



**HEALTHY SCHOOLS - HEALTHY STUDENTS**  
**SCHOOL WELLNESS POLICIES**

**TEAM NUTRITION** **IOWA** **VIDPH**

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**Presenters**



Patti Delger Carrie Scheidel Melissa Walker

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**Today's Lesson:**  
**Healthy Students are Better Students**

Healthy Eating + Physical Activity = Improved Academic Performance

Students who eat breakfast have better attention and memory.

Only **38%** of all teens eat breakfast everyday

Good Job! Needs Improvement!

After just **20 minutes** of physical activity, brain activity improves.

Only **25%** of high school students are active for the recommended 60 minutes each day.

**The Wellness Impact**  
 Enhancing Academic Success through Healthy School Environments

**Cognitive Effects of Exercise in Preadolescent Children**  
 Average composite of 20 students' brains taking the same test after sitting quietly or taking a 20-minute walk.

After 20 minutes of Sitting Quietly After 20 minutes of Walking

<http://www.genyouthfoundation.org/programs/>

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*School wellness policies allow schools to take an active role in promoting school wellness and prevent obesity. A local policy can be a useful tool in evaluating, establishing, and maintaining healthy school environments.*

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### 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




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### 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

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### Local Discretion



- LEAs can determine individual goals based on the needs of their schools
- Law only requires one goal per area

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### Iowa Sample Policy

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




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### Nutrition Education and Promotion

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;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- 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;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for teachers and other staff.



Choose **MyPlate**.gov

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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>





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## Physical Activity

**Daily Physical Education**  
The school district will provide physical education that:

- is for all students in grades K-12 for the entire school year;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

(The Centers for Disease Control and Prevention recommends at least 150 minutes a week for elementary students and 225 minutes a week for middle and high school students).

**Daily Recess**  
Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity and Punishment**  
Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.




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## Physical Activity Resources

- Let's Move! Active Schools:  
<http://letsmoveschools.org>
- Stories in Motion:  
<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/stories-motion-physical>
- Move for Thought:  
[https://www.educateiowa.gov/sites/files/ed/documents/1213\\_np\\_lt\\_MoveforThought.pdf](https://www.educateiowa.gov/sites/files/ed/documents/1213_np_lt_MoveforThought.pdf)
- Iowa Association of Health, Physical Education, Recreation and Dance: <http://www.iowaahperd.org>




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### 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

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### Other School-Based Activities

- Recess Before Lunch: [Click here!](#)
- Smarter Lunchrooms: [Click here!](#)
- Walk or Bike to School: [Click here!](#)
- Walking Programs: [Click here!](#)
- School Wellness Community Guide: [Click here!](#)





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### Local Wellness Policy Process

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




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### Assembling the Team

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




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### Needs Assessment

- Alliance for a Healthier Generation
  - Healthy Schools Inventory
  - [Click here!](#)
- Centers for Disease Control
  - School Health Index
  - [Click here!](#)
- Fuel Up to Play60
  - School Wellness Investigation
  - [Click here!](#)
- ISU and Dept of Education
  - [Click here!](#) (under construction)




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### Development

- Use Needs Assessment to get started
- Iowa Association of School Boards
  - <http://www.ia-sb.org/policylegal.aspx?id=1040>




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### Implementation and Monitoring

Goal	Activities	Lead	Actions	Results	Next Steps
Nutrition Education links with School Meal Programs	Food Service Director will present during staff in service meeting	Mrs. Apple	Food Service Director presented at 8/10/13 meeting and shared classroom lessons and activities connected to school lunch	Teachers incorporated school meals in their lessons and documented frequency 2013-14	Based on schedule invite classrooms to visit the food service kitchen or have food service director visit classrooms

- Reports can be monthly, quarterly, annually, etc.
- Reinforce the policy goals with school staff
- Ensure that new policies are successfully implemented
- Assess how well the policy is being managed
- Recognize policy success
- Update and amend as needed

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### Reporting to the Public

- The extent to which schools are in compliance and the district policy compares to model local school wellness policies
- The progress made in attaining the goals of the local wellness policy
- Electronic posting and distribution is allowable

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### Funding a Local School Wellness Policy

- Health insurance providers
- Private foundations
- Community organizations
- Government agencies
- Iowa – Newsletter
  - [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov)
- National – [Click here!](#)




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

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### State Agency Review Process

**IMPORTANT!**

- 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

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### Does Your District Wellness Policy Measure Up?

Ensure your school/district is a safe, happy, and healthy place for kids to learn and grow. Use this checklist to review and update your wellness policy and address all requirements as written in SEC 204 of Public Law 112-296 Local School Wellness Policy Implementation.

