

To implement the Wellness Policy, the following district specific goals have been established:

PRIORITY AREA 1 – NUTRITION EDUCATION AND PROMOTION

Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors.

Goals related to Nutrition Education and Promotion:

- 1.1** All students grades K-12 shall receive, as part of their health education, instruction about food and nutrition, as well as skills necessary to promote and protect their health.
- 1.2** Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- 1.3** Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing and farm visits.
- 1.4** The school district will engage in nutrition promotion that promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods; as well as healthy food preparation methods and health-enhancing nutrition practices.
- 1.5** The school district will provide nutrition education and engage in nutrition promotion across the school setting that helps students understand preventive physical health measures, including but not limited to diet and nutrition, physical activity and mental well-being.
- 1.6** Link with school meal programs, cafeteria nutrition promotion activities, Farm to School programs, other school foods, and nutrition-related community services;

PRIORITY AREA 2 – PHYSICAL ACTIVITY

Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act.

Goals related to Physical Activity:

- 2.1** All students in grades K-12 will have access to regularly scheduled physical education that is taught by a certified physical education teacher and is appropriate to the age and grade of the student. The physical education program shall be designed to build interest and proficiency in the skills, knowledge, and attitudes essential to a lifelong physically-active lifestyle and to engage in lifelong healthy habits. It shall include information that fosters a positive atmosphere, encourages self-discipline, develops motor skills, and promotes activities that can be carried out over the course of students' lives. The program shall engage students in moderate to vigorous activity during at least 50 percent of physical education class time.
- 2.2** The school district will strive to provide students opportunities for physical activity outside of physical education time during the school day, including but not limited to recess, and classroom physical activity breaks on all or most school days. Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate.
- 2.3** The elementary school will provide recess for students that is at least 20 minutes daily and one that encourages moderate to vigorous physical activity; preferably outdoors. In the event that the school district must conduct indoor recess, teachers and staff will offer activities that promote physical activity for students to the extent practicable. Recess is scheduled to avoid extended periods of inactivity.
- 2.4** Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible.
- 2.5** Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.
- 2.6** Ensure physical activity (ie. running laps, pushups) is not used for or withheld (ie. recess, physical education) as a punishment

PRIORITY AREA 3 –

OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT & STAFF WELLNESS

Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate.

Goals related to Other School-Based Activities that Promote Student Wellness:

- 3.1** Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks/celebrations.
- 3.2** Provide school staff a list of alternative ways to reward children. Using foods as learning incentives should be discouraged or kept at a minimum, and if used, healthy food choices or non-food items should be offered. Foods and beverages will not be used as a reward, or withheld as punishment.
- 3.3** Post nutrition tips and provide the nutritional content of meals with parents and students.
- 3.4** Support the consumption of breakfast at school. Notify parents and students of the availability of the School Breakfast Program. Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, social media and other means.
- 3.5** Permit students to bring and carry water bottles filled with water throughout the day. Including Transportation
- 3.6** Make drinking cups and water available where school meals are served during mealtimes.
- 3.7** Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.
- 3.8** All food and beverages sold during the school day (before school and 30 minutes after school) will adhere to Smart Snack regulations. Promote and market healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- 3.9** Market activities that promote healthful behaviors (and are therefore allowable) including vending machine covers promoting water; pricing structures which promote healthy options in a la carte lines or vending machines; and sales of fruits for fundraisers.
- 3.10** The school district will provide information about school-based physical activity programs, nutrition and wellness-based opportunities and school-sponsored activities.
- 3.11** Share information about physical activity opportunities and physical education through the district newsletter, other take-home materials, and special events.
- 3.12** Develop a plan to promote staff health and wellness.
- 3.13** All foods made available on campus shall 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. At least one food service employee from each building is ServSafe certified.
- 3.14** The school district will provide opportunities for participation in staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and kitchen staff, according to their levels of responsibility outlined in the USDA's Professional Standards for All School Nutrition Program Employees.

Public Involvement: There is a process for permitting parents, students, representatives of the school food authority, 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.

- The district has a local wellness policy committee that meets at least twice per year to advise the district on the development, implementation, and improvement of the school wellness policy;
- The superintendent or superintendent's designee invites suggestions or comments concerning the development, implementation, and improvement of the school wellness policy. As such, interested persons are encouraged to contact the superintendent or superintendent's designee.

Legal Reference:

42 U.S.C. §§ 1751 *et seq.*

42 U.S.C. §§ 1771 *et seq.*

Iowa Code §§ 256.7(29); 256.11(6).

281 I.A.C. 12.5; 58.11.

Cross Reference: 504.5 Student FundRaising, 504.6 Student Activity Program, 710 School Food Services

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