

WELLNESS – REGULATION

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

Goal 1 – Nutrition Education and Promotion: The school district will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- Ensure nutrition education and promotion are offered as part of the health education classes, and throughout the K-12 instructional program. Programming will be designated to provide students with the knowledge and skills necessary to promote and protect their health.
- Ensure nutrition education and promotion are part of not only health education classes, but also integrated into other classroom instruction through subjects such as science, family consumer science, and other select elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally- relevant participatory activities, such as contest, promotions, taste-testing, and farm visits;
- 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 nutrition education training for teachers and other staff.

Goal 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. The goal(s) for addressing physical activity include the following:

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 30 minutes a day;
- Is preferably outdoors; and
- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment.

Physical Activity and Punishment

Employees should not use physical activity (e.g., running laps, pushups) as punishment.

Goal 3 – Other School-Based Activities that Promote Student 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:

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.

Communication with Parents/Guardians

The school district will support parents'/guardians' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Encourage parents/guardians to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- Provide parents/guardians a list of foods for healthy celebrations/parties, rewards and fundraising activities;
- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- Support parents'/guardians' efforts to provide their children with opportunities to be physically active outside of school; and
- Share information about physical activity and physical education through a web site, newsletter, or other take-home materials.

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;
- Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee; and
- 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.

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;
- 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.

Cross Reference: 504.5 Student Fund Raising
 504.5R1 Student Fund Raising
 504.6 Student Activity Program

Adopted: 02/27/2023
Reviewed:
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