

## **Wellness Regulation**

### **Goal 1 - NUTRITION EDUCATION AND PROMOTION GOALS**

Aplington-Parkersburg Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- Offer nutrition education to each grade level, utilizing multiple channels of communication (classroom, cafeteria, home), designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Ensure nutrition education and promotion are not only part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- Emphasize caloric balance between food intake and physical activity;
- Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits, and school gardens; and
- Encourages nutrition education training for teachers and other staff members.

### **Goal 2 - PHYSICAL ACTIVITY**

Aplington-Parkersburg 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 goals for addressing physical activity include the following:

- Physical education will be taught by a certified PE teacher, meet state/national physical education standards, and will be offered to all students in grades K-12 for the entire school year;
- Waivers, exemptions, or substitutions for physical education classes are not granted.
- PE will be provided an average of at least 45 minutes per week for elementary students. All secondary students are required to take physical education throughout all secondary school years.
- Engage students in moderate to vigorous activity during at least 50 percent of physical education class time;
- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle;
- Encourage classroom teachers to provide short physical activity breaks (3-5 minutes), as appropriate;

## Wellness Regulation

- Employees should not use physical activity (e.g., running laps, pushups) as punishment. Since physical activity often improves student behavior, staff will avoid withholding opportunities for physical activity (e.g., recess, physical education) as punishment and strive for alternative means of behavioral correction;
- Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings;
- Encourage staff, families, and community members to participate in school-sponsored physical activities (eg: fun runs); and
- Allow use of indoor and outdoor physical activity facilities for students, families, and community members outside of school hours.

### Daily Recess

- Afford elementary students with recess according to the following:
  - At least 60 minutes a day;
  - Outdoors as weather and time permits;
  - Encourages moderate to vigorous physical activity; and
  - Scheduled to avoid extended periods of inactivity (i.e., periods of two or more hours).

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- Discourage sedentary activities, such as watching television, playing computer games, etc. for long periods of time.
- Provide opportunities for physical activity to be incorporated into other subject lessons, such as math, science, language arts, social science, and elective subjects.
- Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### Physical Activity Opportunities Before and After School

Before and after-school child care and enrichment programs will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

**Active Transport**

The district will support active transport to and from school, such as walking or biking. The district will encourage this behavior by engaging in the activities below; including but not limited to:

- Offering bike racks for safe storage;
- Using crossing guards to promote safety;
- Connecting buildings with paved walkway; and
- Promoting participation in Bike to School Week.

**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 goals for addressing other school-based activities that promote student wellness include the following:

I. Food Marketing in School Buildings

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.
- Market activities that promote healthful behaviors including: vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines, sales of fruit for fundraisers, etc.

II. Communication with Families, Staff, and Community Members

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- Send home nutrition information and post nutrition information on school district's web site.
- Encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- Provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations;
- Support parents' efforts to provide their children with opportunities to be physically active outside of school;
- Include information about school wellness through a website, newsletter, other take home materials, special events or physical education homework.
- Provide school staff a list of non-food rewards for students; and
- Encourage staff to model healthy eating and drinking behaviors.

III. Water Consumption

The school district will promote the importance of adequate hydration and encourage consumption of water as the preferred beverage. The school district will:

- Permit students to bring and carry water bottles filled with water throughout the day; and
- Make drinking water available where school meals are served during mealtimes.

## **MONITORING AND POLICY REVIEW**

### **I. Monitoring**

The Superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policy. In each school building, the principal will ensure compliance with district-wide policy.

School food service supervisors will ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent or school principal.

The Superintendent or designee will develop a summary report every three years on district-wide compliance of the wellness policy based on input from all school buildings within the district. The report will be provided to the school board.

### **II. Policy Review**

The initial development of the district's wellness policy resulted from the baseline assessment conducted by the Wellness Committee during the spring of 2005. The baseline assessment primarily focused on the school district's existing nutrition and physical activity environments and practices. Nutrition education as part of K -12 curricula was also evaluated. The results were compiled at the district level and used to identify and prioritize needs.

District wide assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement. The district's Wellness Committee will oversee the review process which will include:

- Review all components of Wellness Policy
- Provision of an environment that supports healthy eating and physical activity
- Nutrition and physical education policies and program elements

The Wellness Committee will revise the district's Wellness Policy, as necessary, and develop work plans to facilitate implementation.

### **III. Communication**

The wellness policy, progress reports, and action plans will be made available to the public via the school website, newsletter, or other means of communication.