

## **Scott County, Iowa Local School Wellness Policy Triennial Assessment Under the Healthy, Hunger-Free Kids Act of 2010**

The Iowa Department of Education requires all Iowa LEAs to develop, implement and evaluate a District Wide wellness policy that encompasses the following components:

- Public involvement
- Publication notification
- Nutrition education
- Nutrition guidelines
- Nutrition promotion and marketing
- Physical activity
- Physical education
- Monitoring and evaluation

The Scott County Decategorization Board provides guidance and leadership to these policies and their assessment. This assessment fulfills two purposes:

- Offers Scott County LEAs a means to ensure state requirements for their School Wellness Policy are met and documented in ways that meet school nutrition administrative review requirements
- Offers Scott County the opportunity to see an overall picture of school wellness policies and practices at a community-wide level

There are both District-level and Building-level requirements for the policy and assessment. As a result, this assessment encompasses both levels. The Iowa Department of Education requires one District level assessment and a building level assessment for EACH building within that district on a triennial basis.

***When the assessment is completed:***

- 1) Send completed copy of Local School Wellness Policy Assessment to Scott County Kids, 600 West 4<sup>th</sup> Street, Davenport, Iowa 52801 or email to Nicole.mann@scottcountyiowa.com***
- 2) Keep a copy of these forms as documentation of compliance during the next School Nutrition Administrative Review.***

**Scott County, Iowa Local School Wellness Policy Triennial Assessment  
Under the Healthy, Hunger-Free Kids Act of 2010**

**Part One: DISTRICT REQUIREMENT**

School District: \_\_\_\_\_Davenport Community School District\_\_\_\_\_

Date of Completion: \_\_\_\_\_May 13, 2021\_\_\_\_\_

Point of Contact/Person Responsible for Local School Wellness Policy and Assessment and  
Leader of Local School Wellness Policy Committee:

Title/Position	Department/School
Jen Boyd	Curriculum/ASC

Members of your Local School Wellness Policy Committee:

Name	Title/Position
Ann Schultz	Health/PE Innovator
Coni Dobbels	Supervisor of Food and Nutrition Services
Kathy Bierl	Nutrition Education Coordinator
Elaine Hast	FNS Quality
Pamela Speer	
Samantha Sparrow	

**PART TWO: DISTRICT REQUIREMENT - Coni/Elaine**

***The following elements are a required part of Local School Wellness Policies. Use this form as a record that the District’s Local School Wellness Policy includes all required components.***

Yes	No	Regulation	Copy and Paste the Associated Section from your District’s Wellness Policy Here
		<b>Our District’s School Wellness Policy includes:</b>	
X		Standards and nutrition guidelines for all foods and beverages sold on school campus during the school day that are consistent with: <ul style="list-style-type: none"> <li>● School meal nutrition standards</li> <li>● Smart Snacks in School nutrition standards</li> <li>● Iowa Healthy Kids Act standards</li> </ul>	<b>Meals served through the national School Lunch and School Breakfast Program will be appealing and meet, as a minimum, nutrition requirements established by state and federal law.</b>
X		Standards for all foods and beverages provided, but not sold, to students during the school day (e.g. classroom parties, classroom snacks brought by parents, incentive foods, etc.)	<b>Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with law.</b>
X		Requirements that food and beverages marketed on campus must meet Smart Snacks in School standards	<b>Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture (“USDA”) Smart Snacks in School nutrition standards, as a minimum. This includes such items as those sold/traded through a la carte lines, behavioral supports (such as through school-based currency), vending machines, student-run stores, and fundraising activities. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in School nutritional standards on campus during the day.</b>
X		Individual or team that provides wellness policy leadership and has the authority and responsibility to ensure	<b>Local school wellness committee.</b>

		schools comply with the District policy (listed on front page of this assessment)	
X		Outlines the opportunity for public input into the development and implementation of the Local School Wellness Policy	<b>Implementing a process for permitting parents, students, representatives of the district's Food and Nutrition Services, teachers of physical education, school health professionals, the school board, administrators and the public to participate in the development, implementation, and periodic review and update of the policy.</b>
X		Outlines the way the Local School Wellness Policy is made available to the public.	<b>Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc.). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy.</b>
X		Describes the assessment process for the Local School Wellness Policy	<b>Reviewing the policy at least every three years and recommending updates as appropriate for board approval.</b>
X		Describes how assessments are made available to the general public for review	<b>Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc.). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy.</b>

**PART THREE: DISTRICT REQUIREMENT - Boyd**

It is required that Local School Wellness Policies have a minimum of one goal for each of the following areas:

- 1) Nutrition promotion
- 2) Nutrition education
- 3) Physical activity
- 4) Other school-based activities

Required Area	District Goal	Action Steps for the Goal	Timeline
Nutrition Promotion	Avoid food as rewards/incentives for students.	-Create short professional development screencast for new district leaders and back to school time focusing on Wellness Policy and district goals. -Identify “Wellness Leaders” at each building to support monitoring and guidance of Policies and goals. -Increase membership on Wellness Committee to build capacity and follow through with wellness initiatives.	-July and August 2021 -September 2021 -Ongoing 21-22
Nutrition Education	Build awareness of the district Wellness policy.		
Physical Activity	-Not used as punishment -Not withheld as punishment -Options for increasing the amount of time spent being physically active		
Other School-based Activities	Continue to eliminate classroom treats to no more than once per month.	-Meet with district leaders and principals to clarify the process for classroom treats. -Develop calendar for each school to identify key dates and events for treats. -Send reminders and highlight celebrations events to continue to build awareness and adherence to policies.	-August 2021 -21-22 school year

**PART FOUR: DISTRICT REQUIREMENT**

*It is required that Local School Wellness Policies conduct an assessment to determine:*