- District has current wellness policy
- District wellness policy has goals for nutrition promotion
- District wellness policy has goals for nutrition education
- District wellness policy has goals for physical activity
- District wellness policy has nutrition guidelines for all foods available on each school campus
- The nutrition guidelines promote student health
- District has designated at least one official charged with responsibility to ensure each school complies with wellness policy
- District permits involvement of the following people in the development, implementation, review, and modification of the wellness policy:
  - Parents
  - Students
  - School Food Service Staff
  - Teachers of Physical Education
  - School Health Professionals
  - School Board
  - School Administrators
  - General Public
- District informs and updates the public on the content and implementation of the wellness policy
- District has a system in place to periodically measure the implementation of the wellness policy
- District makes the wellness policy implementation assessments available to the public:
  - The extent to which schools under the jurisdiction of the local educational agency are in compliance with the local school wellness policy
  - The extent to which the local school wellness policy of the local educational agency compares to model local school wellness policies; and
  - A description of the progress made in attaining the goals of the local school wellness policy

As part of the new Administrative Review process, Iowa Department of Education's Bureau of Nutrition and Health Services will now review and assess school wellness policies.

You can find more information on School Wellness Policies here: <http://www.wellness.iowa.gov/school-wellness> or contact [elbstrom@iowa.gov](mailto:elbstrom@iowa.gov)

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### Where Does the School Nurse Fit?

- Melissa Walker, RN
  - Iowa Department of Education
  - School Nurse Consultant
  - 515-281-5327
  - [melissa.walker@iowa.gov](mailto:melissa.walker@iowa.gov)




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### Student Wellness Ideas

- Develop a walking club before or after school
- Work with teachers to connect with existing lessons
- Health Office Bear
- Create a monthly news flier with a coloring sheet
- Create colorful “healthy messages”




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### Staff Wellness Ideas

- Work with students to create a “Walking Map”
- Be available to check blood pressures
- Collaborate with Public Health to offer staff flu vaccine
- Provide a “Health Tip” poster in the break room and change the message once a week
- Create a monthly Healthy News Flier




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

- 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




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### 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




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Category			<i>What does this mean for my school?</i>
School Day	Bell to Bell	The period from midnight before to 30 minutes after the end of the day	<i>Standards will affect foods sold before school and 30 minutes after</i>
General	Offerings must include at least two fruits or non-fried vegetables	Food items 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	<i>Some products may no longer be allowed such as baked potato chips</i> 

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Category	Healthy Kids	USDA	What does this mean for my school?
Entree items sold as a la carte	Items that are offered in the same portion size and frequency per week as they as they are on the menu.	Items that are offered the same day they are served as part of the meal and the day after are exempt from standards.	Item can <i>only</i> be served on the same day or the day after
Calories	Snack Item ≤ 200 Entrée Item ≤ 400	Snack Item ≤ 200 Entrée Item ≤ 350	Entrée item must be ≤350 calories and snack items ≤200 calories




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Category	Healthy Kids	USDA	What does this mean for my school?
Sugar	≤ 35% of calories, excludes yogurt	≤ 35% of weight	Allowable sugar amounts is calculated by ≤ 35% of weight Yogurt is not exempt
Grains	50% of the grain products offered must be whole grain	Grain products must include 50% or more whole grains by weight	All grain offerings must be whole grain-rich




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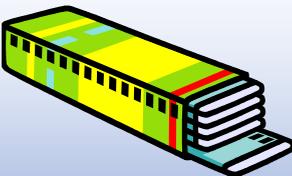
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Category	Healthy Kids	USDA	What does this mean for my school?
Sugar-Free Chewing Gum	Not allowed	Is exempt from all competitive food standards.	Sugar-free gum is allowed




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Category	Healthy Kids	USDA	What does this mean for my school?
Portion Sizes of Beverages Sold	No portion sizes 	<b>Elementary :</b> Up to 8 oz. <b>Middle:</b> Up to 12 oz. <b>High:</b> Up to 12 oz. for lower calorie and 20 oz for calorie free	<i>There are different portion sizes for different grade groups</i>
Juice	100% full strength juice	100% juice may be diluted with water	<i>100% juice diluted with water is allowed at all grade levels</i>

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Category	Healthy Kids	USDA	What does this mean for my school?
Additional Beverage options	Sports drinks, flavored water, caffeinated beverages are allowed at middle and high school	Lower-calorie beverages are only allowed at high school 	<i>Only lower calorie sports drinks, caffeinated beverages, and flavored water are only allowed at high school</i>
Carbonated Beverages	Only 100% juice beverages can be carbonated	Juice and water and be carbonated at all levels, no and low-calorie beverages can be carbonated at high school level	<i>HKA only allows 100% juice to be carbonated</i>

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**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






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### Regional School Wellness Workshops

- Tuesday, February 25 – Cedar Rapids
- Tuesday, February 26 – Des Moines

**School Teams Should Consist of:**

- Two High School Students
- Two School Staff
  - PE Teacher, School Nurse, Food Service, Etc.




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### CEU Information

- School Nutrition Association of Iowa: 1 CEU
  - No processing fees
  - Download and fill in the certificate
- Iowa School Nurse Organization: 0.12 CEU
  - \$5 for ISNO members and \$25 for non-members
  - Download the CEU form and evaluation
  - Complete both and mail to the address listed
  - Must submit by **February 10<sup>th</sup>, 2014**

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## THANK YOU!!

- Carrie Scheidel
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- Patti Delger
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