



ISANA STUDENT WELLNESS POLICY

The Board of Directors of ISANA recognizes the link between student health and learning and is committed to continually provide a comprehensive program promoting healthy eating and physical activity for all ISANA students. The Chief Executive Officer or designee has built a coordinated school health system that supports and reinforces health literacy through health education, physical education, health services, nutrition services, counseling services, health promotion for staff, a safe and healthy school environment, and parent/guardian and community involvement.

SCHOOL HEALTH COUNCIL/COMMITTEE

The Chief Executive Officer or designee has appointed a school health council or other committee consisting of stakeholder representatives, including stakeholders such as parents/guardians, students, school food service professionals, school administrators, representatives of the Board, and members of the public. The council or committee may also include ISANA administrators, health professionals, school nurses, health educators, physical education teachers, counselors, and/or others interested in school health issues.

The purpose of a school health council or committee is to advise ISANA on health-related issues, activities, policies, and programs. At the discretion of the Chief Executive Officer or designee, the council's charges may include planning and implementing activities to promote health within the school or community. Activities such as a vigorous dance program are currently included at all ISANA schools.

RECORDKEEPING

ISANA will retain records to document compliance with the requirements of the Student Wellness Policy at ISANA's Administrative Offices and/or on ISANA's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written Student Wellness Policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Student Wellness Policy, including an indication of who is involved in the update and methods ISANA uses to make stakeholders aware of their ability to participate on the school health council or committee.
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the Student Wellness Policy; and
- Documentation demonstrating the most recent assessment on the implementation of the Student Wellness Policy has been made available to the public.

ANNUAL NOTIFICATION OF POLICY

ISANA will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. ISANA will make this information available via the ISANA website and/or ISANA-wide communications. ISANA will provide as much information as possible about the school nutrition environment. This will include a summary of the local schools' events or activities related to Student Wellness Policy implementation. Annually, ISANA will also publicize the name and contact information of the

ISANA/school officials leading and coordinating the school health council or committee, as well as information on how the public can get involved with the school health council or committee.

REVISIONS AND UPDATING THE POLICY

At least once every three years, the school health council or committee will assess ISANA's compliance with the Student Wellness Policy. The assessment will measure ISANA's implementation of the policy, including the extent to which each ISANA school is in compliance with the policy, the extent to which the policy compares to model local school wellness policies, and a description of the progress made in attaining the goals of the policy. The assessment results will be made available to the public. ISANA will make appropriate updates or modification to the policy based on the results of the assessment.

Additionally, the school health council or committee may review the Student Wellness Policy at any time and make recommendations to the ISANA Board for appropriate updates or modifications as ISANA's priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new Federal or state guidance or standards are issued.

GOALS THAT PROMOTE STUDENT WELLNESS

ISANA has developed and implemented the following goals for nutrition promotion and education, physical activity, and other school activities that promote student wellness:

1. All ISANA students participate in dance as a part of physical activity.
2. ISANA's physical education activities are consistent with the expectations established in the state's curriculum framework, and designed to build the skills and knowledge that all students need to maintain a healthy lifestyle.
3. Nutrition education is integrated into core academic subjects (such as health education and science education) and included in before- and after-school programs for grades TK-8.
4. All TK-8 students are provided opportunities to be physically active on a regular basis. Opportunities such as physical education, recess, extracurricular programs, before- and after-school programs, and other structured and unstructured activities are provided for moderate to vigorous physical activity.
5. To the extent practicable, ISANA ensures that its grounds and facilities are safe and that equipment is available to students to be active. ISANA conducts necessary inspections and repairs.

NUTRITION

School Meals

In order to maximize ISANA's ability to provide nutritious meals and snacks, all ISANA schools participate in available federal school nutrition programs, including the National School Lunch Program and the School Breakfast Program, to the extent possible. All foods and beverages

provided through federally reimbursable school meal programs meet or exceed current nutrition requirements established by applicable local, state, or federal statutes or regulations and guidance. All meals will be nutritious, well-balanced, and age-appropriate in order to improve students' diets and safeguard their health.

Nutrition Guidelines for Foods Available During the School Day

ISANA believes that all foods and beverages available to students at ISANA schools should support the health curriculum and promote optimal health. Nutrition standards adopted by ISANA for all foods and beverages sold to students, including foods and beverages provided through ISANA's food service program, vending machines, or other venues, comply with all applicable state and federal laws with the goal of promoting student health and reducing childhood obesity.

