

WELLNESS POLICY

The Board of Education 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 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. In accordance with 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:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools 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, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school 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 ("USDA") 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 district in accordance with the law. The district will provide parents with a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in School nutritional 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 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;
- 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 schools are 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 district policy.

Code No. 507.9

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NOTE: This is a mandatory policy.

NOTE: The Iowa Department of Education has tools and resources available to help districts with progress reports and other aspects of policy implementation and review. Please visit the “School Wellness Policy” section of the Iowa Department of Education’s website, located at: <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>.

NOTE: School districts are required by federal law to have at least one wellness goal in each of the goal areas identified in paragraph three of the sample policy. These goal areas include the following: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. School districts should select goals to include in the regulation (507.09R1) from the options provided in the sample regulation (507.9R1) or identify a district specific goal. Districts must remember the sample policy and sample regulation cannot be adopted in the current format. School boards and administration must make a choice for all text in italicized brackets.

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 Fund Raising
504.6 Student Activity Program

Approved: July 18, 2006

Reviewed: December 8, 2008

Revised: June 25, 2012, May 26, 2015, June 26, 2017, April 28, 2020, June 8, 2020, May 23, 2022

WELLNESS REGULATION

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

Goal 1 – Nutrition Education and Promotion: Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following [*Select goal(s) from the list below*]:

- *Offer at each grade level a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;*
- *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;*
- *Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;*
- *Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods;*
- *Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);*
- *Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;*
- *Promote healthy eating and physical activity to students, families and the school community;*
- *Utilize the services of a qualified nutrition professional to lead the effort to implement nutrition education; and/or*
- *Ensure that staff primarily responsible for nutrition education will be properly trained and participate in professional development activities to effectively deliver quality nutrition education.*

Goal 2 – Physical Activity: Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goal(s) for addressing physical activity include the following:

- *Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits;*
- *Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;*
- *Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;*
- *Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible;*
- *Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;*
- *Ensure physical activity is not used for or withheld as a punishment;*

- *Afford elementary students with recess according to the following:*
 - *At least 20 minutes a day;*
 - *Outdoors as weather and time permits;*
 - *Encourages moderate to vigorous physical activity; and*
- *Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hours);*
- *Provide physical education for every student from kindergarten through twelfth grade;*
- *Ensure physical education provides a safe and satisfying physical activity for all students including those with special needs;*
- *Ensure students have adequate space and equipment to participate in structured physical activity;*
- *Ensure physical activity facilities or school grounds are kept safe and well maintained;*
- *Provide physical education staff this is certified in Physical Education; and/or*
- *Promote alternative physical education programs through community partnerships.*

Goal 3 – Other School-Based Activities that Promote Wellness: Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:

Student Wellness

- *Provide school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment;*
- *Engage students and parents, through taste-tests of new school meal items and surveys to identify new, healthful, and appealing food choices;*
- *Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible (e.g., grab n' go, breakfast in the classroom, breakfast after 1st period, etc.);*
- *Permit students to bring and carry water bottles filled with water throughout the day;*
- *Make drinking water available where school meals are served during mealtimes;*
- *Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;*
- *Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs;*
- *Schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.;*
- *Provide students access to hand washing or hand sanitizing before they eat meals or snacks;*
- *Strive to provide dining areas that are attractive and include enough seating areas to accommodate all students who would like to sit and eat lunch, as well as enough serving areas so that students do not have to spend too much time waiting in line;*
- *Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet nutrition standards for individual foods and beverages;*
- *Provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;*
- *Provide information to parents and students about physical education to help them promote and incorporate physical activity and healthy eating in their family's lifestyle;*
- *Offer interscholastic sports programs at the high school and middle school as appropriate;*
- *Strive to provide pantry storage for community donations of non-perishable items accessible before and after school hours; and/or*
- *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 school meals.*

Staff Wellness

- *The school district will value the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle;*
- *Establish and maintain a Staff Wellness Committee;*
- *Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the Staff Wellness Committee;*
- *Base the plan on input solicited from school staff and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among school staff; and/or*
- *Distribute its plan to the School Wellness Committee annually.*

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 to advise the district on the development, implementation, and improvement of the school wellness policy.*

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

School meals 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.
- serve only low fat (1%) and fat free milk (as defined by the USDA).
- ensure that half of the served grains are whole grain.
- whenever possible fruit desserts will be encouraged.

Portion sizes of foods and beverages sold individually will be nutritionally appropriate.

The school district will:

- monitor salad bar and ala carte for appropriate food choices.
- discourage students from sharing their goods or beverages with one another during meal or snack time, given concerns about allergies and other restrictions on some children's diets.
- assure that if a la carte foods are available, they will include a variety of choices of nutritious food, such as fruits, vegetables, whole grains and low-fat or non-fat dairy foods.
- encourage whole grain, fruits and vegetable snacks as the primary snacks for parties, celebrations and meetings.
- assure that snacks will not interfere with the school lunch program.
- will not withhold food or beverages (including food served through meals) as a punishment.
- encourage all school organizations selling food to the public to offer items that promote good nutritional health to all adults and children in the community.
- encourage fundraising activities that promote physical activity.
- assure that any food or beverage contracts entered into by the school district meet healthy nutrition guidelines as set by the district.

All foods made available on campus will adhere to food safety and security guidelines including:

- all foods made available will comply with 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.
- Access to the food service operations is limited to child nutrition staff and authorized personnel.
- All foods brought in by students and/or parents during the school day to share with others must be prepared in a commercially inspected kitchen or facility. (Example: grocery store, deli, and food in original container as purchased.)

As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development for all food service staff.
- provide staff development programs that include appropriate certification and/or training programs for food service director and cafeteria workers according to their levels of responsibility.