- 1) *How the wellness policy compares to model wellness policies.*
- 2) *Progress made in attaining the goals of the wellness policy.*
- 3) *Compliance with the wellness policy.*

*Use this form as a record that the District's Local School Wellness Policy includes these required components.*

Model Policy Items	Last Assessment Period <u>2017-2018 School Year</u> Implementation of the school wellness policy				Today's Implementation of the school wellness policy			
	<i>fully in place</i>	<i>partial ly in place</i>	<i>under developmen t</i>	<i>have not considere d this</i>	<i>fully in place</i>	<i>partial ly in place</i>	<i>under developmen t</i>	<i>have not considere d this</i>
<b><i>Our District:</i></b>								
Offers the USDA School Breakfast program.	X				X			
Offers an after-school snack program. *In after school program locations	X				X			
Offers meals and snacks that meet federal nutrition standards.	X				X			
<b><i>Competitive foods and beverages (a la carte, vending and regulated fundraising)</i></b>								
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>General Standards</b>	X				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of	X				X			

2010, <i>whichever is more stringent</i> <b>Calories</b>								
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Sodium</b>		x			X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Saturated Fats</b>	x				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Trans Fats</b>	x				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Total Fats</b>	x				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA’s Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Sugar</b>	x				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the	x				X			

USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Dietary Fiber/Whole Grain</b>								
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Milk</b>	X				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Fruit-Vegetable Juice</b>	X				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Caffeine</b>	X				X			
Must meet all competitive food standards according to Iowa Department of Education section 281 – 58.11(256) OR the USDA's Healthy, Hunger-Free Kids Act of 2010, <i>whichever is more stringent</i> <b>Flavored or Carbonated Beverages</b>	X				X			
<b><i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused nutrition education that helps students develop the knowledge, attitudes,</i></b>								



<b><i>skills, and behaviors to adopt, maintain and enjoy healthy eating habits in:</i></b>								
Elementary Grades (at least 50 hours per academic year)								
Kindergarten			x			x		
First Grade			x			x		
Second Grade			x			x		
Third Grade			x			x		
Fourth Grade			x			x		
Fifth Grade			x			x		
Middle School Grades (at least 50 hours per academic year)								
Sixth Grade			x			x		
Seventh Grade		x				x		
Eighth Grade		x				x		
High School Grades (at least 50 hours per academic year)								
Ninth Grade		x			x			
Tenth Grade			x			x		
Eleventh Grade			x			x		
Twelfth Grade			x			x		
<b><i>Provides age-appropriate and culturally sensitive instruction in behaviorally-focused physical education that</i></b>								

<b><i>helps students develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy healthy, physically active lifestyles in:</i></b>								
Elementary Grades (50 – 150 minutes per week)								
Kindergarten		x			x			
First Grade		x			x			
Second Grade		x			x			
Third Grade		x			x			
Fourth Grade		x			x			
Fifth Grade		x			x			
Middle School Grades (minimum of 120 minutes per week)								
Sixth Grade		x			x			
Seventh Grade		x			x			
Eighth Grade		x			x			
High School Grades (minimum of 120 minutes per week)								
Ninth Grade			x			x		
Tenth Grade			x			x		
Eleventh Grade			x			x		
Twelfth Grade			x			x		
Prohibits withholding physical activity as a punishment (recess and/or physical education).			x			x		

Physical education is provided by credentialed teachers (degree in physical education and certified).	x				x			
Physical education is provided in appropriate teacher: student ratios (maximum 30:1).		x			x			
Includes all children (encompassing physically challenged and disabled) in purposeful activity for the majority of the physical activity for the majority of the physical education class period.	x				x			
Has adequate indoor facilities (designated gymnasium) for physical education (35 sq ft per child).		x			x			
Has adequate outdoor facilities for physical education (75 square feet per child).	x				x			
Has enough equipment for meaningful participation in physical education.	x				x			
Has provisions to maintain and replace physical education equipment as necessary.		x				x		
Prohibits withholding students from physical education class to make up missed instructional time, class work or tests in other subjects or behavior problems.	x				x			
Assures that physical education is graded as an academic subject	x				x			

(middle/high school grades).								
Assures that physical education grades count in the overall GPA (middle/high school grades).	x				x			
Requires physical education every year (high school).	x				x			
Required that all students take physical education (no exemptions).	x					x		
Policies include nutrition standards for foods and beverages offered at parties, celebrations and social events.	x				x			
Prohibits student access to vending machines, school stores, and other venues that contain foods of minimal nutritional value and compete with healthy school meals in elementary schools and restricts access in middle, junior and high schools during school hours	x				x			
Provides communication to parents/guardians regarding nutrition and physical activity policies within the district.	x					x		
Prohibits using food as a reward.		x				x		
Prohibits withholding food as a punishment.	x				x			
Provides after school opportunities for	x					x		

physical activity for all students.								
Makes indoor facilities (gymnasium) available to all/most students after school hours.			x				x	
Prohibits withholding recess (participation in unstructured physical activity) as a punishment.		x				x		
Provides 30 minutes of daily recess for students featuring time for unstructured but supervised active play in elementary grades.		x				x		

**PART FIVE: DISTRICT REQUIREMENT**

It is required that each school District update the public on the content and implementation of the Local School Wellness Policy including progress made in attaining the goals of the policy.

**The most updated copy of the District’s School Wellness policy is made available to the public in the following ways:**

- On district website
- In School Board Policy documents
- Communication and presentations to district stakeholders (principals)

**The most updated assessment of the District’s School Wellness policy is made available to the public in the following ways:**

- Add to the district website
- Share with Superintendent, School Board, District Leaders and Principals

