



Series 700

Code 760

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 Residential Campus, a Psychiatric Medical Institution for Children (PMIC), provides 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 Residential 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, Campus Dietary Manager, Campus Dietician and Campus Senior Director.

Nutrition Education

The school district will follow Des Moines Schools Board of Directors Policy 700, Code 763 Nutrition Standards. All food made available on campus must comply with Federal, state, and local nutrition, food safety, and sanitation policies and regulations.

The school district will provide curriculum and or nutritional messages in nutrition education as part of the district's instructional program in comprehensive health education.

- 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.

Classroom curriculum in nutrition education continues to be specifically provided to 6th 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.

Orchard Place contracts the services of a Dietitian as a consultant both to the program and for individual children as appropriate. The Dietitian conducts routine kitchen inspections, collaborates with Medical Services Department, and provides oversight and support to the Dietary Department. Dietician reviews the menu to ensure meeting Nutritional Guidelines.

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.

Physical and Health Education

The school district will develop a comprehensive, school-based activity program (CSPAP). The 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. All youth participate in daily exercise opportunities via their living unit. Special interest groups are offered such as kickball, volleyball, basketball, weightlifting/strength training, exercise group, swimming opportunities, yoga calm class and other fitness classes as well as general leisure play outside. In addition, trauma informed yoga is available. Community resources continue to also be utilized and sedentary activities are limited and physical activity is encouraged. Gaming systems are primarily utilized to do Wii sport activities or exercise videos may be utilized if outdoor or indoor space is limited.

The school district will provide physical activity that:

- Elementary classrooms will provide daily recess, preferably outdoors for a minimum of 20 minutes, during which moderate to vigorous physical activity through provision of space and equipment is encouraged.
- Middle and High School promote physical activity programs such as the groups and activities listed in paragraph above.
- Teachers are encouraged to incorporate physical activity breaks to increase student achievement.

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.

Physical activity or withholding physical activity should not be used as punishment throughout the school day following The National Association of Sport and Physical Education (NASPE) position statement. Physical activity is not used as punishment and/or behavior management.

The Physical Education classes have also incorporated fitness activities such as the 1 mile Healthy State Initiative walk, and Girls on the Run. 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.

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.

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 Residential Campus 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. This will occur on a quarterly basis with Resident Committee members.
- 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, groups 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 professionals 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 Residential Campus 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. Crystal Light is offered to assist students in increasing their water intake. Orchard Place Residential Campus will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations.

Orchard Place Residential Campus 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 once per month per class, students are able to earn Circle of Courage once per week this occurs outside of instructional hours. The food or beverage served at the celebration will meet nutritional standards with occasional exceptions approved by the school Principal. Birthday celebrations and discharge parties occur within residential program during evening hours. Special snacks that do not meet nutrition standards are available during special outings or special campus events. 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 Residential Campus 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.

Policy Implementation

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

The overall responsibility for the School Wellness Policy for Orchard Place Residential Campus is with the Senior Director 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 Wellness Policy Committee will be open to required participants including by not limited to Des Moines Public Schools Campus School Principal, Dietician, Dietary Manager/team, Activities Director, Senior Director, Physical Education Teacher, and Residents Committee representative. Review of the wellness policy will occur annually this will include progress, and areas of improvement, this will be documented and available.

The Campus Senior Director 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.

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