

Chariton Community School District Wellness Action Plan

Adopted: April 28, 2021

(In compliance with IA Code: 507.9)

Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement.

Action Step	Indicators of success	People to involve	Timeline
<p>A District Wellness Committee (DWC) will be established. Meets at least once annually to evaluate the effectiveness of the Wellness Plan and to set goals for the upcoming school year.</p> <p><u>DWC oversees the following tasks:</u></p> <ul style="list-style-type: none"> • Tri-Annual Review of Wellness Policy • Distribution of the Wellness Policy • Implementation of the Wellness Policy. • Required Monitoring and Record Keeping for the Wellness Policy. 	<ul style="list-style-type: none"> • Annual Meeting • Review of Wellness Policy • Sets goals for upcoming school year. • Annual Distribution of Healthy Snack material to parents. • Nutrition Promotion 	<p>School Principal</p> <p>Teacher (s)</p> <p>Food Service Director</p> <p>Staff and Curriculum Members</p> <p>Food Service</p> <p>Parents</p>	<p>Currently meets in November & April.</p>

Goal 1: Establish nutrition guidelines for all foods available at Chariton Community Schools

Action Step	Indicators of success	People to involve	Timeline
<p>Meals served through the National School Lunch program will:</p> <ul style="list-style-type: none"> • Meet at a minimum nutritional requirements established by state and federal laws. • Offer a variety of fruits and vegetables. • Serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives. (As defined by the USDA.) • Ensure that half of the grains in meal planning are whole grain. 	<ul style="list-style-type: none"> • Food Service Director will plan and record menus in compliance with USDA recommendations. • Review of menus by Department of Education with suggestions and recommendations for menus 	<p>Food Service Director</p> <p>Department of Education Consultants</p>	<p>Ongoing</p>

<p>All foods and beverages sold individually outside the reimbursable hot lunch program during the school day will meet nutrition standards as required by state or federal law.</p> <p>Parents will be encouraged to send health snack items for regular and birthday snacks.</p>	<ul style="list-style-type: none"> • CCSD will sell only a la carte items that meet the smart snack requirements. Foods will be ran through the smart snacks calculator to assure they meet the requirements. • After school food and beverage sales for the CCSD concession stand will not be sold before 4:00 p.m. • A list of healthy snacks will be send home annually with each family. 	<p>Food Service Director</p> <p>Principal</p> <p>Teachers</p> <p>Concession Stand coordinators.</p> <p>Parents</p>	
<p>All foods made available at CCSD adhere to food safety and security guidelines.</p>	<ul style="list-style-type: none"> • All food service providers will receive HACCP training • All food service workers will participate in ongoing professional development. • Guidelines and requirements for food safety will be shared with the Concession Stand workers. Food safety rules will be posted in the concession stand. • All foods made available at CCSD will comply with state and local safety and sanitation regulations. 	<p>Food Service Director</p> <p>Cafeteria Workers</p> <p>Concession Workers</p>	<p>Ongoing</p> <p>Evaluated Annually</p>

Goal 2: Nutrition Education and Promotion

Action Step	Indicators of success	People to involve	Timeline
<p>Review K-8 Health and Physical Education curriculum to ensure nutrition education, healthy eating, and physical activity are incorporated into the program.</p>	<ul style="list-style-type: none"> • Elementary classroom teachers integrate nutrition into science, health, and P.E. curriculum • Teachers encourage healthy eating. • Teachers encourage physical activity. 	<p>School Principal</p> <p>Teachers</p> <p>PE Teachers</p>	<p>Ongoing</p>
<p>Increase student, parental, and staff awareness of the importance of healthy eating and physical activity in their child’s overall wellness.</p> <p>Increase communication to students and parents regarding caloric balance between food intake and physical education.</p>	<ul style="list-style-type: none"> • Add a wellness link to the CCSD webpage referring students, staff, and parents to current health, nutrition and wellness websites. • Parent information may be obtained through the health, nutrition and wellness websites and monthly newsletters. 	<p>School Principal</p> <p>PE Teachers</p> <p>Food Service Director</p> <p>Administrative Staff</p>	

Goal 3: Physical Activity

Action Step	Indicators of success	People to involve	Timeline
<p>CCSD will provide Physical activity a minimum of 30 minutes daily for K-5th grade.</p> <p>Middle School & High School students will receive 120 minutes per week.</p>	<ul style="list-style-type: none"> • CCSD will provide K-5 a minimum of 30 minutes of physical activity per day. • 6 – 12th P.E., school & non-school sponsored athletics 	<p>School Principal PE Teachers Parent Volunteers City Recreation Department</p>	<p>Ongoing</p> <p>Evaluated: Annually</p>
<p>Students in 3rd-8th grade may participate in the following extra-curricular programs</p>	<ul style="list-style-type: none"> • Speed & Agility and Running Club 	<p>Coaches Teachers</p>	<p>Evaluated: Annually</p>
<p>The CCSD Strength and Conditioning program help students build strength and learn how to condition their bodies.</p>	<ul style="list-style-type: none"> • Sessions are held twice a week for students in 6th-8th grades. 	<p>Coaches</p>	<p>Evaluated: Annually</p>
<p>Students in grades K-5 will participate in an annual field day to promote physical fitness</p>	<ul style="list-style-type: none"> • All students participate 	<p>Coaches Teachers Parent Volunteers</p>	<p>Spring Event</p> <p>Ongoing</p> <p>Evaluated: Annually</p>

Action Step	Indicators of success	People to involve	Timeline
Students and teachers will participate in special programs that promote healthy lifestyles	<ul style="list-style-type: none"> • Jump rope for heart 3rd – 5th grades • KidsFit 3rd – 5th grades • Stomp out tobacco 6th – 12th grades 	Parent Volunteers School Principal Teachers American Heart Association Hy-Vee Kids Fit Lucas County Public Health	Annually

Goal 4: Promote Wellness In Other School-Based Activities

Action Step	Indicators of success	People to involve	Timeline
CCSD will support parent's efforts to provide a healthy diet and daily physical activities.	<ul style="list-style-type: none"> • CCSD Website Links to promote healthy diet and daily physical activities. • Food Bank available to the community located at the Middle School • Encouraging parents to pack healthy lunches. 	School Wellness Committee School Principal Teachers Administrative Staff	Ongoing Evaluated: Annually
Increase opportunities for students to have physical activity during the school day beyond P.E. classes.	<ul style="list-style-type: none"> • Integrate physical activity into classroom lessons. • Encourage teachers to provide short physical breaks between lessons or classes. 	School Principal Teachers	Ongoing

Action Step	Indicators of success	People to involve	Timeline
	<ul style="list-style-type: none"> Encourage self-management skills to maintain a physically active lifestyle and reduce sedentary activities. 		Evaluated: Annually
Promote staff wellness by encouraging healthy eating, physical activity, and other elements of a healthy lifestyle.	<ul style="list-style-type: none"> As a faculty, brainstorm ideas where we can collectively support one another in meeting this goal. 	School Principal Teachers/Staff	Ongoing Evaluated: Annually