

# SCHOOL WELLNESS POLICY WORKSHOP



Midwest Dairy  
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# The Wellness Impact:

Enhancing Academic Success through  
Healthy School Environments



# Overview





Over 22%  
food insecure

Over 30%  
over-weight  
or obese



Still the target.



New Findings



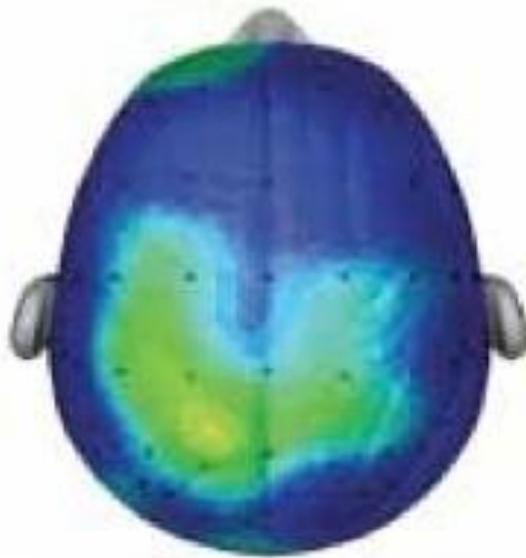
What you eat  
or don't eat  
matters to  
your brain



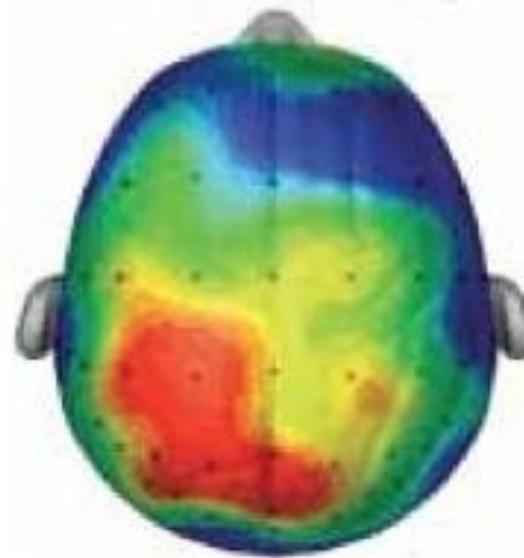
# Tracking Cognitive Effects of Physical Activity

## Cognitive Effects of Exercise in Preadolescent Children

*Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk*



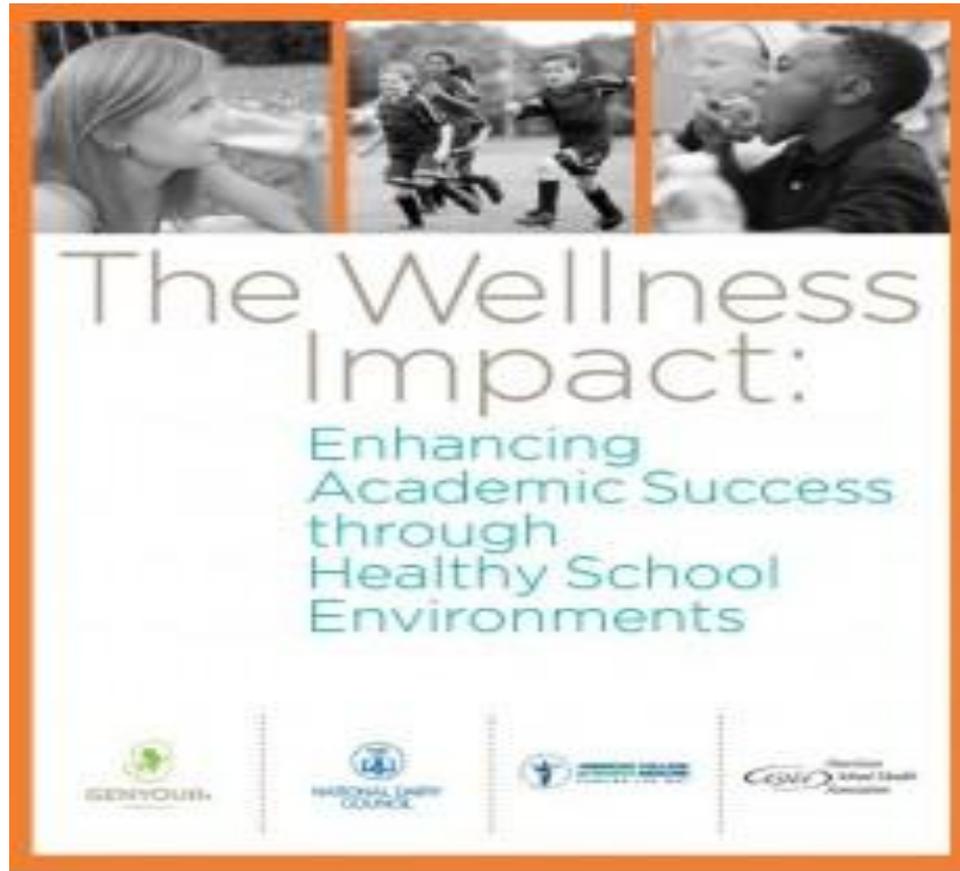
**Brain after sitting quietly**



**Brain after 20 minute walk**

*Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).*

# For more information:



Go to: [Midwest Dairy](#)

