

## 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 the contribution of proper dietary habits to students' health 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 will utilize electronic identification and payment systems. The school district will promote the availability of meals to all students. (Moved from page 3)

The school district will develop a local wellness committee. The local wellness committee will monitor the effectiveness of the local wellness policy. The committee will report annually to the board regarding the effectiveness of the following three goal areas:

### *I. Nutrition Education and Promotion Goals:*

The school district will:

- Strive to offer nutrition education at each grade level;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health enhancing nutrition practices;
- Provide a list of acceptable snacks that the students/ parents can choose from when bringing snacks to school to share with their peers; The list will be included in the student handbooks and posted on the school website.
- Emphasizes caloric balance between food intake and physical activity;
- Establish nutritional standards for food and beverages sold and provided on school grounds during the school day as defined by the state (midnight to 4:00 PM);
- Give nutritional information to parents, students, and staff quarterly through newsletters and emails.

## II. *Physical Activity Goals:*

The school district will provide physical education that:

- Is for all students in grades K-12 for the entire school year;
- Is taught by a certified physical education teacher;
- Includes students with disabilities, students with special health-care needs may be provided an alternative educational setting;
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

The elementary school will provide recess for students that:

- Is at least 20 minutes a day;
- Is preferably outdoors;
- Discourages extended periods of inactivity;
- Includes a minimum of 10 minutes of activity such as GoNoodle during inside recess periods;
- Discourages the use of physical activity (e.g. running laps, push-ups) or withholding opportunities for physical activity (e.g. recess, physical education) as punishment.

The school district will ensure every student in grades K-5 has 30 minutes per day of physical activity and every student in grades 6-12 has 120 minutes per week of physical activity.

## III. *School-Based Activities that Promote Student Wellness Goals:*

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 the 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.
- Provide opportunities for physical activity to be incorporated into other subject lessons (e.g. marching band, and show choir dancing);
- Promote participation in extracurricular sports activities;
- Provide staff with quarterly health and wellness education such as proper ergonomics, exercises that can be performed during the school day, etc.
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.
- Every student will complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12.

*IV. Nutrition Guidelines for All Foods Available on Campus*

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

- Be appealing and attractive to the children;
- Be served in clean and pleasant settings;
- Meet at a minimum, nutrition requirements established by local, state and federal law, including standards set by the Healthy, Hunger-Free Kids Act of 2010;
- Offer a variety of fruits and vegetables, including fresh and dried;
- Offer low-fat and fat-free milk;
- Strive to increase the amount of whole grains that are served.

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;
- Arrange bus schedules and utilize methods to serve breakfasts that encourage participation;
- Notify parents and students of the availability of the School Breakfast Program.

**Meal Times and Scheduling**

The school district:

- Will provide students a minimum of 10 minutes to eat after sitting down for breakfast and 20 minutes for lunch;
- Should schedule meal periods at appropriate times and should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will provide students access to handwashing or hand sanitizing before they eat meals or snacks;
- Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g. orthodontia or high tooth 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;
- 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.

**Sharing of Foods**

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

V. *Plan for Measuring Implementation*

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;
- 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.
- The Wellness Committee will assess the implementation of the policy and make public updates.

Policy review will be repeated every three years to help assess compliance, progress and determine areas in need of improvement.

Legal Reference: 42 U.S.C. §§ 1751 *et seq.* – Richard B. Russell National School Lunch Act (2005)  
 42 U.S.C. §§ 1771 *et seq.* – Child Nutrition Act of 1966  
 Iowa Code §§ 256.7(29); 256.11(6).  
 281 I.A.C. 12.5; 58.11.

Cross Reference: 504.6 Student Fund Raising  
 504.8 Student Activity Program  
 710 School Food Services

Approved 07/11/06 Reviewed 12/11/17 Revised 06/19/17