

Regulation 507.09-R(1): Wellness - Goals

Status: ADOPTED

Original Adopted Date: 12/19/2022 | **Last Reviewed Date:** 12/19/2022

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:

- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

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
- Create a master schedule, and individual student schedules, 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:

- Permit students to bring and carry water bottles filled with water throughout the day
- Develop a plan to promote staff health and wellness

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 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 Wellness Policy” section of the Iowa Department of Education’s website, located at: <https://www.educateiowa.gov/pk-12/nutrition-programs/school-wellness>(<https://simbli.eboardsolutions.com/SU/slshFOaCld78tutNN6jRqQADQ==>).*

I.A.C. Iowa Administrative Code References

Description

281 I.A.C 58.11

General Accreditation Standards - Nutrition - <https://simbli.eboardsolutions.com/SU/m7ktL8slsh3TxQDfROIgs5P0Q==>

281 I.A.C. 12.5

General Accreditation Standards - Education Program - <https://simbli.eboardsolutions.com/SU/vkbLwsaFMFJuozkHwvERtA==>

I.C. Iowa Code References

Description

Iowa Code § 256.11

DE - Educational Standards - <https://simbli.eboardsolutions.com/SU/UHI1vh5Bb8fwKD3uG069uA==>

Iowa Code § 256.7

DE - Duties of State Board -

<https://simbli.eboardsolutions.com/SU/2YhSyJalzmh6aoO0jPYZng==>

U.S.C - United States Code References

42 U.S.C. § 1771

Description

Public Health - Child Nutrition -

<https://simbli.eboardsolutions.com/SU/8lsHOrcYnMW05lryhrBJOA==>

42 U.S.C. §§ 1751

Public Health - School Lunch Program -

<https://simbli.eboardsolutions.com/SU/7n672RT0SLslshlsw4ZqJA4QQ==>

Cross References

504.05

Description

Student Fund Raising -

<https://simbli.eboardsolutions.com/SU/NfQnXL5JEI4nZfplusNmayKmA==>

504.05-R(1)

Student Fund Raising -

<https://simbli.eboardsolutions.com/SU/5b6JAZtbyzvEiKMeoLFCg==>

504.06

Student Activity Program -

<https://simbli.eboardsolutions.com/SU/f4slshclMJMYo0FTtLICbqaslhA==>