

WELLNESS POLICY

The board is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

The school district provides a comprehensive and learning environment for developing and practicing lifelong wellness behaviors. The entire school district environment, not just the classroom, shall be aligned with healthy school district goals to influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity. In accordance with the law and this belief, the board commits to the following:

The school district will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** The school district will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** The school district will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- **Other School Based Activities that Promote Wellness:** As appropriate, the school district will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school district campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;
- 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 Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the school district in accordance with law. The school district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- The school district will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutrition standards on campus during the school day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, representatives of the school district food authority, teachers of physical education, school district health professionals, the board, administrators, and the public to participate in the development, implementation, and periodic review and update of the policy;
- 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

school district is in compliance with policy and a description of the progress being made in attaining the goals of the policy; and

- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and school district policy.

Date of Adoption: **August 29, 2006**

Revised: **September 6, 2012**

October 1, 2014

February 14, 2018

August 16, 2023