

STUDENT HEALTH AND WELLNESS

The LeMars Board of Education promotes healthy students by supporting wellness, good nutrition and regular physical activity as 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, the school district contributes to the health status of students. Improving health optimizes 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 is in compliance with the Healthy Hunger-Free Kids Act of 2010.

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, state and federal nutritional standards. Foods will 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 the stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced priced meals. The school district will comply with all regulations and guidelines issued by the Secretary of Agriculture for reimbursable school meals.

The school district will provide nutrition education and engage in nutrition promotion that encourages healthy choices during school breakfast, school lunch, and in school vending machines.

The school district will provide health education and engage in promoting healthy lifestyle choices and behaviors.

The school district will provide physical education opportunities and promote self-management skills to maintain a physically active lifestyle.

Building principals will monitor the effectiveness of the policy. Building principals will report to the Superintendent or designee annually regarding established health, nutrition, and physical education wellness policy guidelines.

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WELLNESS REGULATION

To implement the Wellness Policy, the following district specific goals have been established:

Goal Area 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;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods.

Goal Area 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:

- 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 time;
- Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hours).

Goal Area 3 – Other School-Based Activities that Promote Student Wellness: Schools will support student, 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:

- Share information about the nutritional content of meals with parents and students;
- Permit students to bring and carry water bottles filled with water throughout the day;
- Make drinking water available where school meals are served during mealtimes.

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 superintendent invites suggestions or comments concerning the development, implementation, and improvement of the school wellness policy. As such, interested persons are encouraged to contact the superintendent.

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