# Background

- 2004: Child Nutrition and Special Supplemental Nutrition Program for WIC Reauthorization Act
  - 2006-2007: LEAs were required to establish a local school wellness policy
- 2012: Healthy, Hunger-Free Kids Act
  - 2013-14: LEAs are to begin implementing the new requirements
  - Held accountable for implementation, assessment, and public updates



# Healthy, Hunger-Free Kids Act

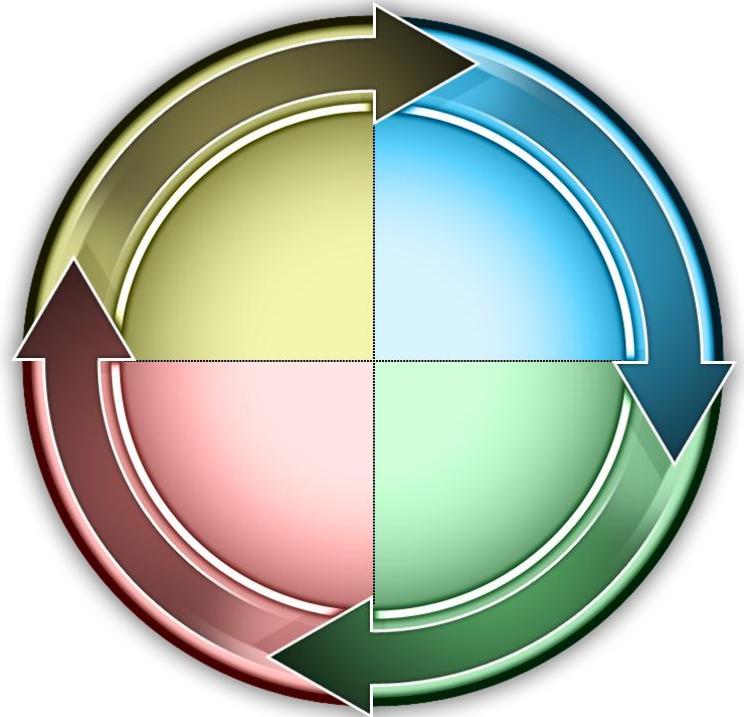


- Nutrition promotion, nutrition education, physical activity, and other school-based activities
- Include nutrition guidelines for all foods
- Variety of stakeholders
- Inform and update the public
- Measure compliance
- Designate a school official



# Local Wellness Policy Process

- Assembling Your Team
- Needs Assessment
- Development
- Implementation
- Monitoring
- Reporting to the Public



# Assembling the Team

- Physical Education Teachers
- School Health Professionals
- Parents
- Students
- Food Service
- School Board
- School Administrators
- Public

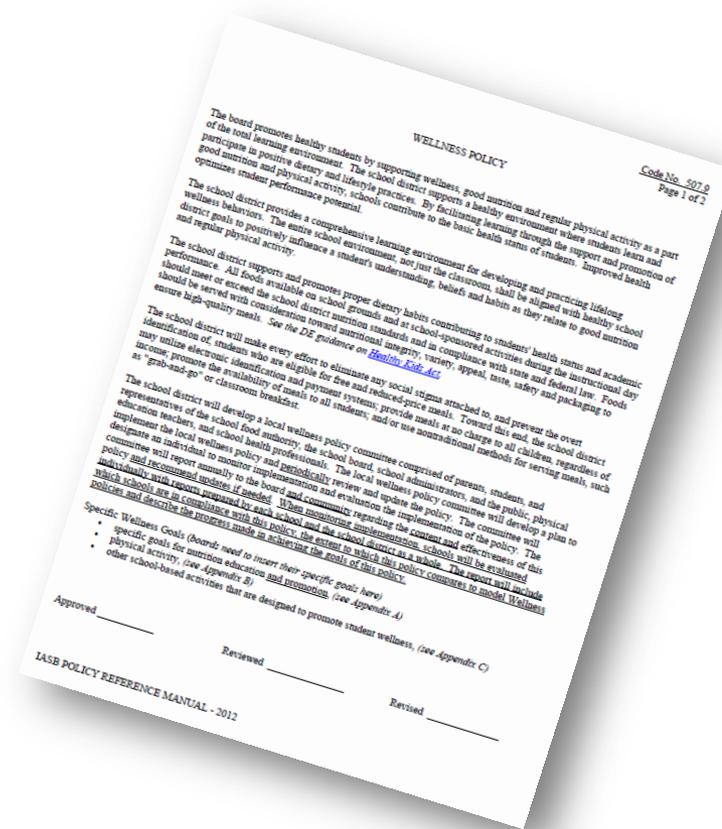


# State Agency Review Process

- 3 year review cycle
- Districts should keep the following on file:
  - ✓ A copy of the current Local School Wellness Policy
  - ✓ Documentation demonstrating the policy and most recent assessment has been made available to the public
  - ✓ Documentation of the district's efforts to review and update the Local School Wellness Policy
    - ✓ Including who is involved (list of invites, sign-in sheet)
    - ✓ Methods the district uses to make stakeholders aware of their ability to participate
  - ✓ A copy of the district's most recent assessment

