

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 help students develop lifelong healthy eating behaviors. The goal(s) for addressing nutrition education and nutrition promotion include the following:

- Students will be able to compare and contrast their snack decisions and make the best choices for the present and the future
- Students will be able to evaluate nutritional information
- Students will be able to analyze their current food intake and create a revised meal plan based on nutritional needs
- Develop a staff wellness program that motivates a healthy lifestyle for all employees throughout the district to reduce health risks and medical costs.
- Use Smarter Lunchroom techniques to encourage students to make healthier meal choices.

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:

- Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits.
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time.
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate.
- Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible.
- Increase junior high student's physical fitness by 5% as measured by our physical fitness tests.
- Fully implement "Teambuildr" software with all high school students.

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:

- Share nutritional information with students, parents & staff using "Nutrislice" online menus.
- Implement breakfast "grab n go" options and provide breakfast options after the bell at the high school and junior high.
- Establish and maintain an approved snack list for elementary classroom celebrations. All items on the list will be peanut/tree nut free. The list will further identify if those snacks are gluten-free, dairy free, and/or a Smart Snack option.

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- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.

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 24, 2013
Reviewed: April 24, 2017
Revised: June 19, 2017