

# Student Wellness

Linn-Mar has a Health and Human Development Committee that meets every three years to review our Student Wellness Goals. This committee is made up of staff, students, and community members. The following are the current goals of the Student Wellness Policy along with the action steps for the District.

## **Goal 1: Schools will provide nutrition education and engage in nutrition promotion.**

Actions:

- is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity; and,
- links with meal programs, other foods and nutrition-related community services.

## **Goal 2: Provide physical activity that promotes wellness.**

Actions:

- **Daily Physical Activity**
  - is designed for all students in grades K through 12 for the entire school year;
  - is taught by a certified physical education teacher;
  - includes at least 30 minutes daily physical activity at the elementary level and at least 120 minutes of physical activity during a 5-day week at the secondary level;
  - includes students with disabilities and special health-care needs may be provided in alternative educational settings;
  - engages students in moderate to vigorous activity during at least 50 percent of physical education class time;
  - utilizes a wellness approach to the physical education curriculum; and,
  - encourages appropriate use of waivers to physical education at the secondary level.
- **Daily Recess**
  - Elementary school should provide recess for students that:
    - is at least 20 minutes per school day;
    - is preferably outdoors;
    - encourages moderate to vigorous physical activity verbally and through the provision of space and equipment;
    - discourages extended periods of inactivity (i.e. periods of two or more hours); and
    - encourages students to be moderately active during times when they need to avoid outdoor recess and remain indoors for long periods of time (i.e. inclement weather, mandatory school-wide testing).
- **Physical Activity and Punishment**
  - Employees may not use physical activity (e.g. running laps, pushups, etc.) or withhold opportunities for physical activity (e.g. recess, physical education) as punishment.

### **Goal 3: Schools will promote wellness through other school based activities.**

Actions:

- **Integrating Physical Activity Into Classroom Settings**

Students need opportunities for physical activity beyond physical education class. Toward this end, schools 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.;
- 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.

- **Communicating with Families**

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

- offer nutrition information via school newsletters, post nutrition tips on the school website, and provide nutrient analysis of school menus;
- 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 and teachers a list of healthy snack ideas for celebrations/parties, rewards, and fundraising activities;
- provide information about community physical activity opportunities for students; and,
- support parents' efforts to provide their children with opportunities to be physically active outside of school.

- **Staff Wellness**

- promote and encourage staff health and wellness through a wellness committee.

- **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; and,
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products.

- **Snacks**

- encourage schools to use only foods and beverages that meet the District Recommended Nutritional Guidelines for snacks.

- **Rewards**

- discourage the use of foods or beverages as rewards for academic performance or good behavior; and,
- staff will not withhold food or beverages (including food served through meals) as a punishment.

- **Celebrations**

- encourage students to not bring food or beverages for birthday celebrations and replace it with an activity instead.

- **School Meals**

- Meals served through the National School Lunch and Breakfast Programs will:
  - Be in compliance with existing state or federal laws governing school nutrition programs.
  - be appealing and attractive to children;
  - be served in clean and pleasant settings;
  - meet, at a minimum, nutrition requirements established by state and federal law;
  - offer a variety of fruits and vegetables;
  - serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
  - ensure that all grains served are whole grain rich.

- **Meal Times and Scheduling**

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times (e.g., lunch should be scheduled between 11 am and 1 pm); should not schedule tutoring, club or organizational meetings or activities during mealtimes unless students may eat during such activities;
- will schedule lunch periods to follow recess periods (in elementary schools); and,
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

- **Foods Sold Outside the Meal (e.g. vending, ala carte, sales)**

- All foods and beverages sold individually outside the reimbursable meal programs (including those sold through ala carte lines, vending machines, and student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law.

- **Food Safety**

The school district will:

- ensure that all foods made available on campus comply with the state and local food safety and sanitation regulations;
- ensure that Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools; and,
- Ensure that access to the food service operations are limited to child nutrition staff and authorized personnel for the safety and security of the food and facility.

- **Fundraising Activities**

- encourage fundraising activities that use foods that meet District's Recommended Nutritional Guidelines and promote physical activity.

- **School-Sponsored Events (including Concessions)**

- encourage groups in the school community, who offer foods and beverages for sale at school-sponsored events, to use only foods and beverages that meet District Recommended Nutritional Guidelines.