

# Board Policy

Code No. 507.9R1

## 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:

- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods
- Implement evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques

**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.

- Develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components:
  - Physical education, recess;
  - Classroom-based physical activity;
  - Out of school time activities;
- Seventy five percent of all third through twelfth graders will score in the “Healthy Fitness Zone” in three out of five of the Fitness gram tests that are administered each year during the student’s physical education class.

**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:

- Provide parents a list of foods and beverages that meet the standards set by the district for classroom snacks and celebrations.
- Develop a plan to promote staff health and wellness
- Share information about the nutritional content of meals with parents and students
- Support the consumption of breakfast at school by implementing alternative breakfast options to the extent possible
- Permit students to bring and carry water bottles filled with water throughout the day

**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.

*Approved: June 1, 2017*

*Revised: July 8, 2019*