

## 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 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 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 District goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The District supports and promotes proper dietary habits contributing to students' health status and academic performance. The District shall have foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the District nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The 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 District may utilize electronic identification and payment systems.

The District will develop a local wellness policy committee comprised of representatives of the Board, parents, leaders in food/exercise authority and employees. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluation the implementation of the policy. The committee will report annually to the Board regarding the effectiveness of this policy.

### Specific Wellness Goals

- specific goals for nutrition education, (see Appendix A)
- physical activity, (see Appendix B)
- other school-based activities that are designed to promote student wellness, (see Appendix C)

The nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity are available at the District Office.

### Committee Make-up

1. Superintendent
2. Board Member
3. Principal
4. Concession Sponsor/Parent
5. Food Service Director
6. Head Cook
7. Health/ Physical Education
8. School Nurse/Parent

9. School Nurse/Parent
10. Student Designee Grade 9
11. Student Designee Grade 11

*Iowa Code* 256.11,279.8

APPROVED: 2/13/12

UPDATED 1-19-2015

**NUTRITION EDUCATION AND PROMOTION**

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

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and physical activity;
- Links with meal programs, other foods and nutrition-related community services; and,
- Includes training for teachers and other staff.

**Best Choices:**

<p>Granola bars, whole-grain fruit bars                  Nut mix                  Fresh fruit of all varieties                  Beef jerky (or buffalo jerky)                  String cheese                  1% or skim milk                  Dry roasted peanuts, tree nuts, and soy nuts                  Frozen fruit juice bars                  (no sugar or high fructose corn syrup)</p>	<p>Nuts and seeds-plain or with spices                  Trail mix-plain                  Dried fruit                  Yogurt, low fat and no sugars added                  Fruit/Vegetable juice (100% juice)                  Plain water                  Fruit bars</p>
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**Good Choices:**

<p>Nuts with light sugar covering; honey-roasted                  Individually packed fruit in natural juices only                  Animal crackers and graham crackers                  Low fat ice cream and sherbet bars                  Low-fat pudding</p>	<p>Popcorn without hydrogenated fats                  Fruit leather                  Pretzels                  Peanut butter and crackers                  Baked chips, corn nuts</p>
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## PHYSICAL ACTIVITY

### Daily Physical Education

The school district will provide physical education that:

- Is for all students in grades K-12 for the entire school year;
- Is taught by a certified physical education teacher;
- Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

### Daily Recess

Elementary schools should provide recess for students that:

- Is at least 20 minutes a day;
- Is preferably outdoors;
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- Discourages extended periods (i.e., periods of two or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### Physical Activity and Punishment

Every means possible will be made before withholding opportunities for physical activity.

### Optional Issues

After school programs will be encouraged and researched.

## OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Discourage sedentary activities, such as watching television, playing computer games, etc.;
- Provide opportunities for physical activity to be incorporated into other subject lessons; and
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- Limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; sales of fruit for fundraisers; and coupons for discount gym memberships.

### **Staff Wellness**

The school district values 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. Each school should:

- Establish and maintain a staff wellness committee composed of at least one staff member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist;
- 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 employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.