

## STUDENT PERSONNEL

### Series 500

#### ADMINISTRATIVE REGULATION WELLNESS

No. 507.9R1

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 actions for addressing nutrition education and nutrition promotion include the following:

- is offered at the elementary, middle school and high school as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- promotes health-enhancing nutrition practices including fruits, vegetable, whole-grain products, low-fat and fat-free dairy products.
- includes training for teachers and other staff.
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens.
- emphasizes caloric balance between food intake and physical activity.
- links with meal programs, other foods and nutrition-related community services.

**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 actions for addressing physical activity include the following:

- is taught by a certified physical education teacher.
- will offer a wide variety of health and fitness activities, including both skills of individual and team sports, to promote an active lifestyle.
- will provide individualized student assessments – including standardized fitness testing and health screening grades 3-12 as part of the learning process. empowering students to value and manage their personal lifetime fitness.
- is available for all students in grades K-12 for the entire school year.
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings.
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.
- encourages classroom teachers to provide short, physical activity breaks between lessons or classes as appropriate. These breaks will complement, not substitute, for physical education class, recess, and class transition periods.
- daily recess - elementary schools should provide recess for students that:
  - is at least 20 minutes a day;

- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

**Goal 3 – Other School-Based Activities that Promote Student Wellness:** Schools will support student, staff, and parents/guardians’ efforts to maintain a healthy lifestyle, as appropriate. The actions for addressing other school-based activities that promote student wellness include the following:

- support parents/guardians’ efforts to provide a healthy diet and daily physical activity for their children through resources such as printed brochures, classes/programs, newsletter articles, and web site links.
- encourage parents/guardians to pack healthy lunches and snacks.
- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and reduce time spent on sedentary activities.
- value the health and well-being of every staff member and will fund and maintain a staff wellness committee composed of representatives from each building/department. The committee’s goals are to provide wellness opportunities for all district staff to participate in and to increase the overall health of our staff.
- promote healthy choices for all beverages and snacks served on campus outside the instructional day.

Employees are discouraged from using physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

**Public Involvement:** There is a process for permitting parents/guardians, 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.

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