

Title: Student Wellness

The Board of Education promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Council Bluffs Community School District supports a healthy environment in which students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The school environment during the school day shall be aligned with District goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

All employees are responsible for ensuring compliance with state and federal law regarding nutrition guidelines for all foods available in schools during the school day. The laws promote student health and strategies to reduce childhood obesity.

Individuals responsible for coordinating foods available on school grounds and at school-sponsored activities during the instructional day will strive to select choices that fit within the school district nutrition guidelines. When selecting foods to ensure high-quality meals, consideration will be given to variety, appeal, taste, safety and packaging. The nutritional integrity of the foods will also be considered, providing for maximum nutrient density, freshness and appropriate caloric levels.

The District will appoint a local student wellness policy committee comprised of representatives of the Board, parents, students, school administrators, the public,

- nutrition/fitness professionals, physical education teachers, and school health personnel. The District will maintain a list of committee members. The local wellness policy committee will:
- participate in the development, implementation and the periodic review of and update of the policy,
- utilize model evaluation instruments to monitor the implementation of the policy and measure progress,

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- report to the Board regarding the effectiveness of this policy, and inform and update the public about the content and implementation of the policy.

Specific wellness goals are listed in the following administrative regulations:

- nutrition education and promotion (527.1)
- physical activity (527.2) and
- other school-based activities designed to promote student wellness (527.3).

Building administrators are responsible for assigning individuals in buildings to monitor implementation of this policy.

Cross Reference:  
701.4

Legal References:  
Healthy, Hunger-Free Kids Act of 2010

Approved July 25, 2006

Reviewed \_\_\_\_\_

Revised May 25, 2010  
May 10, 2016

Title: Other School-Based Activities that Promote Student Wellness

### **Integrating Physical Activity into Elementary Classroom Settings**

For elementary students to receive the 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,
- provide opportunities for physical activity to be incorporated into other subject lessons and
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### **Communication with Parents**

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

- offer healthy eating resources for parents, including nutrition information, post nutrition tips on school web site and provide nutrient content of school menus;
- encourage parents/guardians to pack healthy lunches and snacks that include foods and beverages that meet the nutritional content standards;
- provide parents a list of healthy foods and ideas for healthy celebrations/parties, rewards and fundraising activities;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- make available information about ways kids and families can be physically active.
- report student results of FitnessGram assessment; and
- provide referrals to appropriate services.

### **Food Marketing in Schools**

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

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;

- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) including vending machine covers promoting water; pricing structures that promote healthy options in a la carte lines or vending machines; and sales of fruit for fundraisers.

### **Meal Times in Schools**

The school district will:

- encourage scheduling of school meals that allows adequate time for students to eat,
- provide students access to hand washing or hand sanitizing before they eat meals or snacks,
- take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk) and
- 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.

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Reviewed: \_\_\_\_\_

Revised: July 26, 2011

May 23, 2017