

## WELLNESS POLICY

(revised 7-9-10)

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school 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 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.

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

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 meals. Toward this end, the school district may utilize electronic identification and payment systems; promote the availability of meals to all students regardless of income; and/or use nontraditional methods for serving meals.

The school district has developed a local wellness policy that included parents, students, representatives of the school food authority, the school board, school administrators, and the public in its development. The wellness policy includes a plan to implement, measure, and monitor the effectiveness of the policy. The policy designates that the Principals and Superintendent report annually to monitor implementation and evaluation of the policy.

### **Specific Wellness Goals:**

#### Nutrition Education and Promotion:

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

- is offered at each grade level as part of the health education curriculum that provides students with the knowledge and skills necessary to promote and protect their health

Physical Activity requirements by the State of Iowa according to the Healthy Kids Act took effect July 1, 2009.

#### Physical Activity:

Grades K- 5 will receive 30 minutes per day of physical activity

Grades 6-12 will receive 120 minutes per week of physical activity

- Recess is preferably outdoors
- Encourage moderate to vigorous physical activity
- Discourage extended periods of inactivity.

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
- reinforce the knowledge and self-management needed to maintain a physically active lifestyle
- reduce time spent on sedentary activities

The school district values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. Staff members are encouraged to model healthy lifestyle habits. The district will provide helpful tools as needed to staff, parents, and students as provided by the Iowa Department of Education Healthy Kids Act in their Training Toolkit. More information can be found at <http://www.tinyurl.com/Iowa-HKA>

The nutritional requirements by the State of Iowa according to the Healthy Kids Act that took effect on July 1, 2010 provide specific nutritional content standards are listed below.

#### Beverages:

Beverage	Elementary	Secondary
Milk	Low-Fat/ Non-Fat Regular Low-Fat Non-Fat Flavored No non-nutritive sweeteners ≤27 gm sugar/8 oz (2014) ≤24 gm sugar/8 oz (2017) ≤22 gm sugar/8 oz (2020)	
100% Juice	Allowed, but no added sweeteners	
Water	Allowed, but no added non-nutritive sweeteners	
Sports Drinks, Flavored Water	Not Allowed	Allowed
Caffeinated Beverages	Not Allowed	Allowed
Sodas/Carbonated Beverages	Not Allowed	Not Allowed

#### Foods:

Nutrient	Entrée	Side
Calories	≤ NSLP entrées* or ≤ 400 calories	≤ NSLP sides* or ≤ 200 calories
Sodium	≤ NSLP entrées* or ≤ 600 mg/item (≤ 480 mg/serving in 2014)	≤ NSLP sides* or ≤ 200 mg/item (≤ 200 mg/serving in 2014)
Saturated Fat	≤ 10% calories (excluding reduced-fat cheese)	
Trans Fat	≤ 0.5 gm/serving	
Total Fat	≤ 35% calories (excluding fruits and yogurts)	
Dietary Fiber/Whole Grain	50% of grains offered must be whole grain (primary ingredient by weight)	
*National School Lunch Program		

The Healthy Kids Act requires that all foods/beverages sold on campus during the school day must follow the requirements by entering each food item into the nutritional calculator posted on the Iowa Department of Education website and printing out the reported results. This report MUST be submitted to the Food Service Director before the items are sold. These nutritional reports are being monitored by the Iowa Department of Education.

As per requirement by the USDA all meals served through the National Lunch and Breakfast Programs will:

- be appealing and attractive to children
- be served in clean and pleasant settings
- meet nutrition requirements established by local, state, and federal law

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the school will:

- operate the breakfast program to the extent possible
- notify parents and students of the availability of the School Breakfast Program

- encourage parents to provide a healthy breakfast for their children

As per the requirement of the Healthy Kids Act on July 1, 2010, the Iowa AEA must contract with a licensed dietician to provide assistance as needed. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development for all nutrition professionals
- encourage parents to include healthy foods and snacks in lunches brought from home
- encourage staff to model healthy eating habits by choosing healthy foods and beverages

At the high school level there will be a variety of healthy choices of foods and beverages for foods sold individually via ala carte outside the reimbursable meal programs. These choices will follow the nutritional requirements of the Healthy Kids Act that took effect July 1, 2010.

All food and beverages sold during the school day must meet the nutritional guidelines determined by using the nutritional calculator on the Iowa Department of Education website.

[http://www.iowa.gov/educate/index.php?option=com\\_content&view=article&id=1769&catid=838&Itemid=2545](http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=1769&catid=838&Itemid=2545)

The Superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies and goals.

The Principal in each building will ensure compliance with these policies in their school and will report on the school's compliance annually to the Superintendent and Food Service Director.

The school district has conducted a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments have been compiled.

The Superintendent or his designee will report annually to the board regarding the effectiveness and compliance of this policy.

Approved \_\_\_\_\_ Reviewed \_\_\_\_\_ Revised \_\_\_\_\_

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)  
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,

Cross Reference: 504.6 Student Activity Program  
710 School Food Services