# Iowa Sample Policy

- Iowa Association of School Boards:
  - <http://www.ia-sb.org/policylegal.aspx?id=1040>





# Does Your Policy Measure Up?

- Goals for nutrition promotion?
- Goal for nutrition education?
- Goals for physical activity?
- Nutrition guidelines?
- Designated at least one official?
- Informs and updates the public?
- Periodically measures the implementation?

# Building Assessment Tool

- Monitoring allows schools to determine if their building is meeting the expectations of the wellness policy.
- Tools may be completed monthly, quarterly, annually, etc.

Wellness Policy Language	Fully in Place	Partially in Place	Not in Place List steps that will be taken to implement goal and list challenges/barriers to implementation.
Nutrition Education and Promotion Goals			
1.			
2.			
3.			
4.			



**Search HMRS**

- Search all USDA
- Advanced Search

- Browse by Subject**
- Recipes
  - Menu Planning
  - Best Practices
  - Training Materials
  - Nutrition Education
  - Resource Library
  - HealthierUS School Challenge Resources
  - Local Wellness Policy Resources
  - State Sharing Center
  - Professional & Career Resources

## School Nutrition Environment and Wellness Resources

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies participating in federal Child Nutrition programs to establish and implement, for all schools under its jurisdiction, local school wellness policies that meet minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment.

This Web site is dedicated to helping local educational agencies find the resources they need to meet recommendations in these areas.



### Local School Wellness Policy Process

Follow these steps to put your local school wellness policy into action to impact students' health and lifelong choices.



### Required Wellness Policy Elements

Looking for resources to help implement each of the wellness policy requirements? You'll find some right here.



### Healthy School Nutrition Environment

Enhance your school nutrition and physical activity environment with these resources.



### Samples, Stories, and Guidance

Looking for samples or more ideas? Check out these examples and stories to boost your wellness efforts.



View various reports, issue briefs, data sets, and coding and evaluation tools related to wellness policies.



### Grants / Funding Opportunities

Find information on specific grants related to child nutrition and physical activity as well as resources to locate grants and information on the grant writing process.

<http://healthymeals.nal.usda.gov/school-wellness-resources>

# Team Time

- Healthy Schools Program
  - Adam Fanning

ALLIANCE FOR A  
**HEALTHIER  
GENERATION**



# Breakouts

- **Adults**

- All Foods Available on Campus
- School Breakfast Promotion
- Nutrition Education and Promotion

- **Students**

- State of Iowa Youth Advisory Council



# All Food Available on Campus

- School Meals
- Free and Reduced-Priced Meals
- Meal Times and Scheduling
- Qualification of Food Service Staff
- Sharing of Foods
- Foods Sold Outside the Meal
- Fundraising Activities
- Snacks
- Rewards
- Celebrations
- School Sponsored Events

