

Administrative Regulation 502.17A
STUDENTS
Wellness Policy

Wellness Policy Goals

The District is committed to providing a school environment that enhances learning and development of lifelong wellness practices. We believe well-being has a direct impact on student learning and behavior therefore, the District will develop administrative regulations using standards designed to promote wellness, as mandated by federal and state law. These guidelines will establish goals for physical activity, nutrition education, nutrition and other school-based activities designed to promote student wellness.

Specific Wellness Goals:

Goal 1 - Nutrition Education and Promotion

The District will teach, model, encourage, and support healthy eating by all students. School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens, cafeteria nutrition promotion activities, and nutrition-related community services
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)
- Includes opportunities for nutrition education for district staff

Goal 2 - Physical Activity

The District will maximize physical education activities, teach physical activity skills, and promote lifelong fitness. School will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act. See the Department of Education guidance on the Healthy Kids Act: <http://tinyurl.com/p3zkfbm>

Physical education curriculum will:

- Be aligned to SHAPE (Society of Health and Physical Educators) standards to the greatest extent possible.
- Be provided each year for all students in grades K-12.
- Involve physical activity for the majority of each Physical Education class.
- Reinforce knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- Encourage students to participate in at least 60 minutes of physical activity every day.
- Promote student physical fitness through individualized fitness and activity assessments, using criterion-based reporting for each student.

Daily Recess will be provided by elementary schools for students that:

- Includes at least thirty (30) minutes a day,
- Will be offered outdoors when weather is feasible for outdoor play.
- Encourages moderate to vigorous physical activity
- Discourages extended periods (i.e., periods of 45 minutes or more) of inactivity
- Encourages classroom teachers to provide short 3-5 minute physical activity breaks during lessons.
- The district will provide resources and links to resources and tools with ideas for classroom physical activity breaks.

Physical Activity and Punishment

Employees will not use physical activity (e.g., running laps, pushups) as punishment

Employees will not withhold physical activity (e.g., recess, physical education) as punishment, unless educationally appropriate

Goal 3 - Other School-Based Activities that Promote Wellness

As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

- Educate parents regarding healthy food and beverage choices via written information and on the DCSD web site. Food and beverage choices will be based on United States Department of Agriculture Smart Snacks in School nutrition standards
- Ensure that Food and beverages will not be used as rewards for student behavior. Provide school staff with a list of alternative ways to reward children.
- Classroom events that include foods that do not meet Smart Snack guidelines will be limited to 1 per month. Only 1 food that does not meet the Smart Snack guidelines will be allowed. We will develop a focus group for
- Encourage and Educate outside entities about healthy options for resale/reward at school-sponsored events and fundraisers that occur outside school hours (midnight to 30 minutes after final school bell). Alternative options will be provided to such groups via written information and on the DCSD web site. Groups will be encouraged to follow DCSD wellness guidelines.
- Provide access to water throughout the school day; DCSD should continue to find ways to make water available to students in all settings.
- Water should be made available to all students throughout the day.

- Adopted 3/27/17