

Wellness Regulation

In order to implement the Wellness Policy, the District will:

Goal 1: Engage in nutrition promotion: provide nutrition education and a healthy eating environment.

- A. Provide age-appropriate nutrition education that:
is offered as part of a comprehensive standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health; 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 and other foods and nutrition-related community services.
- B. Provide a healthy eating environment that:
allows students to have at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch; encourages not scheduling tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities; encourages scheduling lunch periods to follow recess periods (in elementary schools); provides students access to hand washing or hand sanitizing before they eat meals or snacks; recommends that children not be forced to eat or drink against their wishes; and discourages students from sharing their foods or beverages with one another during meal or snack times, given-concerns about sanitation, health related issues, and food allergies.

Goal 2: Provide physical activity that promotes wellness.

- A. Provide physical activity that:
is based upon state/federal guidelines; includes at least 30 minutes daily at the elementary level; is preferably through outdoor recess that encourages physical activity; discourages extended periods of inactivity; and encourages classroom teachers to provide short physical activity breaks between lessons or classes as appropriate; includes at least 120 minutes of physical activity during a 5-day week at the secondary level.
- B. Require physical education that:
is designed for all students in grades K -12 for the entire school year; utilizes a wellness approach to the physical education curriculum; is consistent with National Physical Education Standards; focuses on health-related fitness; reinforces knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities; requires that students are active during the majority of the time in physical education class; employs technology to monitor physical activity; and includes appropriate use of waivers and exemptions to physical education at the high school level.
- C. Ensure physical activity is not used for or withheld as a punishment.
Physical activity is valued for its benefits to health and academic achievement. Employees will not use physical activity as a punishment (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as a punishment. Physical activity should not have to be earned. Opportunities for physical activity for all students should be promoted.
- D. Physical activity opportunities before and after school
When appropriate, before and after school programs, should provide and encourage periods of moderate to vigorous physical activity for all participants (e.g., child care programs, intramurals, clubs, etc.)

Goal 3: Promote wellness through other school based activities.

- A. Health and wellness curriculum for students in grades K-12
Provide a health and wellness curriculum for students in grades K-12 and encourage students to take a health and wellness course in grades 6, 7, and 8 and one semester health and wellness course in high school.
- B. Staff health and wellness
Promote staff behaviors that encourage healthy eating, physical activity and other elements of a healthy lifestyle.
- C. Communication with Parents
Post nutrition tips on school web sites and provide nutrient analyses of school menus. Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the District's Nutritional Guidelines. Provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties and fundraising activities. Provide information about physical education and other school-based physical activity opportunities before, during and after the school day. Support parents' efforts to provide their children with opportunities to be physically active outside of school.
- D. Food Marketing in Schools
Limit food and beverage marketing to the promotion of foods and beverages that meet the District's Nutritional Guidelines. Promote healthy foods including fruits, vegetables, whole grains, and low-fat dairy products. Work with all suppliers of snacks and beverages not directly associated with the district's Food and Nutrition Program to restrict school-based marketing of brands promoting predominantly low-nutrition foods and beverages.
Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- E. Fundraising Activities
Fundraising activities that use foods/beverages must use those that meet the District's Nutritional Guidelines. Those activities that promote physical activity are encouraged.
- F. Foods and Beverages as Reward/Punishment
Foods, beverages, and food/beverage coupons should not be used as rewards for academic performance, compliance, or good behavior. District employees will not withhold food or beverage (including food served through meals) as a punishment.
- G. Snacks and Celebrations
All foods and beverages offered and made available in schools during the school day (midnight until 30 minutes after dismissal), including those provided at celebrations and other events, must meet the District Nutritional Guidelines. Celebrations or other events involving food should not occur more than once per month.
- H. Other School-Sponsored Events
Groups in the school community who offer foods and beverages for sale at school sponsored events outside the school day should offer foods and beverages that meet District Nutritional Guidelines. USDA rules apply during the school day, defined as the period from the midnight before to 30 minutes after the end of the official school day.

Implement District Nutritional Guidelines

Nutrition integrity is defined as a level of performance that assures foods available through the school meal programs for children are consistent with recommended dietary allowances, National School Lunch and Breakfast meal pattern requirements, and dietary guidelines and, when consumed, contribute to the development of lifelong, healthy eating habits. Student preferences will be considered in menu planning in order to encourage students to consume a variety of foods for maximum nutritional benefits. Meals will contain adequate calories and variety of foods to support growth, development and healthy weight. Portion sizes shall be based on age and USDA meal pattern requirements.

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by state and federal law;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (1%) and fat-free milk
- Ensure that half of the served grains are whole grain
- Pricing strategy – designed to encourage students to purchase nutritious foods.

Guidelines for All Foods and Beverages Offered on Campus and for School Activities:

Foods and beverages sold individually outside the reimbursable meal program (including those sold through a la carte lines, vending machines, student stores or fundraising activities) during the school day will meet District Nutritional Guidelines as required by state or federal law.

Competitive foods, including foods of minimal nutritional value, may not be sold or offered one-half hour prior to, during, or one-half hour after the meal shifts of food service programs unless permission has been granted by the Manager of Food and Nutrition Department. (Board Regulation 902.2)

Food Safety

All foods made available on campus adhere to food safety and security guidelines.

- All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.
- For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff.

Measure Implementation of Wellness Policy

The District Wellness Policy Council will measure implementation of this policy. Members of the committee include:

Associate Superintendent
Executive Director of Business Services
Executive Director of Talent Management
Executive Director Equity
Executive Director of Middle Schools
Executive Director Elementary Schools
Director of Communications
Health and Wellness Supervisor
Manager of Food and Nutrition

In addition, selected community and District representatives will serve on a School Health Advisory Council which will review the District Wellness policy at least once every three years.

Policy Review: To assist with the review of the school district's wellness policy, each school will conduct assessments of the school's existing nutrition and physical activity environments and practice at least once every three years. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs in order to make necessary revisions to the policy and/or regulations.

Legal Reference: 281 Iowa Administrative Code (IAC) Chapter 12 Rules

Approved: 10-08-12

Revised: 05-11-15

12-11-17