School Meal from Decorah CSD



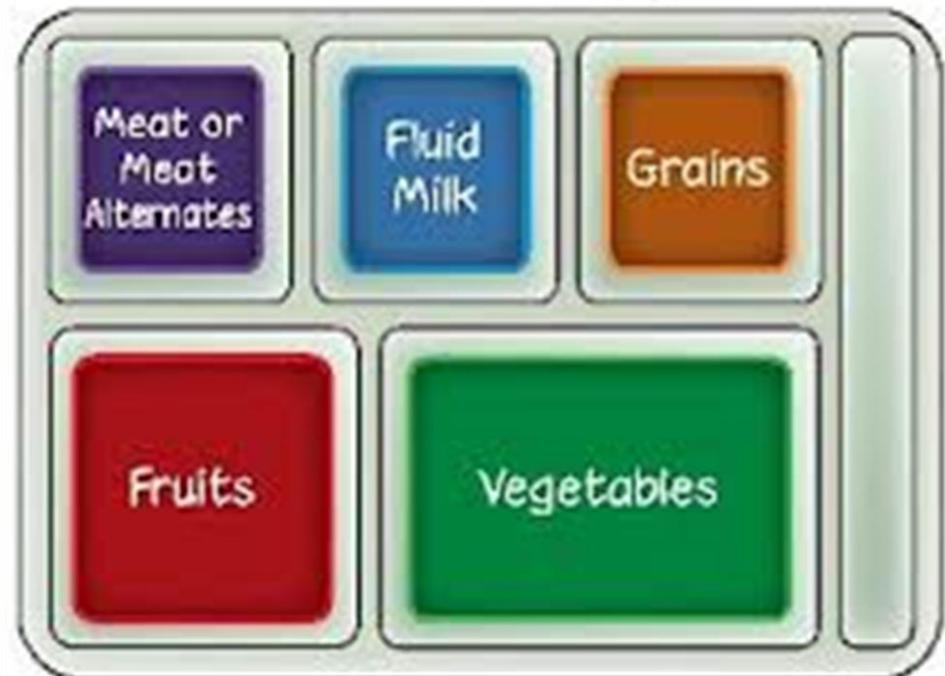
# The New Look of School Meals



# Meal Components

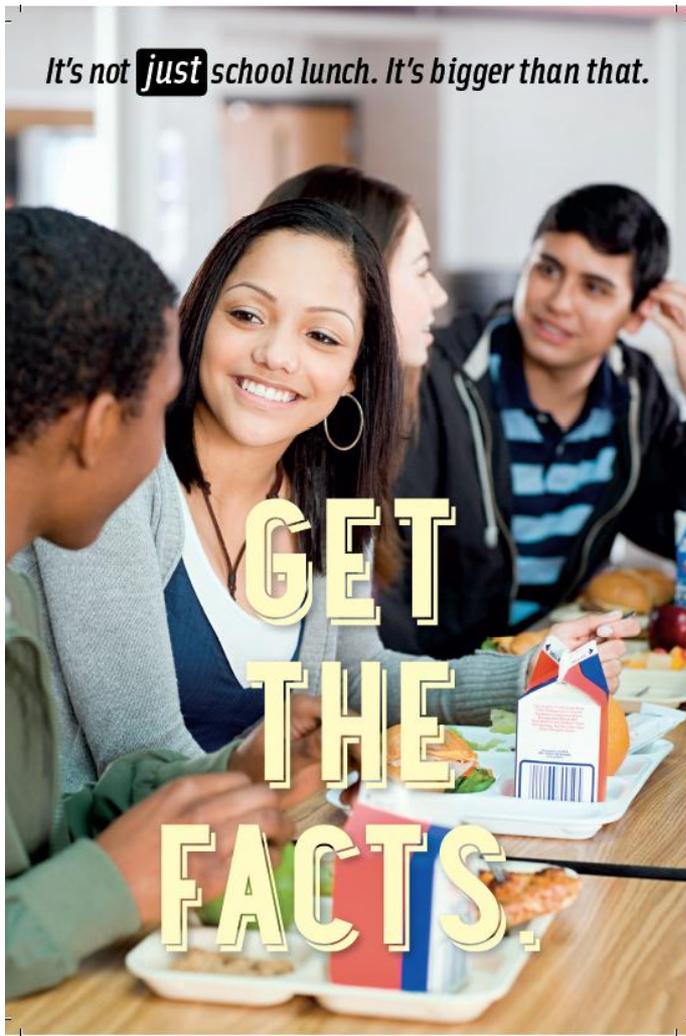
- Meat/Meat Alternates
- Grain/Bread
- Milk
- Fruit
- Vegetable

Build a Healthy Lunch



# School Meal Parent Campaign

[schoolmeals.educateiowa.gov](http://schoolmeals.educateiowa.gov)



# Sample Nutrition Goals

- Engage students and parents through taste testing of new menu items
- Share nutritional information of meals with parents and students on the web site or menu
- Arrange bus schedules and utilize methods to serve breakfasts that will encourage participation, including grab 'n go



# Sample Nutrition Goals

- Provide students with at least 20 minutes to eat after sitting down for lunch
- Will schedule meal periods to follow recess periods for elementary students
- Provide continuing professional development for all nutrition professionals
- Regulated fundraising will follow state nutrition guidelines
- Encourages fundraising that promotes physical activity
- Provide *healthy treats list* for celebrations at school
- Will not use foods or beverages, especially those that do not meet nutrition standards as rewards

# Healthy Kids Act (Iowa) vs. Healthy Hunger-Free Kids Act

- Healthy Kids Act
  - State Law
  - Competitive Foods
  - Physical activity
  - CPR requirements



- Healthy Hunger-Free Kids Act (*interim final rule*)
  - Federal Law
  - School Meals
  - Competitive Foods
  - School Wellness Policy
  - Start of the 2014-15 school year

Smart  
Snacks

# Healthy Kids Act Nutrition Committee

- Met in December 2013
- Recommended following the Healthy, Hunger-Free Nutrition Standards
  - To reduce confusion for schools
  - Assist with product availability
- Recommendations were presented to the Iowa Board of Education on Jan. 23, 2014
- Public hearing on March 11, 2014



# Key Differences

- Midnight night before and 30 minutes after
- Must be either a fruit, a vegetable, a dairy product, a protein food, a “whole-grain rich” product or a combination food or 10% DV
- Exempt items are those that are offered the same day they are served as part of the meal and the day after



