

The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness 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.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration towards nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality meals.

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals.

The district will develop a local wellness policy committee comprised of representatives of the board, parents, leaders in food/exercise authority and employees. The local wellness policy committee will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The committee will designate an individual to monitor implementation and evaluate the implementation of this policy.

**Specific Wellness Goals:**

- Goals for Nutrition (Appendix A)
- Physical Activity (Appendix B)
- Activities that Promote Student Wellness (Appendix C)

The school district will use nutrition guidelines for all foods available with the objective of promoting student health and reducing childhood obesity in the school district.

**Monitoring:**

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

**In each school:**

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- Food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the school district:

- The school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

### **Policy Review**

The Wellness Committee will meet when needed to review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policy and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district will, revise the wellness policies and develop work plans to facilitate their implementation.

### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal law;
- Offer a variety of fruits and vegetables;
- Serve only low fat (2%) and fat-free milk and nutritionally equivalent non-dairy alternatives as defined by the USDA.

Our schools will:

- Engage student input in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices.
- Post menus on our school site ([www.corning.k12.ia.us](http://www.corning.k12.ia.us)) and on cafeteria menu boards.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, the school will:

- Operate the breakfast program, to the extent possible;
- Arrange bus schedules and utilize methods to serve breakfasts that encourage participation.
- Notify parents and students of the availability of the School Breakfast Program, where available; and,
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

### **Free and Reduced-Priced Meals**

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school district may:

- Utilize electronic identification and payment systems
- Promote the availability of meals to all students

## **Appendix A: Nutrition Education and Promotion**

**Code 507.9**

The school district will provide nutrition education and engage in nutrition promotion that:

- Creates an environment that supports and encourages healthy eating.
- Promotes active lifestyles by encouraging regular physical activity.
- Establish nutritional content standards for food and beverages sold or provided on school grounds during the school day.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasizes caloric balance between food intake and physical activity;
- Links with meal programs, other food and nutrition-related community services; and,
- Includes training opportunities for teachers and other staff.

## **Appendix B: PHYSICAL ACTIVITY**

**Code 507.9**

### **Physical Education**

The school district will provide physical education that:

- Is offered to all students in grades K-12.
- Is taught by a certified physical education teacher;
- Includes students with disabilities; students with special health-care needs may be provided in alternative educational settings; and,
- Engages students in moderate to vigorous activity.
- Requires every student to complete a course that leads to certification in cardiopulmonary resuscitation (CPR) by the end of grade 12.

### **Daily Recess**

The elementary school will provide recess for students that:

- Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- Discourages extended periods of inactivity.

## **Appendix C: OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

**Code 507.9**

### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- Offer classroom health education that complements physical education by reinforcing the knowledge and self management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Discourage sedentary activities, such as watching television, playing computer games, etc;
- Provide opportunities for physical activity to be incorporated into other subject lessons; and,
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### **Communication with Parents**

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school will:

- Provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- Support parents' efforts to provide their children with the opportunities to be physically active outside of school; and,
- Include sharing information about physical activity and physical education through the school web site ([www.corning.k12.ia.us](http://www.corning.k12.ia.us)), newsletters, other take-home materials, special events, nutritional information, and homework.

### **Food Marketing in Schools**

School-based marketing will be consistent with the Healthy Kids Act nutritional content standards.

The school district will:

- Promote healthy foods and drinks, including fruits, vegetables, whole grains, and low-fat dietary products, water, juice, sports drinks, and milk that follow the nutritional content standards.

### **Staff Wellness**

The school district values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. Our district should:

- Establish and maintain a staff wellness committee composed of one staff member, fitness expert, and nutritional professional.
- Develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee.
- Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.