

Regulation 507.09-R(1): Wellness - Regulation

Status: ADOPTED

Original Adopted Date: 06/12/06 | **Last Reviewed Date:** 01/7/2025

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:

- Provide students with the knowledge and skills necessary to promote and protect their health;
- Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, and healthy foods;
- Emphasize caloric balance between food intake and energy expenditures and promote physical activity.
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community service;

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:

- Develop a comprehensive, school-based physical activity program that includes physical education classes, recess, classroom-based activity, walk to school, and out-of-school time activities.
- Elementary students in grades K-5th will be provided with at least thirty minutes each day for recess or physical activity.
- Secondary students in grades 6th-12th will receive at least 120 minutes of physical activity weekly.
- 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;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes).
- Employees will not use physical activity as a punishment and will not withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Goal 3 – Other School-Based Activities that Promote Student Wellness: Schools will support students, 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 with a list of healthy foods and beverages that meet nutritional standards for classroom snacks and celebrations through a communication tool such as ClassDojo;
- Provide school staff with a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as punishment;
- Develop a plan to promote staff health and wellness;
- Introduce new food items and surveys to identify new, healthful, and appealing food choices;
- Share information about the nutritional content of meals with parents and students upon request;
- 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;
- Make drinking water available where school meals are served;

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.
- The superintendent or his/her designee invites suggestions or comments concerning the development, implementation, and improvement of the school’s wellness policy.

I.C. Iowa Code

Iowa Code § 256.11

Description

[DE - Educational Standards](#)

Iowa Code § 256.7

[DE - Duties of State Board](#)

I.A.C. Iowa Administrative Code

281 I.A.C 58.11

Description

[General Accreditation Standards - Nutrition](#)

281 I.A.C. 12.5

[General Accreditation Standards - Education Program](#)

U.S.C. - United States Code

42 U.S.C. § 1771

Description

[Public Health - Child Nutrition](#)

42 U.S.C. §§ 1751

[Public Health - School Lunch Program](#)

Cross References

Code

Description

