

WELLNESS POLICY

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 and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. The district's local meal guidelines will not be less restrictive than USDA guidelines.

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-price meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The school district will consult with individuals in evaluating the Wellness Policy. Those individuals may be administrators, school lunch personnel, delegation from teaching staff to include physical education, a student, a parent, and/or community member.

The nutrition guidelines for all foods available will focus on promoting student health and reducing childhood obesity in the school district.

Note: This policy is written to require a school wellness committee. The committee is not required by the federal law. The school district is merely required to consult with a specific group of individuals. Boards not choosing to have a committee need to re-write the fifth paragraph to reflect the school district's practice.

For more detailed discussion of this issue, see IASB's Policy Primers, May 7, 2012, May 27, 2010 and October 17, 2005.

Legal Reference: Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 *et seq.* (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 *et seq.*,
Iowa Code 256.7(29), 256.11(6)
281 IAC 12.5(19), 12.5(20), 58.11

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

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WHITING WELLNESS POLICY

In cooperation with the federal government's requirements, the Whiting Board of Education has adopted a local Wellness Policy. The intent and purpose of the policy is to promote student health and reduce childhood obesity.

The following three goals have been adopted by the Board of Education to promote healthy students by supporting wellness, good nutrition and regular physical activity as a part of each student's total learning environment:

- Goal #1: Nutrition Education and Healthy Nutrition Environment
 - * Through the district's classrooms and food service programs.
- Goal #2: Physical Activity and Other School-based Activity
 - * Through the district's physical education program.
 - * Through the district's before/after school extra-curricular activities.
- Goal #3: Community Sponsored Activities that Promote Student Wellness
 - * Through the district's sharing of information with all staff and after-school programs.
 - * Through the district's support of parental efforts and through community-based physical activities occurring outside of school.

Our board, administration and staff welcome the ongoing interest and support of our parents and patrons in our efforts to support and promote good nutrition and physical activity made possible through the cooperation with community-based programs.

In order to effectively implement the new Wellness Policy, Whiting Community Schools will be making several changes in the best interest of our student's health, nutrition and education as outlined above. Some of the changes being implemented include:

- The soda and other vending machines will have timers for the purpose of limiting access during the school day.
- Healthier, alternative vending will be made available to the students for their use during appropriate times of the day.
- The school district's food service program has adopted higher nutrition standards for the breakfast and lunch programs.
- Nutrition education will continue to be emphasized at all levels of the district's K-12 educational system.
- Physical education classes will continue to be designed to promote active student involvement and participation.
- Cooperation with community-based organizations will continue for the purpose of promoting good nutrition and physical activity for our community's before and/or after-school programs.