

July 12, 2010
Reg. Mtg

Code No. 507.10

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 nutrition 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-price meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; 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 board, parents, leaders in food/exercise authority and employees. 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. The committee will report annually to the board regarding the effectiveness of this policy.

Specific Wellness Goals

- specific goals for nutrition education, (see Appendix A)
- physical activity, (see Appendix B)
- other school-based activities that are designed to promote student wellness, (see Appendix C)

WELLNESS POLICY

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity include goals for the school district - see Appendix D.

The board will monitor and evaluate this policy by using the Plan For Measuring Implementation process - see Appendix E.

Approved 9/18/06

Reviewed 7/12/10

Revised 7/12/10

ADEL DESOTO MINBURN COMMUNITY SCHOOL DISTRICT BOARD OF DIRECTORS

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

SCHOOL MEALS

Meals served through the National School Lunch and Breakfast Programs will:

- 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

Schools should:

- engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices; and
- share information about the nutritional content of meals with parents and students.

Breakfast

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

- operate the breakfast program, to the extent possible;
- 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-price meals. Toward this end, the school district may:

- utilize electronic identification
- 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 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks

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:

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

~~**Elementary schools:** The food service program will approve and provide all food and beverage sales to students in elementary schools. To this end:~~

- ~~• food in elementary schools should be sold as balanced meals, given young children's limited nutrition skills~~

~~**Secondary schools:** In middle and high schools, all foods and beverages sold individually outside the reimbursable meal programs during the school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:~~

~~**Beverages:**~~

- ~~• **Allowed:** water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50 percent fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free milk and nutritionally equivalent nondairy beverages (as defined by the USDA).~~
- ~~• **Not allowed:** soft drinks containing caloric sweeteners; fruit-based drinks that contain less than 50 percent real fruit juice or that contain additional caloric sweeteners.~~

~~**Foods:**~~

~~A food item sold individually:~~

- ~~• will have no more than 35 percent of its calories from fat (excluding nuts, seeds, peanut butter and other nut butters) and 10 percent of its calories from saturated and trans fat combined;~~
- ~~• will have no more than 35 percent of its weight from added sugars;~~
- ~~• will contain no more than 230 mg. of sodium per serving for chips, cereals, crackers, French fries, baked goods and other snack items; will contain no more than 480 mg. of sodium per serving for pastas, meats and soups; and will contain no more than 600 mg. of sodium for pizza, sandwiches and main dishes; and,~~
- ~~• will include a choice of at least two fruits and/or non-fried vegetables for sale at any location on the school site where foods are sold.~~

~~**Portion Size**~~

- ~~• One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit or jerky;~~
- ~~• One ounce for cookies;~~
- ~~• Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels and other bakery items;~~

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- ~~Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;~~
- ~~Eight ounces for non-frozen yogurt;~~
- ~~Twelve fluid ounces for beverages, excluding water and milk;~~
- ~~The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of meals. Fruits and non-fried vegetables are exempt from portion-size limits.~~

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through ala carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law. For current state guidelines, see <http://tinyurl.com/lowa-HKA>.

Fundraising Activities

There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.

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. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages, and other considerations. The school district will disseminate a list of healthful snack items to teachers, after school program personnel and parents.

If eligible, schools that provide snacks through after school programs will pursue receiving reimbursements through the National School Lunch Program.

Food Safety

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. http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf*
- *For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.*

PRESIDENT

It is the responsibility of the school board president to lead a well-organized board in an efficient and effective manner. The school board president will set the tone of the school board meetings and, as the representative of the consensus of the board, speak on behalf of the board to the public.

The president of the school board is elected by a majority vote at the organizational meeting ~~or (September or October board meeting of even numbers years)~~ *in odd-numbered years, or at the annual meeting, in even-numbered years* to serve a one (1) year term of office.

The president, in addition to presiding at the school board meetings, will take an active role in school board decisions by discussing and voting on each motion before the board in the same manner as other board members. Before making or seconding a motion, the board president turn over control of the meeting to either the vice-president or another member of the board.

