

## 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 guidelines. 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 may develop a local wellness policy committee comprised of representatives of the board, parents, students, leaders in food/exercise authority, and employees. The local committee, at the request of the board, may develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The superintendent will designate an individual to monitor implementation and evaluation the implementation of the policy.

## Wellness Goals

- Goals for nutrition education and promotion; (*see Appendix A*)
- Physical activity; (*see Appendix B*)
- Other school-based activities that are designed to promote student wellness; (*see Appendix C*)
- Nutrition guidelines for all foods available on campus (*see Appendix D*)
- Plan for measuring and implementation (*see Appendix E*)

Approved August 16, 2006Reviewed 6/9/21Revised 4/11/17

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)  
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Cross Reference: 504.6 Student Activity Program  
710 School Food Services

## Nutrition Education and Promotion

The school district will provide nutrition education and engage in nutrition promotion that:

- Is offered at each grade level as part of a sequential, comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promotes fruits, vegetables, whole-grain products, low fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Includes goal setting to improve food choices and healthy eating.

## Physical Activity

The school district will provide physical education that:

- Meets every other day for at least 30 minutes in grades PK-3, and at least 40 minutes in grades 4-6.
- Is provided for all students in grades PK-12 during the school year.
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

### **Physical Activity and Punishment**

Employees are discouraged from using physical activity (i.e., running laps, pushups) or withholding opportunities for physical activity (i.e., recess, physical education) as punishment.

Other School-Based Activities that Promote Student Wellness

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus.
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages.
- Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities.
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

## Nutrition Guidelines for All Foods Available on Campus

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.
- Include servings of only two percent (2%), low-fat (1%), and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA).
- Increase the amount of whole grain foods being served.
- Provide students with at least 10 minutes to eat after sitting down for breakfast, and 20 minutes after sitting down for lunch.

### **Rewards**

The school district 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 meals) as a punishment.

### **Celebrations**

Schools should evaluate their celebrations practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.

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.

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*Note: This policy is written to require a school wellness committee. The committee is not required by the federal law. The school district is merely required to consult with a specific group of individuals. Boards not choosing to have a committee need to re-write the fifth paragraph to reflect the school district's practice.*

*For more detailed discussion of this issue, see IASB's Policy Primer, Vol. 21 #1 – May 27, 2010 and 19 #2-October 17, 2005.*

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)  
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,  
Iowa Code 256.7(29), 256.11(6)  
281 IAC 12.5(19), 12.5(20), 58.11

Cross Reference: 504.5 Student Fund Raising  
504.6 Student Activity Program  
710 School Food Services

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