



# **Eastern Allamakee Community School District**

## **2025**

### **WELLNESS POLICY**



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# **Eastern Allamakee Community School District Wellness Policy**

## **Board Policy Number 507.9**

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the learning environment. The Eastern Allamakee School District supports a healthy environment where students learn about positive dietary and lifestyle practices. By facilitating learning through the promotion of good nutrition and physical activity, schools contribute to the overall health status of students. Improved nutrition and health optimizes student performance potential.

The school district provides a comprehensive learning environment for development and practice of lifelong wellness behaviors. The entire environment, not just the classroom shall be aligned with healthy school district goals that positively influence a student's understanding, beliefs and habits as they relate to good nutrition physical activity and overall health.

The school district supports and promotes proper dietary habits that contribute to the student's health status and academic performance. Foods should be served with consideration of nutritional integrity, variety, appeal, taste, packaging and food safety to ensure high quality meals.

### **Nutrition Education and Promotion Goals**

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

- Is designed to provide students the knowledge and skills necessary to protect their health.
- Includes enjoyable, developmentally appropriate and culturally relevant activities. These include Allamakee County Dairy Princess and 4H visits, field trips to the NICC Dairy Center, and dairy testing in the Ag classes.
- Promotes fruits, vegetables, whole grain products, low fat and fat free dairy products
- Emphasizes caloric balance of food intake and physical activity.
- Includes education for staff.
- Is part of not only health classes but general classroom instruction including lower elementary Weekly Readers, Science Spin, or Scholastic News, upper elementary science courses, and high school Farm to School Programs.

### **Physical Activity Goals**

The school district will provide physical education that:

- Is for all students grades PK-12 throughout the school year.
- Is taught by a certified physical education teacher.
- Includes students with disabilities and students with special healthcare needs. Some needs may be met in an alternative setting or supported by the Keystone Physical Therapist.

- Engages students in moderate to vigorous activity during at least 50 percent of the physical education class times.
- Promotes the benefits of a physically active lifestyle and lifelong healthy habits - personal fitness (6th grade and high school).

### **Daily Recess**

The elementary schools should provide recess for students that:

- Is at least 25 minutes per day.
- Is preferably outdoors.
- Encourages moderate to vigorous physical activity which is promoted by recess monitors.
- Has a variety of activities to engage students and fit their personal interests.

### **Classroom Breaks**

- Elementary students participate in active “brain breaks” such as Freeze Dance to get them out of their seats between subjects.
- When activities such as mandatory school-wide testing make it necessary for students to be indoors for long periods of time, staff give students periodic breaks in which they are encouraged to stand, stretch and be moderately active.

### **Physical activity and punishment**

Staff should not use physical activity (such as running laps or doing pushups as punishment. Staff should not withhold opportunities for physical activity as a punishment (such as taking away recess or physical education)

### **Physical activity opportunities after school**

After school enrichment programs will provide and verbally encourage periods of moderate to vigorous activities for all participants through provision of space, and equipment.

### **Use of facilities outside school hours**

School facilities will be available outside of normal school hours to students, community members and staff. School safety and security policies apply to use of these areas at all times.

### **Integrating physical activity into classroom settings**

For students to receive the nationally recommended amount of physical activity and for students to gain understanding of the importance of regular physical activity; Students need opportunities for physical activity beyond the physical education class. To facilitate this, the school district will:

- Offer classroom health education that compliments physical education by reinforcing knowledge and self-management skills necessary to maintain a physically active lifestyle and reduce time spent on sedentary activities.
- Discourage sedentary activities such as watching TV and computer games.
- Provide opportunities for physical activity to be incorporated into other subject lessons, such as walks to explore our environment and reinforce classroom lessons.
- When activities such as mandatory school-wide testing make it necessary for students to be indoors for long periods of time, staff give students periodic breaks in which they are encouraged to stand, stretch and be moderately active.
- Encourage teachers to provide short activity breaks between lessons or classes as appropriate.

### **Communication with parents**

- Will send home nutrition information such as Pick a Better Snack throughout the year.
- Nutrition and Health information will be included in district mailings such as the school house scribblings, teacher notices, and daily bulletins.
- Provide information to parents and the public about physical activity opportunities before, during, and after the school day. Such as open gym, opportunities for the public to use gym facilities to walk and field day fliers.
- Include information about physical activity and physical education and sporting events through newsletters, daily bulletins, or other take home materials

### **School based marketing**

School based marketing will be consistent with nutrition education and health promotion. The school district will:

- Limit food and beverage marketing to the promotion of items that meet the nutrition standards for meals or for food and beverages sold individually
- Promote healthy foods including fruits, vegetables, whole grain and low fat dairy products
- Market activities that promote healthful behaviors including promotion of water and use of water bottle filling stations, pricing that promotes healthy options in ala carte lines or vending machines, and sale of fruits, cheese curds etc....as a healthy option as fundraisers.

