

Wellness

The IKM-Manning School Board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The IKM-Manning 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 IKM-Manning 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.

The IKM-Manning School District supports and promotes proper dietary habits and physical activity that contributes to students' health status and academic performance. All foods available on school grounds and at school sponsored activities during the instructional school day (bell to bell) must meet the Healthy Kids Act Nutritional Content Standards.

The IKM-Manning 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; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

Wellness Committee

The IKM-Manning School District will develop a local wellness policy committee comprised of parents, students, and representatives of the school food authority, the school board, school administrators, and the public, physical education teachers, and school health professionals. The local wellness policy committee will develop a plan to implement the local wellness policy and periodically review and

update the policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the board and community regarding the content and effectiveness of this policy and recommend updates if needed. When monitoring implementation, schools will be evaluated individually with reports prepared by each school and the school district as a whole. The report will include which schools are in compliance with this policy, the extent to which this policy compares to model Wellness policies and describe the progress made in achieving the goals of the policy,

Wellness Program Coordinator

The Board designates the superintendent of schools and the nurse as Wellness program coordinators. Only employees of the district who are members of the Wellness committee may serve as Wellness program coordinators. Wellness coordinators, in consultation with the wellness committee will adhere to the requirements of the Open Meeting Laws.

Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state's and district's educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the district wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the district wellness policy. Wellness program coordinators will report to the Board annually, to the IKM-Manning School District Board of Directors in May, regarding the content and implementation of the wellness program and make recommendations for modifications to this policy as appropriate. The report will be made available to the public by the means of district website or by other appropriate means.

Wellness Policy Goals

- Increase healthy nutrition education and awareness
- Promote and sell nutritious food/beverage options
- Increase awareness of the importance of physical activity
- Offer school-based activities that are designed to promote student awareness
- Promote awareness and influence a healthier BMI (Body Mass Index)

IKM-Manning School District and Healthy Kids Act Nutritional Content Standards

Nutritional content Standards Food Table

School Meals

Meals served at IKM-Manning School District will adhere to the guidelines for a reimbursable meal set by the National School Lunch and Breakfast Programs and will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by state and federal law
- Offer a variety of fruits and vegetables, legumes and whole grains
- Serve only low fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)

IKM-Manning School District will provide a healthy eating environment that allows students to have an ample amount of time for breakfast and lunch. Students will have access to hand washing or hand sanitizing, before and after meals or snacks.

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

Sharing of Food

The IKM-Manning School District discourages outside food from being brought in (e.g. pizzas, cakes, brownies, cupcakes, candies or beverages etc.) to share with one another during meals or snack times; this given concerns about sanitation, food allergies and health issues.

Food Safety

All foods made available at IKM-Manning School District will comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented to help prevent food illness in school.

Snacks

The IKM-Manning School District will make a positive contribution to children's diets and health by serving snacks during the school day or in after-school care or enrichment programs, with an emphasis on serving fruits and vegetables as the primary snacks and only "prepackage" snacks if brought from home and water as the primary beverage.

IKM-Manning School District will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations and will disseminate a list of healthful Snack items to teachers, after-school program personnel and parents.

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

All food and beverages sold individually outside the reimbursable meal programs (including those sold through a la carte (snack) lines, vending machines and student stores or fundraising activities) during the school day or through programs for students after the school day will meet nutrition standards as required by state or federal law.

Incentives, rewards and Punishment

- Food/beverage items will not be used as a reward (such as candies of any type, sodas or any other non-nutritional food item) for academic performance or good behavior and will not be utilized as an incentive that does not adhere to the IKM-Manning School District Nutritional Standards.
- 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 a punishment.

During School Hours

Vending, a la carte and regulated fundraising items (any foods or beverages sold to students between the first bell and the last bell) 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 to have access to any of the foods or beverages that are available for staff, located in the workroom. Staff is discouraged from eating or drinking those items in front of the students and to keep all foods and beverages out of the sight of students and to act as a healthy role model for the school. Staff are encouraged, but not required, to follow the IKM-Manning District Nutritional Standards.

Concessions

IKM-Manning School District encourages concessions that are sold outside of the instructional day to offer nutritious options. Water should also be offered wherever beverages are sold.

Nutritional Education and Promotion Goals

The IKM-Manning School District will provide nutrition education and engage in nutrition promotion that:

- Is part of health education, social sciences, science, nutrition and physical education classes.
- 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.

Physical Activity

The IKM-Manning School District will provide physical education/activity that:

- Includes students with disability (students with special healthcare needs may be provided in alternate education setting)
- Requires every student in grade K-4 has 30 minutes of physical activity every day.
- Requires every student in grade 5-12 to have 120 minutes of physical activity per week
- Engages students in moderate activity during at least 75% of the PE class time
- PE class time is taught or supervised by a certified physical education teacher

CPR Training

Every physically able student will be required to complete a course that leads to certification in Cardiopulmonary Resuscitation (CPR) by the end of grade 12.

Outcome Measurement

- Monitor vending and a la carte revenue
- Measure and monitor BMI data

- **Monitor fundraising revenue**
- **Monitor participation rates of National School Lunch Program and the National School Breakfast Program**

In the IKM-Manning School District:

- **Each principal will ensure the compliance with the Wellness Policy in their building and will report on the school's compliance to the superintendent.**
- **Food service supervisor will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal**
- **The Wellness Policy Committee will measure implementation outcomes and review the effectiveness of the Wellness Policy on an annual or as needed basis and report their findings to the school board.**

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: **504.6 Student Activity Program**
710 School Food Services

Approved _____

Revised _____

Revised _____

IKM-MANNING COMMUNITY SCHOOL DISTRICT BOARD OF DIRECTORS