

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 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 2- Physical Activity: Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act. The goal(s) for addressing physical activity at Albert City-Truesdale CSD 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.
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate.
- Encourage teachers to incorporate movement and kinesthetic learning approaches into core subject instruction when possible.
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle.
- Afford elementary students with recess according to the following:
 - At least 20 minutes
 - Outdoors as weather and time permits
 - Encourage moderate to vigorous physical activity, and scheduled to avoid extended periods of inactivity.

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.

- Engage students and parents. through taste-tests of new school menu items and surveys to identify new, healthful , and appealing food choices.
- Support the consumption of breakfast in the classroom, etc.
- Permit students to bring and carry water bottles filled with water throughout the day.
- Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.
- Discourage students from sharing foods or beverages during meal or snack times, given concerns about allergies and dietary needs.

Public Involvement: There is a process for permitting partners, 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 or superintendent 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.