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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
  - (2) Fax: (202) 690-7442; or
  - (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).
- This institution is an equal opportunity provider.

### **Iowa Non-Discrimination Statement:**

"It is the policy of the Graettinger-Terril Community School District not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the District's Equity Coordinator, Matt Borchers, Counselor, 101 S Schooley Street, Terri, IA 712-853-6111 or e-mail [mborchers@gt.ratitans.org](mailto:mborchers@gt.ratitans.org)

## WELLNESS POLICY

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be 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 proper 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 should meet or exceed the school district nutritional standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school district may utilize electronic identification and payment system; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district will develop a local wellness policy committee comprised of representatives of the District Leadership Team and foodservice personnel. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluate the implementation of the policy.

## WELLNESS GOALS

- 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; and,
  - Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, and farm visits.
- Physical Activity:
  - Physical Education
    - The school district will provide physical education that:
      - Is for all students in grades K-12 during the 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% of physical education class time.

### 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
  - Discourages extended periods (i.e. periods of two hours or more) 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.

#### Other School Based Activities That Promote Student Wellness

- **Integrating Physical Activity into Classroom Settings**
  - For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end, 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 and to reduce time spent on sedentary activities;
    - Discourage sedentary activities, such as watching television, playing computer games, etc.
    - Provide opportunities for physical activity to be incorporated into other subject lessons and,
    - Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

#### School Meals

Meals served through the National School Lunch and Breakfast programs will be:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by local, state and federal law;
- Offer a variety of fruits and vegetables; and,
- Serve low-fat (2%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).

#### Breakfast

To ensure that all children have breakfast, either at home or school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- Operate the breakfast program, to the extent possible;
- Arrange bus schedules and utilize methods to serve breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfasts during morning break or recess, to the extent possible; and,
- Notify parents and students of the availability of the School Breakfast Program, where available.

#### Free and Reduced Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school district may:

- Utilize electronic identification and payment systems; and,
- Promote the availability of meals to all students.

#### Meal Times and Scheduling

The school district:

- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11am and 1pm; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during these activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high school decay risk).

#### Qualification of Food Service Staff

Qualified nutrition professionals will administer the 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.

#### Sharing of Foods

The school district discourages students from sharing foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### MONITORING

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

#### In each school:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- Food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

Approved: 7-16-06

Reviewed:

Revised: 8-17-09

Legal Reference: 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.,

Cross Reference: 504.6 Student Activity Programs  
710 School Food Services

## Physical Activity Contract

In 2008, the Iowa Legislature enacted "the Healthy Kids Act," requiring that all students in grades 6 – 12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we monitor how students fulfill this requirement.

Please fill out the items below, sign (both student and parent/guardian), and return to the school by \_\_\_\_\_.

If you have any questions, call: 712-859-3286. (date)

Name of Student: \_\_\_\_\_ Grade (2009-10): \_\_\_\_\_

School activities that student will be involved in during the 2009-10 school year (include estimate of minutes per week):

### FALL

Cross country \_\_\_\_\_  
Football \_\_\_\_\_  
Volleyball \_\_\_\_\_  
Swimming \_\_\_\_\_  
Marching band \_\_\_\_\_  
Cheerleading \_\_\_\_\_  
Drill team \_\_\_\_\_  
Trapshooting \_\_\_\_\_

### WINTER

Basketball \_\_\_\_\_  
Wrestling \_\_\_\_\_  
Bowling \_\_\_\_\_  
Swimming (boys) \_\_\_\_\_  
Show choir \_\_\_\_\_  
Cheerleading \_\_\_\_\_  
Drill team \_\_\_\_\_

### SPRING

Track \_\_\_\_\_  
Golf \_\_\_\_\_  
Tennis \_\_\_\_\_  
Soccer \_\_\_\_\_  
Baseball \_\_\_\_\_  
Softball \_\_\_\_\_  
Pom squad \_\_\_\_\_

Other\* (what, when, how many minutes per week):

\_\_\_\_\_  
\_\_\_\_\_

\* Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, etc.) that student will be involved in during the 2009-10 school year.

Signature of Student: \_\_\_\_\_ Date Signed: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Signature of Building Principal: \_\_\_\_\_