

# Johnston Community Schools Wellness Action Plan

Adopted: May 10, 2021

Updated: May 18, 2023

(In compliance with IA Code: 507.9)

## Nutrition Education and Promotion Goals

District Wellness Policy Goals	Contact Person(s)	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges of implementation	List next steps that will be taken to fully implement and/or expand on goal
1. Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors	Teaching & learning  Director of Food Services  Principals m	B Creek Lawson Horizon T Ridge Wallace Summit JMS JHS			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	
		Wallace			Promotes health enhancing nutrition practices including fruits, vegetable, whole-grain products, low-fat and fat-free dairy products.	Implement updated Health Curriculum
				Wallace	includes training for teachers and other staff	
		Horizon Lawson	Wallace	JMS	is part of not only health education classes, but also classroom instruction in subjects such as	

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					math, science, language arts, social sciences and elective subjects	
				Wallace Horizon Lawson	includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens	Determine how to address in intentional manner in curriculum review process
			JMS Wallace Horizon		Emphasizes caloric balance between physical activity and links with meal programs, other food related community services	

## Physical Activity Goals

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<p>1. Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meets federal and state guidelines, including the Iowa Healthy Kids Act.</p>	<p>Principals PE Teachers</p>	<p>B Creek Lawson Horizon T Ridge Wallace Summit JMS JHS</p>	.		Is taught by a certified physical education teacher	<p>PE is taught by PE Teachers and activities are designed to provide wide variety of fitness and sports activities</p>
					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	
		<p>Horizon Wallace Lawson</p>			Is available for all students in grades K-12 for the entire school year	
		<p>JMS Timber Ridge</p>			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	
		<p>B Creek Lawson</p>			Daily Recess	

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		Timber Ridge Horizon Wallace Lawson			Elementary schools should provide recess for students that: <ul style="list-style-type: none"> <li>● is at least 20 minutes a day</li> <li>● is preferably outdoors</li> <li>● encourages moderate to vigorous physical activity verbally and through the provision of space and equipment</li> <li>● discourages extended periods (periods of two or more hours) of inactivity</li> </ul>	

## Other School Based Activities Goals

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<p>1. Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate.</p>	<p>Principals  Activities Directors</p>	<p>JHS Timber Ridge</p>	<p>B Creek Wallace Summit JMS Lawson Horizon</p>		<p>Support parents' 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.</p>	<p>Provide more info in newsletters  TR - With our Leader In Me work I feel as though we have a strong focus on whole body wellness. Heart, mind &amp; Spirit.</p>
		<p>B Creek Summit JMS Horizon Wallace</p>	<p>Lawson</p>		<p>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</p>	<p>Include as part of the PE Standards</p>
		<p>B Creek Lawson Horizon T Ridge Wallace Summit JMS JHS</p>			<p>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</p>	
		<p>Horizon Summit JMS Wallace Lawson</p>			<p>Promote healthy choices for all beverages and snacks served on campus outside the instructional day</p>	

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		B Creek Lawson Horizon T Ridge Wallace Summit JMS JHS			Employees are discouraged from using physical activity (running laps, pushups) or withhold opportunities for physical activity (recess, PE) as punishment	

## Standards and Nutrition Guidelines for All Foods and Beverages Sold to Students During the School Day (vending, school stores, etc.)

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1. Meals served through the National School Lunch and School breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law	Director of Food Services	B Creek Lawson Horizon			Utilizes information shared and posted from Nutrition	
	Nutrition Staff	T Ridge Wallace Summit JMS JHS			JHS Breakfast kept open through 1st period	
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall meet the United States Department of Agriculture (USDA) Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending	Director of Food Services	B Creek Lawson Horizon			Elementary do not offer a la carte or sell food	
	Principals  Nutrition Staff	T Ridge Wallace Summit JMS JHS			All food items sold to students during school day are monitored to ensure they meet HHFKA standards	

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machines, student run stores, and fundraising activities.						



Standards for All Foods and Beverages Provided (not sold) to Students During the School Day (class parties, foods given as reward, etc.)

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<p>1. Snacks provided to students during the school day without charge (class parties) will meet standards set by the district in accordance with law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.</p>	Principals	B Creek Lawson Horizon T Ridge Wallace JMS JHS	Summit		<p>Guidelines in Student/Parent Handbook</p> <p>Updates and reminders are included in communication throughout the year</p>	<p>This is primarily elementary, although PTO may bring snack in for Testing week.</p>
	<p>Director of Food Services</p> <p>Nutrition Staff</p>	<p>B Creek Horizon T Ridge Summit JMS JHS</p>	<p>Lawson Wallace</p>		<p>Food service: We do have a list of approved snacks on website under nutrition department guidelines for school snacks</p>	<p><a href="https://www.johnstoncsd.org/departments/nutrition-services/school-snacks/">https://www.johnstoncsd.org/departments/nutrition-services/school-snacks/</a></p>

## Policies for Food and Beverage Marketing

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1. Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in School Nutrition standards on campus during the school day	Principals	B Creek Lawson Horizon T Ridge Wallace JMS JHS			Elem does not market to students	