

WELLNESS POLICY REGULATION

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:

- 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; and
- Promote fruits, vegetables, whole-grain products, low-fat dairy products and healthy foods with the school meal program, taste testing, school gardens and nutrition-related community services.

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:

- K-12 students receive physical education, taught by a certified teacher, which engages students in moderate to vigorous activity during at least 50 percent of the physical education class time;
- Classroom teachers are encouraged to incorporate movement and kinesthetic learning approaches into core instruction and provide short physical activity breaks (3-5 minutes) as appropriate; and
- Provide recess for K-4 students: at least 20 minutes per day; preferably before lunch; outdoors (weather permitting); and encourages moderate to vigorous physical activity.

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:

- Provide parents/guardians a list of foods and beverages that meet the USDA Smart Snacks nutrition guidelines for classroom snacks and celebrations;
- Share information about the nutritional content of meals with parents and students; and
- Make drinking water available where school meals are served during mealtimes and permit students access to water (fountains, water bottles) during the school day.

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 Mason City Community School District has a local wellness committee to advise the district on the development, implementation, and improvement of the Wellness Policy.
- The superintendent or superintendent's designee invites suggestions or comments regarding the development, implementation, and improvement of the wellness policy.

Legal Reference: 42 U.S.C. §§ 1751 *et seq.*
42 U.S.C. §§ 1771 *et seq.*,
Iowa Code §§ 256.7(29), 256.11(6)
281 I.A.C. 12.5; 58.11.

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

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