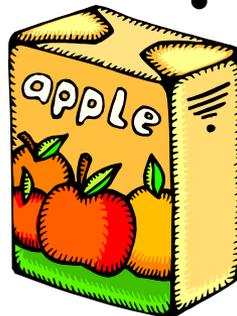
# Beverage Recap



## All schools are allowed to sell:



- Plain water
  - Carbonated or uncarbonated
- Milk
  - Unflavored low-fat
  - Flavored or unflavored non-fat
- 100% fruit or vegetable juice
  - Can be diluted with water
  - Can be carbonated
  - No added sweeteners



## High schools can sell additional beverages:

- Calorie-Free
  - 20 oz. or less
- Lower-Calorie
  - 12 oz. or less
  - Up to 40 calories per 8 oz.
  - 60 calories per 12 oz.
- Caffeinated



# New! Smart Snacks Calculator

[Our Smart Snacks Calculator](#) takes the guesswork out of determining if your snack, side or entrée item meets the new USDA guidelines.

It's simple to use: just enter the product information and answer a few easy questions. You will get an immediate answer letting you know if your product is approved or not.

# Expanding School Breakfast

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# Healthy Students are Better Students

- 2006 → Federal School Wellness Mandate
- 2010 → Healthy, Hunger-Free Kids Act
- Schools
  - Healthy environment
  - Nutrition
  - Physical activity
  - Learning



# Breakfast at School



# Why is School Breakfast Important?

- No nutritious breakfast at home
- Tight budgets: No breakfasts at home
- Busy lives, regardless of income.
- Children not ready to eat breakfast in the AM
- Long commutes, long periods between breakfast and lunch



# Benefits of Breakfast

- Immediate benefit with School Breakfast
  - Tardiness
  - Absenteeism
  - Improved Math scores
  - Fewer visits to a nurse's office
  - Less behavior problems
  - Improved overall nutrition



# Breakfast Comes in Many Forms

*Classroom*



*Grab 'n Go*



*Cafeteria*



# Where is Breakfast in the Classroom (BIC)?

- In Iowa
  - DMPS schools: Carver, King, Howe, Garton, Edmunds, Stowe, South Union, Madison, Monroe, Cattell, McKinley, Findley, Hoyt, Hiatt, Weeks
  - Marshalltown has it in their elementary schools.



# Other sites

- Waukee – Grab and Go Program
  - 2 Elementary
  - 3 Middle
  - 1 High School
- Sioux City
  - Yogurt Bar



# Expanding School Breakfast

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# Sample Nutrition Education and Promotion Goals

- Offer nutrition education as part of a comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health
- Promote and encourage the consumption of fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing practices.

# 21<sup>st</sup> Century Learning Skills

- Employability Skills
- Financial Literacy
- [Health Literacy](#)
- Technology Literacy
- Civic Literacy