The Chief Executive Officer or designee encourages school organizations to use healthy food items or non-food items for fundraising purposes. He/she also encourages school staff to avoid the use of non-nutritious foods as a reward for students' academic performance, accomplishments, or classroom behavior. ISANA discourages the marketing and advertising of non-nutritious foods and beverages through signage, logos, school supplies, advertisements in school publications, coupon or incentive programs, or other means.

School staff encourages parents/guardians or other volunteers to support ISANA's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Fundraising activities involving food items abide by the same nutritional standards. Finally, class parties or celebrations shall involve non-food items to the extent possible.

Snacks

Snacks served during the school day or in after-school care or enrichment 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. ISANA schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations. ISANA will disseminate a list of healthful snack items to teachers, after-school program personnel, and parents.

Rewards

Schools will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as a punishment.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and

beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

Nutrition Education

ISANA will teach, model, encourage, and support healthy eating by all students. ISANA will provide nutrition education and engage in nutrition promotion that:

- Is 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 integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

PHYSICAL ACTIVITY

Recess

All schools will offer at least twenty (20) minutes of recess on all days during the school year. This policy may be waived on early dismissal or late arrival days. If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built in to the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except during inclement weather conditions or at the discretion of the school administrator based on his/her best judgment of safety conditions. In the event that the school must conduct indoor recess, teachers and staff will provide opportunities for students to engage in physical activity, to the extent practicable.

Recess will complement, not substitute, physical education. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

ISANA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. ISANA recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education, recess, and class transition periods.

ISANA will provide teachers with resources and links to resources, tools, and technology with ideas for classroom physical activity breaks.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when appropriate and do their part to limit sedentary behavior during the school day. ISANA will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Before and After School Activities

ISANA offers opportunities for students to participate in physical activity either before and/or after the school day through a variety of methods. ISANA will encourage students to be physically active before and after school by participating in such programs as Walking Club and Coordinated Approach to Child Health (CATCH), a physical education program designed to increase the amount of moderate-to-vigorous activity children engage in during their physical education time.

OTHER ACTIVITIES THAT PROMOTE STUDENT WELLNESS

Staff Wellness

ISANA encourages staff to serve as positive role models by being physically active alongside the students at school whenever feasible.

ISANA also believes it is important for staff members to actively promote and model healthy eating and physical activity behaviors in their personal lives. ISANA promotes and offers opportunities for regular physical activity among employees by providing voluntary programs and incentives for sustained wellness, such as discounted gym memberships, ISANA-wide fitness challenges, and health and nutrition tips published in ISANA’s monthly employee newsletter. Additional programs or incentives that promote health and wellness in furtherance of this policy, such as fitness tracking devices, may be offered to staff members if approved by the Board.

Professional development opportunities may include instructional strategies related to student health knowledge and skills and physical education, and are designed to promote healthy behaviors. Furthermore, ISANA strongly encourages the use of physical activity as a reward for students when appropriate.

Communication with Parents

will support parents’ efforts to provide a healthy diet and daily physical activity for their children

through means such as healthy eating seminars for parents, sending home nutrition information, posting nutrition tips on school websites, and providing nutrient analyses of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the above nutrition standards for individual foods and beverages. The district/school will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, ISANA will provide opportunities for parents to share their healthy food practices with others in the school community.

ISANA will provide information about physical education and other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through means such as the school website, newsletter, or other take-home materials, special events, or physical education homework.

PROGRAM IMPLEMENTATION AND EVALUATION

The Chief Executive Officer or designee has established a plan for measuring implementation of the policy. Additionally, the Chief Executive Officer or designee has designated at least one person at each school (School Principals) who is charged with the operational responsibility for ensuring that the school sites implement ISANA's Wellness Policy.

The Chief Executive Officer or designee has established quality indicators that are used to measure the implementation of the policy at each ISANA school. These measures include, but are not be limited to, an analysis of the nutritional content of meals served; student participation rates in school meal programs; and feedback from food service personnel, school administrators, school health councils, parents/guardians, students, and any other appropriate persons.

The Chief Executive Officer or designee reports at least every three years to the Board since on the implementation of this policy as well other Board policies related to nutrition and physical activity.

APPROVED AND ADOPTED by the Board of Directors on February 6, 2018.