

## **Series 760**

### **Code**

### **Title: School Wellness Policy**

#### **The Goal**

The Des Moines Public Schools Board of Education promotes the development of healthy students by supporting a comprehensive wellness program as a part of the total learning environment. Our goal is to contribute to the basic health status of students, in order to optimize academic achievement and promote student health.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment is 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 school district supports and promotes dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day will meet or exceed the school district nutrition standards and are in compliance with state and federal law. Foods will be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packing to ensure high-quality meals.

Orchard Place, a Psychiatric Medical Institution for Children (PMIC), provides residential psychiatric and educational services for children between the ages of 10 and 18 years. In collaboration with the Des Moines Public Schools, which operates on the Orchard Place Campus, the program is committed to a comprehensive wellness program for the Orchard Place clients.

The School Wellness Policy is reviewed and updated annually with School Principal, School Physical Education Teacher, Campus Activities Director, Campus Dietary Manager, Campus Dietician and Campus Vice President.

#### **Nutrition Education**

The school district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing and school gardens.
- Emphasizes caloric balance between food intake and physical activity.

Orchard Place contracts the services of a Dietitian as a consultant both to the program and for individual children as appropriate. The Dietitian assesses children who are referred based on medical condition, obesity, low weight, and other wellness-related factors. The Dietitian assesses each referred client, provides nutrition education and makes appropriate referrals and completes appropriate follow-up.

Classroom curriculum in nutrition education continues to be specifically provided to 6<sup>th</sup> grade students. Elements of nutrition education are incorporated into physical education classes for every grade level. Examples of this include use of visual aids and posters about nutritional components as they relate to fitness level. In addition, physical education classes participate in Live Healthy Iowa activities which involve tracking of fruit/vegetable and water consumption as well as activity levels.

The Orchard Place Dietitian has continued as a consultant to the program and also works individually with specific youth. The Dietitian continues her coordination and collaboration with campus nursing. She continues to provide assessments, education and nutritional interventions for the youth.

### **Physical and Health Education**

The school district enhances and implements a curriculum in physical education in accordance with the SHAPE America (Society of Health and Physical Educators) national standards for all students in pre-kindergarten through grade twelve.

The school district will offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.

Orchard Place children are provided physical education three times a week for 40-50 minutes. Additionally, Orchard Place employs a Recreational Therapist who assesses all children admitted regarding their need for recreational therapy services. The standard is 30 minutes of physical activity per day outside of the regularly scheduled physical education classes. Orchard Place has a large play space area with basketball court, two gymnasiums, play equipment and exercise equipment. Weekly recreational therapy is provided. Additionally, special interest groups are offered such as Girl Scouts, intramurals, softball, kickball, volleyball, basketball, exercise group, swimming opportunities, yoga class and other fitness classes as well as general leisure play outside. TV watching, utilizing computer games, and other sedentary activities are discouraged and physical activity is encouraged. Community resources are utilized such as aquatic centers, YMCA, and parks.

The school district will provide physical activity that:

- Is at least 20 minutes per day as an average
- Is preferably outdoors
- Encourages moderate to vigorous physical activity verbally and through provision of space and equipment

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

Employees do not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

The school district has continued to provide standardized physical health education to all grade levels on campus. The Physical Education classes have also incorporated fitness activities such as the 1 mile Healthy State Initiative walk, the Go the Distance Statewide Activity and participation in cup stacking events to achieve Guinness Book of World Record status. All youth also complete fitness testing every fall and spring.

Classroom health education is provided to students in sixth grade or as an independent study for those youth previously enrolled in health classes at their home school.

Orchard Place provides physical education three times per week for 40-50 minutes. A Recreational Therapist continues on staff to provide weekly recreational therapy groups and assessment for other recreational therapy needs. All youth participate in daily exercise opportunities via their living unit. Special interest groups continue to be offered as identified above. In addition, trauma informed yoga and weightlifting classes have also been offered. Community resources continue to also be utilized and

sedentary activities are discouraged. Gaming systems are primarily utilized to do Wii sport activities or exercise videos may be utilized if outdoor or indoor space is limited.

### **Student Nutrition**

The school district will follow Des Moines Public Schools Board of Education Policy Series 700, Code 763 Nutrition Standards.