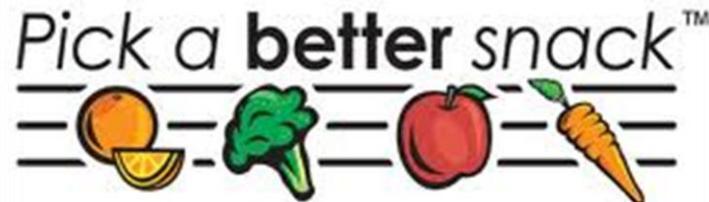


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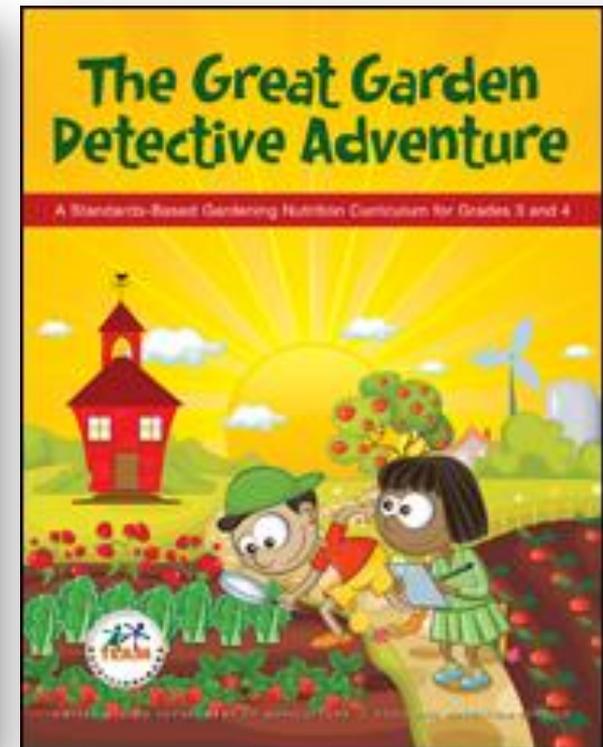
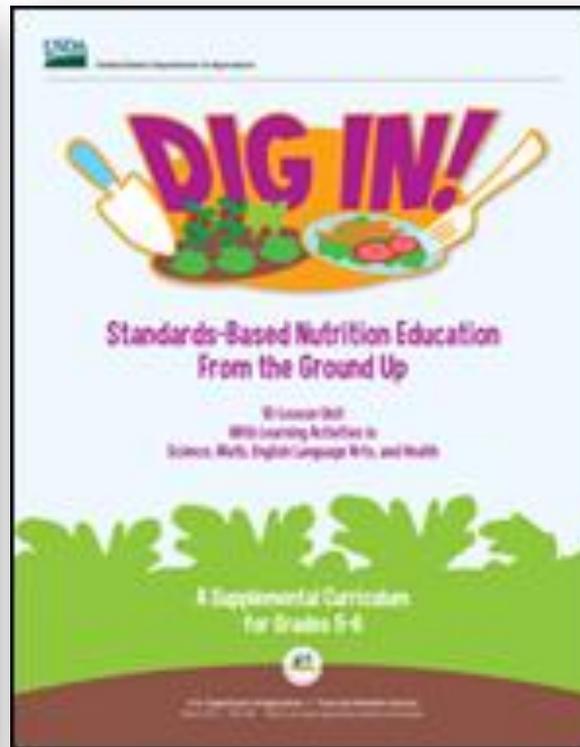
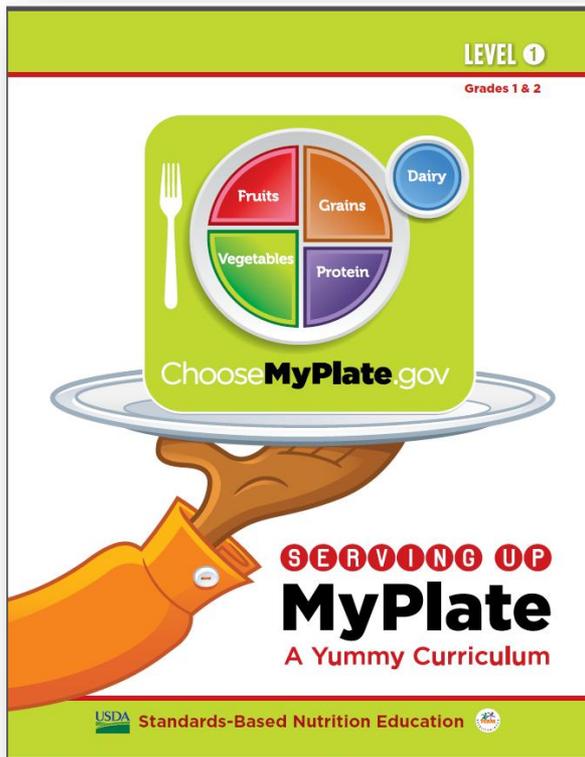
# Nutrition Education Resources

- MyPlate:  
[www.choosemyplate.gov](http://www.choosemyplate.gov)
- Fuel Up to Play 60: [www.fueluptoplay60.com](http://www.fueluptoplay60.com)
- Pick a Better Snack:  
[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)
- Team Nutrition:  
<http://www.fns.usda.gov/tn/resource-library>



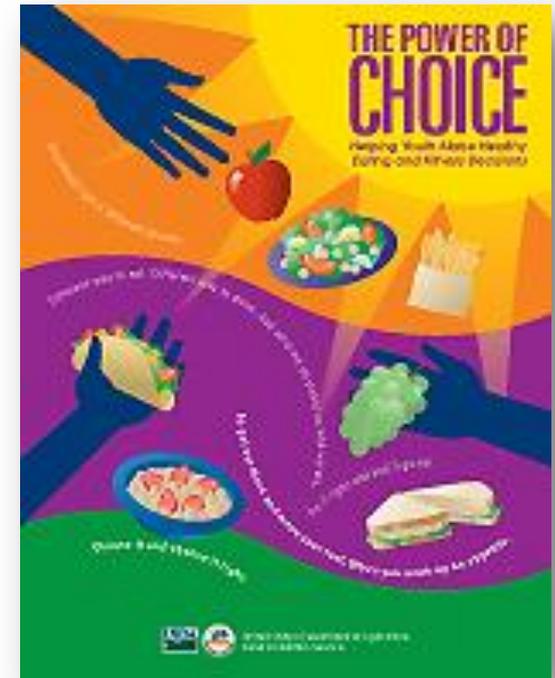
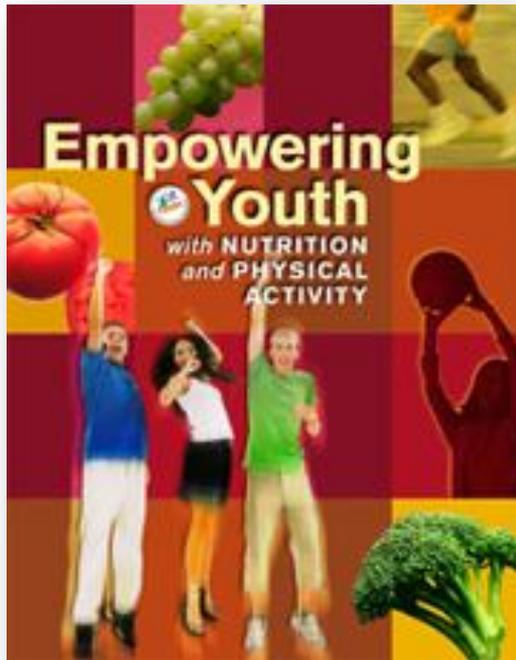
# Team Nutrition