### **Staff Wellness**

The school district values the health and well-being of every staff member. Activities that encourage healthy eating, physical activities and other elements of leading a healthy life-style will be promoted by the school district through sharing of information and encouraging participation. The school district will:

- Work with local healthcare providers to offer on site yearly Influenza and other vaccinations as recommended by public health
- Communicate/promote any opportunities on site or in the community that promote physical exercise ( i.e. Local 5K fundraisers/Driftless Half Marathon which is promoted to students and staff)

## **School Meals**

### **Meal Quality and Nutrition Standards**

Meals served through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will:

- Be appealing, culturally relevant, and age-appropriate
- Be served in a clean, safe, and welcoming environment
- Meet or exceed all federal and state nutrition guidelines
- Prioritize scratch cooking using whole, minimally processed ingredients
- Limit the use of highly processed and prepackaged foods whenever feasible
- Offer a variety of fruits, vegetables (including dark green, red/orange, and legumes), and whole grains
- Ensure that at least 50% of all grains offered are whole grain-rich
- Serve only low-fat or fat-free milk and USDA-approved non-dairy alternatives
- Incorporate fresh, locally procured ingredients whenever possible through partnerships with local farms and distributors
- Include student input in menu planning and meal satisfaction surveys

### **Access to Drinking Water**

- Free, potable drinking water will be available to all students during meals in designated eating areas.
- Water bottle filling stations are available at middle and high schools.
- At elementary schools, water pitchers and cups will be made available during meals and snack times.

## **Breakfast**

To ensure students begin the school day nourished and ready to learn, the district will:

- Offer a healthy breakfast at each attendance center that meets USDA standards

- Provide access through flexible service models when feasible (e.g., breakfast in the classroom, grab-and-go, second chance breakfast)
- Promote the importance and availability of breakfast through registration packets, newsletters, websites, social media, and other take-home materials
- Encourage students to participate and allow at least 10 minutes after sitting down to eat

### **Free and Reduced Price Meals**

The district is committed to ensuring equitable access to school meals and reducing stigma associated with free or reduced-price meals. To support this, the district will:

- Promote the availability of free and reduced-price meal programs to all families
- Utilize confidential application processes and electronic payment systems when feasible
- Ensure that students receiving free or reduced-price meals are served discreetly and without overt identification
- Train staff on respectful, inclusive meal service practices
- Provide meals to all students in a dignified and inclusive manner

### **Meal Times and Scheduling**

To support adequate nutrition and a positive dining experience, the district will:

- Provide students with at least 20 minutes to eat lunch after being seated
- Schedule lunch periods between 11:00 a.m. and 1:00 p.m.
- Avoid scheduling meetings or activities during lunch periods unless students are permitted to eat during the activity
- Schedule recess or physical activity before lunch, or no sooner than 20 minutes after lunch, when feasible
- Ensure access to handwashing or hand sanitizer before meals and snacks
- Take reasonable steps to accommodate oral hygiene needs for students with dental conditions (e.g., orthodontia)

### **Qualifications of Food Service Staff**

- The district's food service program will be administered by trained, qualified personnel
- Food service staff will receive regular professional development in areas such as:
  - Scratch cooking techniques
  - Safe food handling and HACCP procedures
  - Nutrition standards and meal planning
  - Cultural relevance in school meals

- Allergen awareness and special dietary accommodations

### **Sharing of Foods**

To protect student health and safety, the district discourages students from sharing food or beverages during meals or snacks. Exceptions may be made for special, staff-approved classroom events or cultural celebrations with proper food safety protocols in place.

### **Foods Sold Outside the Meal Program**

All foods and beverages sold to students individually (e.g., vending, a la carte, school stores, fundraisers) during the school day or during afterschool programs must:

- Meet or exceed USDA Smart Snacks in School nutrition standards
- Comply with all applicable state nutrition regulations

### **Fundraising Activities**

- **Regulated fundraisers** (those involving food/beverages sold to students during the school day) must comply with state and federal nutrition standards.
- **Unregulated fundraisers** (outside of school hours or not involving food) are encouraged to align with the district's wellness goals.
- Schools are encouraged to use non-food fundraisers or those featuring healthy food options.

### **Snacks**

Snacks provided during the school day or in afterschool programs will:

- Contribute positively to children's health and dietary needs
- Prioritize fruits, vegetables, whole grains, and minimally processed foods
- Feature water or milk as the primary beverage
- Be scheduled based on students' age, meal timing, and activity level
- Be supported by a list of healthy snack ideas provided to staff and families

### **Rewards and Celebrations**

- The use of food or beverages as a reward for academic performance or behavior is discouraged, especially items that do not meet nutrition standards.
- Food will not be withheld as punishment for any reason.

- The district encourages healthy choices for classroom or school-wide celebrations and provides guidance and ideas to families and staff.

### Food Safety

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Plans (HACCP) plans are implemented to prevent food illness in schools.  
[http://fns.usda.gov/tn/resources/servingsafe\\_chapter6.pdf](http://fns.usda.gov/tn/resources/servingsafe_chapter6.pdf)
- For the safety and security of the food and facility, access to the food service operations are limited to food service staff and personnel.
- Student groups serving food items will be instructed on proper food handling according to HACCP guidelines.

### Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity/wellness policies.

In the school district

- Principals will ensure compliance with those policies within the school and will report on the schools compliance to the superintendent.
- Food service staff will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.
- The school district will report on the most recent administrative review findings and any resulting changes.
- The superintendent will develop a summary report every 3 years on district wide compliance with the districts nutrition, physical activity and wellness policies, based on input from school building representatives
- The report will be provided to the board and distributed to the principals, wellness committee, parents, teachers and health service personnel in the district. The report will be available to all patrons of the district through publication in the school newsletter and making the report available on the school web-site.

### Policy Review

Assessments will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the district will review the nutrition physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district and individual schools within the district will revise the wellness policy and develop work plans to facilitate their implementation.

Reviewed/Revised 06/25/2025