Guidelines for reimbursable school meals shall not be less restrictive than the regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f) (1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f) (1), 1766(a) 0, as those regulations and guidance apply to schools. The School Food & Nutrition Department will provide meal pattern breakfast and lunch to students each day that school is in session. The school district will sponsor the Summer Food Service Program in schools and community locations in which more than 50 percent of students are eligible for free and reduced meals.

Vending machines are not available to children unless directly supervised by their parent or staff members. Vending machines are not available during meal times.

Three meals a day are served to the children at Orchard Place with two snacks provided as well. The snacks are provided immediately following the school day and between dinner and bedtime daily. Snacks provided meet the guidelines of the Des Moines Public School Healthy Snack Suggestions as well as the Orchard Place Dietitian. No soft drinks are allowed as snacks.

Meals served through the National School Lunch and Breakfast Program 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 vegetables and fruits, legumes and whole grains
- Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)

Orchard Place will:

- Engage students, through taste-tests of new entrees and surveys, in selecting foods, offered through the meal program in order to identify new, healthful and appealing food choices.
- Provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Schedule meal periods at appropriate time, e.g., lunch will be scheduled between 11:00 am-1:00 pm; will not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks
- Take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

Qualified nutrition professional will administer 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
- Provide staff development programs that include appropriate certification and/or training programs for child nutrition, directors, and nutrition managers and cafeteria workers, according to their levels of responsibility.

Orchard Place 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.

Snacks served during the school day or in after-school programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Orchard Place will assess if and when to offers snacks based on timing of meals, children's nutritional needs, children's ages and other considerations.

Orchard Place does not use food or beverages as a reward for good behavior and does not withhold food or beverages as a punishment.

Efforts are made to limit school celebrations to no more than one party per class per month. The food or beverage served at the celebration will meet nutritional standards with occasional exceptions approved by the school Principal. Birthdays are celebrated in the residential program with cake and ice cream for each resident. Special snacks that do not meet nutrition standards are available during special outings. Snacks provided on a daily basis meet nutrition standards.

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.

Orchard Place offers therapeutic gardening activities for campus youth weekly. The on-campus greenhouse is utilized to provide year-around programming. This includes starting seeds in the greenhouse, sowing them into the garden, harvesting produce, cleaning and preparing the harvest. Lastly, youth also assist with maintenance of campus fruit trees and utilizing their harvest.

Orchard Place has continued to follow and implement all required school breakfast and lunch program requirements. Students are provided with menus for breakfast and lunch on a regular basis. Children are not allowed access to vending machine without staff supervision.

Children continue to receive three meals per day and two snacks per day, one immediately following the school day and one between dinner and before bedtime. All snacks meet the School Healthy snack guidelines and are reviewed by Orchard Place dietitian. Soft drinks are not allowed as snacks. Food or beverages are not used as the only reward for good behavior and withholding does not occur as punishment.

When possible, school celebrations are limited to one party per class per month. Occasional exceptions are allowed for these special events. However, soda pop is limited to caffeine-free, sugar-free.

Orchard Place offers therapeutic gardening activities for campus youth weekly. The on-campus greenhouse is utilized to provide year-around programming. Youth start plants by seeds in the greenhouse, sow those plants into the garden here on campus, and harvest the produce in the fall. The group members learn how to pick, clean, and prepare their harvest (zucchini, tomatoes, cucumbers, herbs, strawberries, etc.). The same group maintains a majority of the young fruit trees on our property.

### **Policy Implementation**

The superintendent/designee will ensure compliance with established school district wellness policy.

The overall responsibility for the School Wellness Policy for Orchard Place is with the Vice President of Campus in collaboration with the Des Moines Public Schools Campus School Principal. Close collaboration occurs with the Dietary Services Manager, the Consulting Dietitian, Recreation Therapy Director and Physical Education Teacher.

The Campus Vice President will develop a summary report every three years on compliance with the established nutrition and physical activity wellness policies, based on input from the above listed parties. See procedures for School Wellness Policy for implementation of this policy. The report will be provided internally to all the parties listed above.

Administrative Procedures: Code

Legal References: 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.

July 2006

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