- Elementary Resources



# Team Nutrition

- Middle and High school Resources



# Smarter Lunchrooms

- Placement of fruits and vegetables
- Creative names for vegetables
- Price lower nutrient dense items higher
- Use colorful bowls/baskets
- Make healthy options easy to reach
- Eye-catching signage
- Make choosing healthy foods the easy choice!



# Other School Based Activities

- Water Access
- Work-site Wellness
- Shared Use Agreements
- HealthierUS School Challenge
- Healthy Schools Program Resources

# Drinkin' That Water

- <http://www.youtube.com/watch?v=FLqbrCnPJtE&feature=youtu.be>
- This first-prize winning video from San Francisco, CA features a youth who creatively raps about why drinking water is important.

# Water



# Increase Water Consumption

- Increase water access throughout the school
- Decrease sugar-sweetened beverage access
- More robust promotion/education



# Water Language in Wellness Policy

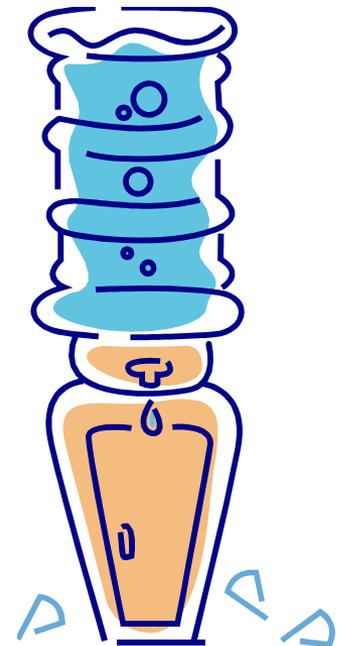
- Water deliver options
- Promotion and modeling
- Education
- Water safety and quality
- Access
- Reusable water bottles
- Monitoring and evaluation



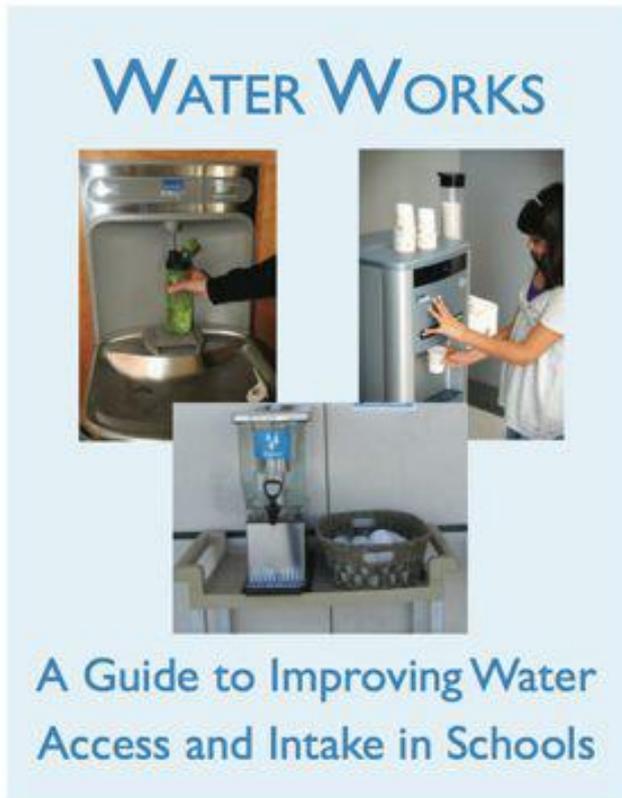
# Water Language in Wellness Policy

## Access:

- Drinking water readily available at all times during the day and at before- and after-school activities
  - Food service and eating areas
  - Common areas
  - Gym and outdoor physical spaces
  - Classrooms



# [www.waterinschools.org](http://www.waterinschools.org)



- Water quality testing
- Water delivery options
- Promotional and education materials and activities
- Water language for school wellness policies
- Evaluation of school water programs

[http://www.idph.state.ia.us/iowansfitforlife/common/pdf/school\\_worksites\\_toolkit.pdf](http://www.idph.state.ia.us/iowansfitforlife/common/pdf/school_worksites_toolkit.pdf)



Healthy Iowa  
Worksites

# Making Worksite Wellness Work at Your School

- Handout with easy suggestions to get you started:

