

## WELLNESS POLICY

The Union Community School District Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

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. In accordance with law and this belief, the board commits to the following:

The school district will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet 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, at 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 Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutrition standards on campus during the school 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 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;
- 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.

***NOTE: This is a mandatory policy.***

***NOTE: The Iowa Department of Education has tools and resources available to help districts with progress reports and other aspects of policy implementation and review. Please visit the "School Wellness Policy" section of the Iowa Department of Education's website, located at: <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>.***

***NOTE: School districts are required by federal law to have at least one wellness goal in each of the goal areas identified in paragraph three of the sample policy. These goal areas include the following: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. School districts should select goals to include in the regulation (507.9R1) from the options provided in the sample regulation (507.9R1) or identify a district specific goal. Districts must remember the sample policy and sample regulation cannot be adopted in the current format. School boards and administration must make a choice for all text in italicized brackets.***

Legal Reference: 42 U.S.C. §§ 1751 *et seq.*  
42 U.S.C. §§ 1771 *et seq.*  
Iowa Code §§ 256.7(29); 256.11(6).  
281 I.A.C. 12.5; 58.11.

Cross Reference: 504.5 Student Fund Raising  
504.6 Student Activity Program  
710 School Food Services

Approved August 21, 2017 Reviewed June 15, 2020 Revised October 18, 2021

**UNION COMMUNITY SCHOOL**

## WELLNESS REGULATION

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:

- Implement evidence-based healthy food promotion techniques through the school meal programs using the Smarter Lunchroom Techniques
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods
- Include nutrition education training for teacher and other staff through article sharing, wellness competitions, and/or speakers during professional development.
- Promote and incorporate locally grown fruits and vegetables from school gardens and local producers into the menu and educate students on where their food comes from.
- The nutrition department will collaborate with building staff, organizations, and students to provide educational taste tests two times per year.
- High school ag classes will engage 5<sup>th</sup> grade students in nutrition lessons that include My Plate and Farm to School activities including learning about where food comes from.

**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:

- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time.
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes) after 1-2 hours of sitting. Resources will be provided.
- Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instructions when possible.
- All students in grades K-12 will have access to regularly scheduled physical education, appropriate to the age and grade of the student. The physical education program shall be designed to build interest and proficiency in the skills, knowledge, and attitudes essential to a lifelong physically-active lifestyle. It shall include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
- Ensure physical activity is not used for or withheld as a punishment.
- Use 5-2-1-0 Campaign and resources to promote 5 daily servings of fruits and vegetables, less than 2 hours of screen time", 1 hour of physical activity per day, 0 sugary drinks, more water.
- Provide elementary students with recess according to the following:
  1. At least 20 minutes a day.
  2. Outdoors as weather permits.
  3. Encourages moderate to vigorous physical activity.

**Goal 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

- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations and encourage them to use these for snacks and celebrations. (Note: All shared snacks will be pre-packaged with a nutrition label or fresh fruit/vegetable that may not have a label.)
- Provide school staff 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 wellness.
- Engage students and parents, through taste-tests of new school meal items and surveys to identify new, healthful, and appealing food choices.
- Share information about the carbohydrate content of meals with parents and students.
- Drinking water will be available where school meals are served during mealtimes. Students will be allowed to bring and carry water bottles to encourage water consumption.
- Maintain the requirements needed to keep the bronze award from the Healthier U.S. School Challenge.
- Educate staff and parents on the Wellness Policy through local promotion.

**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 school 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 superintendent’s designee 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 or superintendent’s designee.

***NOTE: School districts are required by federal law to have at least one specific wellness goal in each of the goal areas identified above. These goal areas include the following: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. Options have been provided, but districts must remember the sample policy and sample regulation cannot be adopted in the current format. School boards and administration must make a choice for all text in italicized brackets.***

***NOTE: The Iowa Department of Education has tools and resources available to help districts with progress reports and other aspects of policy implementation and review. Please visit the “School***

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