

Regulation 507.09-R(1): Wellness Policy - Wellness Regulation

Status: ADOPTED

Original Adopted Date: 04/01/2017 | **Last Revised Date:** 05/19/2025 | **Last Reviewed Date:** 05/19/2025

Priority Goal Area 1: Nutrition Education and Promotion Goals

The District will provide nutrition education and engage in nutrition promotion that:

- 1.1: is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- 1.2: is part of not only health education classes, but infused as often as possible into the regular classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- 1.3: includes when possible, enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing;
- 1.4: promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- 1.5: emphasizes caloric balance between food intake and physical activity;
- 1.6: emphasizes the nutritional components of smart snacks and choosing snacks wisely.

Priority Goal Area 2: Physical Activity Goals

Elementary schools should provide recess for students that:

- 2.1: is preferably outdoors;
- 2.2: encourages moderate to vigorous physical activity, both verbally and through the actions of staff, that also meets the nationally recommended amount of provision of space and equipment.
- 2.3: discourages extended periods (i.e., periods of two or more hours) of inactivity.

Middle School and High school students are allowed time for vigorous activity following meal service periods:

- 2.4: short break period provides students an opportunity to connect with one another and teachers in a new way, participate in physical activity, and as a result, students feel more productive and more connected to the school community

The District will provide physical education that:

- 2.5: is for all students in grades K-12 for the entire school year;
- 2.6: is taught by a certified physical education teacher;
- 2.7: includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- 2.8: engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Priority Goal Area 3: Other School Based Activities Goals

The District will strive to provide opportunities to incorporate wellness and physical activity into a variety of school

based activities which include:

- 3.1: 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.
- 3.2: ensure opportunities for physical activity beyond the physical education class by:
 - 3.2 (a): discouraging sedentary activities, such as watching television, playing computer games, etc.;
 - 3.2 (b): encouraging classroom teachers to provide short physical activity breaks between lessons or classes as appropriate;
 - 3.2 (c): providing opportunities for physical activity to be incorporated into other subject lessons.
 - 3.2 (d): 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;

Priority Goal Area 4: Communication with Parents

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

- 4.1: send home nutrition information, post nutrition tips on school websites and provide nutrient analyses of school menus, and/or offer healthy eating seminars for parents;
- 4.2: 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.
- 4.3: discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Priority Goal Area 5: Standards and Nutrition Guidelines for All Food and Beverages Sold to Students Before, During and 30 Minutes After the School Day

In regards to food and beverages sold to students during the school day, the District will work to ensure:

- 5.1: vending machines are on timers to be "off" during the course of the school day.
- 5.2: food items sold during the school day are sold only through the Food Service Management Company (FSMC).

Priority Goal Area 6: Standards for All Foods and Beverages Provided, But Not Sold, to Students During the School Day (i.e, classroom parties, classroom snacks brought by parents, incentives, etc...)

In regards to food and beverages not sold to students during the school day, the District will work to ensure:

- 6.1: treats must be pre-packaged (not homemade) and should not contain peanut products. Snacks must be store bought and in original packaging. *(For more information regarding life-threatening allergies, please see School Board Policy 507.16)*

Priority Goal Area 7: Policies for Food and Beverage Marketing

In regards to policies and practices related to food and beverage marketing in schools, the District will strive to:

- 7.1: increase healthy food choices in any student run store and/or vending options.
- 7.2: have nutrition information readily available through the Dallas Center-Grimes school website and/or other district publications or communications sources.
- 7.3: allow the marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

Priority Goal Area 8: School Meal Guidelines

Meals served through the National School Lunch and Breakfast Programs will:

- 8.1: be appealing and attractive to children;
- 8.2: be served in clean and pleasant settings;
- 8.3: meet, at a minimum, nutrition requirements established by local, state and federal law;
- 8.4: offer a variety of fruits and vegetables;

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 periodic review and update of the policy. The District has a local wellness policy committee to advise the district on the development, review, and implementation of the school wellness policy.

Monitoring and evaluation of this policy :

The superintendent and/or his or her designee will ensure compliance with established District-wide wellness policies.

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An assessment will be repeated every three years to help review policy compliance, assess progress and determine areas in need of improvement. When monitoring implementation, schools will be evaluated individually while the District will be evaluated as a whole. The report will include results from the comparison of District wellness policies to model wellness policies , a reflection of each school's progress towards compliance with this policy, as well as a description of the progress made individually or collectively in achieving the goals of the policy. A report will be made annually to the board and community regarding the content and effectiveness of this policy and recommend updates if needed. In addition, the Triennial Assessment will be made available to the public through the District website and additional wellness information may be shared through the District newsletter and other communication methods.

I.A.C. Iowa Administrative Code

281 I.A.C 58.11

281 I.A.C. 12.5

I.C. Iowa Code

Description

[General Accreditation Standards - Nutrition](#)

[General Accreditation Standards - Education Program](#)

Description

Iowa Code § 256.11	DE - Educational Standards
Iowa Code § 256.7	DE - Duties of State Board
U.S.C - United States Code	Description
42 U.S.C. § 1771	Public Health - Child Nutrition
42 U.S.C. §§ 1751	Public Health - School Lunch Program