The board president has the authority to call special meetings of the board. Prior to school board meetings, the board president will consult with the superintendent on the development of the agenda for the meeting.

The board president, as the chief officer of the school district, shall sign employment contracts and sign other contracts and school district warrants approved by the board and appear on behalf of the school corporation in causes of action involving the school district.

Approved 7/1/93

Reviewed 8/9/10

Revised 8/9/10

VICE-PRESIDENT

If the board president is unable or unwilling to carry out the duties required, it is the responsibility of the vice-president of the school board to carry out the duties of president. If the president is unable or unwilling to complete the term of office, the vice-president will serve as president for the balance of the president's term of office, and a new vice-president will be elected.

The vice-president of the school board will be elected by a majority vote at the organizational meeting *in odd-numbered years, or at the annual meeting in even-numbered years*, to serve a one (1) year term of office.

The vice-president will accept control of the meeting from the president when the president wishes to make or second a motion. The vice-president shall take an active role in school board decisions by discussing and voting on matters before the board in the same manner as other board members.

Approved 7/1/93

Reviewed 8/9/10

Revised 8/9/10

ANNUAL MEETING

Each year after August 31 and prior to the organizational meeting of the board *in odd-numbered years*, the board will hold its annual meeting.

At the annual meeting, the board will examine the financial books and settle the secretary's and treasurer's statements for the fiscal year ending the preceding June 30. As part of the annual reports, the treasurer will present affidavits from depository banks.

The board may also appoint the board's legal counsel.

Approved 7/1/93

Reviewed 8/9/10

Revised 8/9/10

REGULAR MEETING

The regular meeting time and date shall be set each September by the board at its *annual or* organizational meeting. The regular meetings of the board will be held on the second (2nd) Monday of each month except in September *of odd-numbered years* when the regular meeting shall be held on the Monday following the canvass of the election results. These meetings will be held in the district boardroom in Adel.

The board shall adhere to this meeting date unless the board requires additional meetings or due to circumstances beyond the board's control the meeting could not be held on the regular meeting date. Public notice shall be given for meetings in compliance with the law.

Approved 1/9/01

Reviewed 8/9/10

Revised 8/9/10

**Turnkey Construction
33376 Timber Hills Drive
Adel, Iowa 50003**

July 2, 2010

ADM Community School District
Attn: Greg Dufoe
801 Kinnick Drive- South
Adel, IA 50003

The following is a quote for the carpet and base at the Adel and Desoto schools. The list of rooms is as follows.

Desoto

1. Room 403
2. Room 100 Nurse's Office (removal of existing included)
3. Room 103 (removal of existing included)

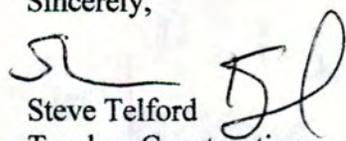
Adel

1. Room 104
2. Room 207
3. Room 211
4. Room 211A
5. Room 401 Tech Ed

Total price for the above work is \$17,981.00

Thank you for giving me the chance to bid your project and please feel free to give me a call at (515)-202-6644 with any questions.

Sincerely,


Steve Telford
Turnkey Construction

Adel DeSoto Minburn
Proposed 2010 IASB Legislative Action Priorities

1. The ADM Board opposes legislation that would change the current open enrollment funding provisions. We strongly believe that all dollars should follow the student. As long as public school choice is to be an option for parents, districts should not be asked to educate a nonresident student for less dollars than they educate their own. A resident district has no right to capture dollars generated on a student's behalf if they are not educating that student.
2. Eliminate the state-created inequity in school funding by establishing the same cost per pupil figure that generates the school aid budget for every district. (Line 2.3 on the Aid and Levy worksheet.)
3. The ADM Board supports legislation that increases the one-year probationary period for all newly-hired experienced teachers to two years and no further changes to Iowa Code Chapter 20, collective bargaining law.
4. ADM supports changes to the agricultural productivity formula allowing agricultural land values to rebound without limitation to previous values following a devaluation.
5. Allow supplemental-shared weighting for post-secondary students.