

Wellness Policy

The district is committed to providing a comprehensive learning environment for developing and practicing lifelong wellness practices 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.

Nutrition Education and Promotion: The District will teach, model, encourage, and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion.

Physical Activity: The District will maximize physical education activities, teach physical activity skills, and promote lifelong fitness. Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meets the Iowa Healthy Kids Act.

Other School Based Activities that Promote Wellness: As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the national School Lunch and School Breakfast Program will be appealing and meet, as a minimum, nutrition requirements established by state and federal law;
- 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 School nutrition standards, as a minimum. This includes such items as those sold/traded through a la carte lines, behavioral supports (such as through school-based currency), vending machines, student-run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with law;
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in School nutritional standards on campus during the day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing a process for permitting parents, students, representatives of the district' Food and Nutrition Services, 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;
- Making the policy and updated assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc.). This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

- Legal Reference Note: In accordance with Public Law 108-265, Section 204 enacted June 30, 2004 and will take effect not later than the first day of the school year beginning after June 30, 2006.
- Cross Reference: Scott County School Wellness Policy developed by a School Health Advisory Committee 2005-06.
- By Action of the Board: Adopted 3/20/06; Reviewed 2/09/09; Revised 7/11/11
- Edited: 02/09, 7/11
- Revised 3/27/17 and created new [Administrative Regulation 502.17A](#)