

## Alta-Aurelia Community District Wellness Plan

Adopted: October 10, 2022

(In compliance with IA Code: 507.9)

### Wellness Plan Implementation, Monitoring, Accountability, and Community Engagement.

Action Step	Indicators of success	People to involve	Timeline
<p>AA School Wellness Committee (SWC) will be established. Meets at least once annually to evaluate the effectiveness of the Wellness Plan and to set goals for the upcoming school year.</p> <p><u>SWC oversees the following tasks:</u></p> <ul style="list-style-type: none"> <li>● Annual Review of Wellness Policy</li> <li>● Distribution of the Wellness Policy</li> <li>● Implementation of the Wellness Policy.</li> <li>● Required Monitoring and Record Keeping for the Wellness Policy.</li> </ul>	<ul style="list-style-type: none"> <li>● Annual Meeting</li> <li>● Review of Wellness Policy</li> <li>● Sets goals for the upcoming school year.</li> <li>● Annual Distribution of Healthy Snack material to parents.</li> <li>● Nutrition Promotion</li> </ul>	<p>Superintendent</p> <p>Teacher (s)</p> <p>Food Service Director</p> <p>High School Secretary</p> <p>Students</p> <p>Parents</p> <p>Community Members</p>	<p>Currently meets in September of each year</p>

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Goal 1: Establish Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.

Action Step	Indicators of success	People to involve	Timeline
<p>Meals served through the National School Lunch program will:</p> <ul style="list-style-type: none"> <li>● Meet at a minimum nutritional requirements established by state and federal laws.</li> <li>● Offer a variety of fruits and vegetables.</li> <li>● Serve only low-fat (1%) and fat free milk and nutritionally equivalent non-dairy alternatives. (As defined by the USDA.)</li> </ul>	<ul style="list-style-type: none"> <li>● The Food Service Director will plan and record menus in compliance with USDA recommendations.</li> <li>● Review of menus by Department of Education with suggestions and recommendations for menus</li> </ul>	<p>Food Service Director</p> <p>Department of Education Consultants</p>	<ul style="list-style-type: none"> <li>● Done</li> <li>● Done</li> <li>● Done</li> </ul>

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<ul style="list-style-type: none"> <li>Ensure that half of the grains in meal planning are whole grain.</li> </ul>		Food Service Director	<ul style="list-style-type: none"> <li>Done</li> </ul>

<p>All foods and beverages sold individually outside the reimbursable hot lunch program <b>during the school day</b> will meet nutrition standards as required by state or federal law.</p> <p>Parents will be encouraged to send health snack items for regular and birthday snacks.</p>	<ul style="list-style-type: none"> <li>AA will not sell foods and/or beverages outside the reimbursable hot lunch program <b>during the school day</b>. After school food and beverage sales for the AA concession stand will not be sold before 4:00 p.m.</li> <li>A list of healthy snacks will be sent home annually with each family.</li> </ul>	<p>School Principal</p> <p>Teachers</p> <p>Concession Stand coordinators.</p> <p>Parents</p>	<ul style="list-style-type: none"> <li>Done</li> </ul> <p>Annually</p>
<p>All foods made available at AA adhere to food safety and security guidelines.</p>	<ul style="list-style-type: none"> <li>All food service providers will receive HACCP training</li> <li>All food service workers will participate in ongoing professional development.</li> </ul>	<p>Food Service Director</p> <p>Cafeteria Workers</p>	<p>Ongoing</p> <p>Evaluated Annually</p>

<p>All foods and beverages sold individually outside the reimbursable hot lunch program <b>during the school day</b> will meet nutrition standards as required by state or federal law.</p> <p>Parents will be encouraged to send health snack items for regular and birthday snacks.</p>	<ul style="list-style-type: none"> <li>● AA will not sell foods and/or beverages outside the reimbursable hot lunch program <b>during the school day</b>. After school food and beverage sales for the AA concession stand will not be sold before 4:00 p.m.</li> <li>● A list of healthy snacks will be sent home annually with each family.</li> </ul>	<p>School Principal</p> <p>Teachers</p> <p>Concession Stand coordinators.</p> <p>Parents</p>	<ul style="list-style-type: none"> <li>● Done</li> </ul> <p>Annually</p>
	<ul style="list-style-type: none"> <li>● Guidelines and requirements for food safety will be shared with Concession Stand workers. Food safety rules will be posted in the concession stand.</li> <li>● All foods made available at AA will comply with state and local safety and sanitation regulations.</li> </ul>	<p>Concession Workers</p>	

Goal 2: Physical Activity: Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.