[http://www.idph.state.ia.us/iowansfitforlife/common/pdf/school\\_worksites\\_toolkit.pdf](http://www.idph.state.ia.us/iowansfitforlife/common/pdf/school_worksites_toolkit.pdf)



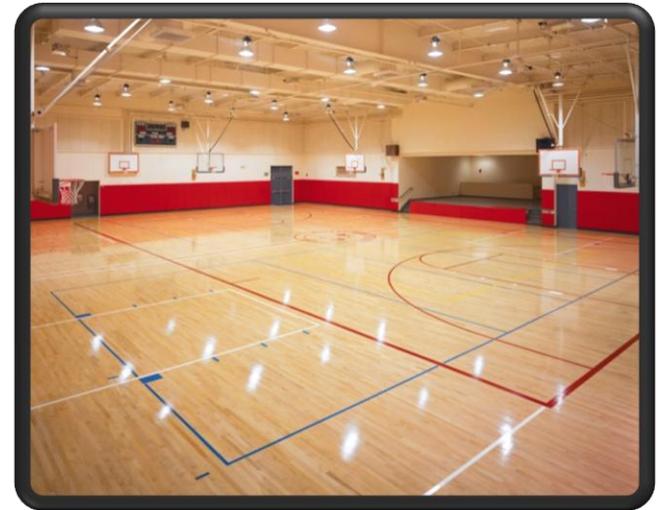
# Shared Use Agreements

- Shared Use Agreements also known as Joint Use Agreements
  - Are formal agreements between two separate government entities—often a school and a city or county—setting forth the terms and conditions for shared use of public property or facilities.



# Shared Use Examples

- Opening Outdoor School Facilities for Use During Non-School Hours
- Opening Indoor and Outdoor School Facilities for Use During Non-School Hours
- Opening School Facilities for Use During Non-School Hours & Authorizing Third Parties to Operate Programs
- Joint Use of District and City Recreation Facilities



# Iowa Legislation



- Two bills in the Iowa Legislature this year:
  - House Study Bill 165
  - Senate Study Bill 3113
- The bills aimed to remove barriers to use school property by clarifying liability protection for schools.

# Resources

- Model Policies: Change Lab Solutions
  - <http://changelabsolutions.org/publications/model-JUAs-national>
- Opening School Grounds to the Community After Hours: A toolkit for increasing physical activity through joint use agreements
  - [http://changelabsolutions.org/sites/phlpnet.org/files/Joint\\_Use\\_Toolkit\\_FINAL\\_web\\_2010.01.28.pdf](http://changelabsolutions.org/sites/phlpnet.org/files/Joint_Use_Toolkit_FINAL_web_2010.01.28.pdf)

# HealthierUS School Challenge

Patti Delger, RD, LD  
Iowa Department of Education



# Criteria

- Competitive Foods
- Nutrition Education
- Physical Education
- Physical Activity
- Wellness Policy
- Fundraising
- Criteria for Excellence



**61 Iowa Schools!**



# Alliance for a Healthier Generation

## Streamlined Application Process

<b>HSP fast-tracks recognition for HUSSC awardees:</b>	<b>HUSSC fast-tracks recognition for HSP awardees:</b>
Schools with any level of HUSSC award can achieve Bronze in HSP school meals with no additional evidence.	Schools with any level of HSP award can bypass the application process for nutrition education, physical education and physical activity sections.

# Why Should a School Apply?

- School and community recognition for nutrition and physical activity excellence
- Gain national recognition
- Receive an award plaque, monetary awards, banner from USDA, letter from the First Lady



# Lakewood Elementary - Norwalk



# Davis County Elementary



# Become a HealthierUS Challenge School!



# Physical Education in Iowa

- Mandates physical education in grades K-12
  - The state requires:
    - No minute requirement for grades K-8
    - 9-12 students need to earn 2.0 PE credits for graduation, with 0.5 credits given per year

# Healthy Kids Act

- Requires school districts and accredited non-public schools to ensure:
  - Every student in grades K-5 has 30 minutes of physical activity per day
  - Every student in grades 6-12 has 120 minutes of physical activity per week



Iowa Department of Education

# Sample Physical Activity Goals

- Elementary schools will provide recess for students that is at least 15 minutes per day, outdoors, and encourages moderate to vigorous activity.
- Integrate physical activity in the classroom setting with classroom physical activity breaks.
- Will not use physical activity as punishment.

# Physical Activity Resources

- [Recess Before Lunch](#)
- [Stories in Motion](#)
- [Move for Thought Kit](#)
- [Alliance for a Healthier Generation](#)
- [Fuel Up to Play60](#)
- [Walking Works for Schools](#)
- [Let's Move! Active Schools](#)
- [Iowa Association of Health, Physical Education, Recreation and Dance](#)
- AFHK Healthy Rewards (handout provided)

# Sample Physical Education Goals

- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time
- Taught by a Certified Physical Education Teacher
- Provided to grades K-8 for the entire school year and grades 9-12 will take one required PE class for at least one term