WELLNESS POLICY

Mason City Community School District's Wellness Policy will consist of five categories: Nutrition Education; Physical Activity; Other School-Based Activities that Promote Student Wellness, Nutrition Guidelines for all foods available on school campuses; and a Plan for Measuring Implementation of the wellness policy.

I. Nutrition Education and Promotion

Mason City Community School District will provide nutrition education and engage in nutrition promotion when appropriate. Nutrition education will be taught at each grade level, part of health education and other subjects when appropriate, be developmentally appropriate, promote healthy food, and include awareness and education for all staff and parents.

II. Physical Activity

Mason City Community School District will:

a. provide physical education for all students K-12.
b. provide recess for PK-4 students.
c. offer extra-curricular physical activity programs for all students in grades 7-12.
d. encourage teachers, other school staff and community personnel to not use physical activity as a negative consequence.

III. Other School-Based Activities that Promote Student Wellness

Mason City Community School District will support, when possible and appropriate, the following:

a. Integration of physical activity into classroom settings;
b. Communication with parents to provide a healthy diet and daily physical activity;
c. Marketing of food in school; and
d. Staff wellness

IV. Nutrition Guidelines for All Foods Available on Campus

Definition of "school day" shall be from the time of the first bell to the time of the last bell; therefore a "school day" shall be defined as the time from the first bell to the last bell.

Mason City Community School District will provide, during the school day, meals served through the National School Lunch and Breakfast Program. The meals will meet, at a minimum, nutrition requirements established by local, state and federal law. Ensure that foods offered, during school lunch, as "ala carte, or, additional items for sale" meet the nutritional content standards as established by the Healthy Kids Act of 2008 and implemented during the 2010/2011 school year.

Mason City Community School District will:

a. make every effort to eliminate stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals.
b. make meal times and scheduling the responsibility of the building administrator and Director of Nutrition Services.
c. have qualified nutrition professionals administer the meal programs.
d. discourage students from sharing food or beverages with one another.
e. oversee all foods and beverages sold outside the meal.
f. limit portion sizes of foods and beverages sold individually.
g. address fundraising activities through discussion and surveys.
h. promote snacks that promote good health.
i. not promote foods or beverages as rewards or punishment.
j. evaluate celebration practices annually and disseminate a list of healthy party ideas to parents and teachers.

k. make all foods available on campus adhere to food safety and security guidelines.
l. consider, when appropriate, sponsoring the Summer Food Service Program during the summer vacation as per federal guidelines.

V. Plan for Measuring Implementation

Monitoring:
The superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness polices.

Policy Review
The school will develop an annual assessment of the school's existing nutrition and physical activity environments and policies to help review policy compliance, assess progress and determine areas of need of improvement.

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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