Action Step	Indicators of success	People to involve	Timeline
AA will provide P.E. classes with a minimum of 60 minutes per week for elementary students and 80 minutes per week for middle school and high school students.	<ul style="list-style-type: none"> <li>● AA exceeds this requirement with students receiving between 90-120 minutes of P.E. time per week.</li> </ul>	School Principal PE Teachers	Ongoing  Evaluated: Annually
K-5 grade students will have a minimum of 30 minutes of physical activity per day. Middle school and high school will have a minimum of 120 minutes of physical activity per week.	<ul style="list-style-type: none"> <li>● AA exceeds this requirement with students receiving between 90-120 minutes of P.E. time per week.</li> <li>● Students in grades K-4 also receive 50 minutes of recess per day. Students in 5-8 also receive 20 minutes of recess per day.</li> </ul>	School Principal Classroom Teachers	Ongoing  Evaluated: Annually
An organized extracurricular sports program is available for students in 7 <sup>th</sup> -12 <sup>th</sup> grade.	<ul style="list-style-type: none"> <li>● Girls' Sports: Volleyball, Softball, Basketball, cross country, wrestling, golf, cheerleading, trap shooting, dance team and track.</li> </ul>	Athletic Director Coaches	Ongoing  Ongoing

Action Step	Indicators of success	People to involve	Timeline
	<ul style="list-style-type: none"> <li>Boys' Sports: Wrestling, Football, Basketball, golf, trap shooting, cross country and baseball.</li> </ul>		
<p>The AA Strength and Conditioning program helps students build strength and learn how to condition their bodies.</p>	<ul style="list-style-type: none"> <li>Sessions are held 4 days a week for students in grades 7-12</li> </ul>	<p>Activities Director Coaches</p>	<p>Evaluated: Annually</p>
<p>Students in grades K-6 will participate in an annual Track and Field day to promote physical fitness</p>	<ul style="list-style-type: none"> <li>All students participate</li> <li>Students set goals to reach their personal best in events</li> </ul>	<p>Athletic Director Teachers Parent Volunteers</p>	<p>Spring Event  Ongoing  Evaluated: Annually</p>
<p>Students and teachers will participate in special programs that promote healthy lifestyles</p>	<ul style="list-style-type: none"> <li>We partner with the American Heart Association to promote a wellness day and to learn about how to take care of our bodies and heart health.</li> </ul>	<p>Parent Volunteers School Principal Teachers</p>	<p>Annually</p>

Goal 3: Other School Based Activities that promote wellness: As appropriate, schools will support students, staff, and parents' effort to maintain a healthy lifestyle.

Action Step	Indicators of success	People to involve	Timeline
<p>Review K-12 Health and Physical Education curriculum to ensure nutrition education, healthy eating, and physical activity are incorporated into the program.</p>	<ul style="list-style-type: none"> <li>● Elementary classroom teachers integrate nutrition into science, health, and P.E. curriculum</li> <li>● Teachers encourage healthy eating.</li> <li>● Teachers encourage physical activity.</li> </ul>	<p>School Principal</p> <p>Teachers</p> <p>PE Teachers</p>	<p>Ongoing</p>
<p>Increase communication to students and parents regarding caloric balance between food intake and physical education.</p>	<p>Healthy weight and management information is provided to students in PE and Health classes</p> <ul style="list-style-type: none"> <li>● Parent information may be obtained through the health, nutrition and wellness websites.</li> </ul>	<p>PE Teacher</p> <p>Health Teacher</p>	<p>Ongoing</p>

Action Step	Indicators of success	People to involve	Timeline
AA will support parents' efforts to provide a healthy diet and daily physical activities.	<ul style="list-style-type: none"> <li>Articles in monthly newsletter to promote healthy diet and daily physical activities.</li> <li>Encouraging parents to pack healthy lunches.</li> </ul>	<p>School Wellness Committee</p> <p>School Principal</p> <p>Teachers</p>	<p>Ongoing</p> <p>Evaluated: Annually</p>
<p>Increase opportunities for students to have physical activity during the school day beyond P.E. classes.</p> <p>Encourage children to walk to school.</p>	<ul style="list-style-type: none"> <li>Integrate physical activity into classroom lessons.</li> <li>Encourage teachers to provide short physical breaks between lessons or classes.</li> <li>Encourage self-management skills to maintain a physically active lifestyle and reduce sedentary activities.</li> </ul>	<p>School Principal</p> <p>Teachers</p>	<p>Ongoing</p> <p>Evaluated: Annually</p>
Increase the number of healthy food and beverage selection at after-school activities.	<ul style="list-style-type: none"> <li>Meet with the AA administration committee and concession stand personnel to discuss meeting this goal.</li> </ul>	<p>School Principal</p> <p>Administration</p>	<p>Ongoing</p> <p>Evaluated: Annually</p>

Action Step	Indicators of success	People to involve	Timeline
<p>Promote staff wellness by encouraging healthy eating, physical activity, and other elements of a healthy lifestyle.</p>	<ul style="list-style-type: none"> <li>● As a faculty, brainstorm ideas where we can collectively support one another in meeting this goal.</li> <li>● HR sends out monthly wellness letters to staff.</li> <li>● Alta Elementary has a “wellness committee” that does monthly challenges, shares healthy</li> </ul>	<p>School Principal Teachers/Staff</p>	<p>Ongoing  Evaluated: Annually</p>