

Saturated Fats	<10% calories from saturated fat as served	Entrée items served are exempt on the day of or day after service in the program meal. Reduced fat cheese (including part-skim mozzarella). Nuts and seeds and nut/seed butters. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats. Combination products when sold beyond day of service or day after service are not exempt and must meet all the nutrient standards.
Trans Fat	0 g per portion	
Total Fats	≤35% calories from total fat as served	Entrée items served are exempt on the day of or day after service in the program meal. Reduced fat cheese (including part-skim mozzarella). Nuts and seeds and nut/seed butters. Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats. Seafood with no added fat. Combination products when sold beyond day of service or day after service are not exempt and must meet all the nutrient standards.
Sugar	≤35% of weight from total sugar as served	Entrée items served are exempt on the day of or day after service in the program meal. Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners. Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries or blueberries). Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats.
Dietary Fiber/ Whole Grain	≥50% whole grains by weight or have whole grains as the first ingredient	
Sugar-Free Chewing Gum		Sugar-free chewing gum is exempt from all competitive food standards.
Accompaniments/ Condiments	Must be included in the nutrient profile as part of the food item served and meet all standards	

Beverages Table		
Beverage	Allowable à la Carte, Vending, and Regulated Fundraising Items	Exemptions
Milk	Low-fat milk, unflavored, or nonfat milk, flavored or unflavored, including nutritionally equivalent milk alternatives as permitted by NSLP*: <ul style="list-style-type: none"> • Elementary School ≤8 fl oz • Middle and High School ≤12 fl oz 	
Fruit/Vegetable Juice	100% fruit/vegetable juice, or 100% fruit/vegetable juice diluted with water (with or without carbonation) and no added sweeteners: <ul style="list-style-type: none"> • Elementary School ≤8 fl oz • Middle and High School ≤12 fl oz 	
Water	Plain or plain carbonated water in any size	
Caffeine	<ul style="list-style-type: none"> • Elementary and Middle School: Foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances. • High School: Foods and beverages may contain caffeine. 	
Other Flavored and/or Carbonated Beverages	<ul style="list-style-type: none"> • Elementary or Middle School: None allowed. • High School: <ul style="list-style-type: none"> – Contain ≤5 calories per 8 fl oz, or ≤10 calories per 20 fl oz in sizes ≤20 fl oz – – Contain ≤40 calories per 8 fl oz, or ≤60 calories per 12 fl oz in sizes ≤12 fl oz 	

*National School Lunch Program

Fund-Raisers:

Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to students by or through other students, student groups, school organizations, or on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines set out above. Fund-raisers involving foods that do not meet state guidelines will not be permitted from **midnight to 30 minutes after the last bell**. All other fundraising activities are encouraged, but not required, to comply with these guidelines if the activities involve food and beverages. Non-food fund-raisers are strongly encouraged. A list of non-food

Classrooms

Any food or beverages used as awards, rewards, or incentives must meet the guidelines set out above. (Contact STC Food Service Director or see the District’s web site (**Student handbook**) for a list of approved foods.) Classroom treats brought into the building must meet the nutritional guidelines as listed in the “Food” section above and must be commercially packaged. **Treats made at home will not be permitted.**

Foods and beverages will not be used as a rewards or withheld as punishment for any reason, such as for performance or behavior.

Adult staff are strongly encouraged to model the Wellness Guidelines for students.

Assessment

A **Wellness** committee comprised of a parent representative/**general public**, a student representative, Director of Food Service, a teacher, a school nurse, **physical education teacher**, **school board member** and an administrator will monitor and evaluate the implementation of this policy. **Administration (superintendent) will appoint the chair of the Wellness Committee.**

The **Wellness** Committee will present a written report to the Board of Education in June of each year. The report will contain a yearly update and any recommendations for changes/modifications of the policy. **The report will be posted on the website.**

District informs and updates the public per the website of the content and implementation of the wellness policy including progress made in attaining the goals of the policy.

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the wellness policy.
- The extent to which the District's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is Food Service Director.

(July 19, 2006; September 20, 2010; July 9, 2012; January 19, 2015, September 21, 2015) *Month, date, year of update.*

1st Read: 10/2/2017

2nd Read: 10/16/17

Final Read_____