

## WELLNESS

The Waterloo Community School District promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where 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 district provides a comprehensive learning environment for developing and practicing academic, social and lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to mental health, good nutrition and regular physical activity.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards and in compliance with state and federal law. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The school district will organize and maintain a wellness policy committee comprised of a board member, teachers, students, administrators, parents/guardians, food service employees, school nurses, and community organization representatives. The committee will be responsible for the general implementation and monitoring of the wellness policy, as well as measuring its effectiveness and will report to the Board on an annual basis. The wellness policy will be reviewed every three years as required under section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296.

Specific goals of the wellness policy include:

1. The school district will provide health and nutrition education across multiple content areas.
2. Students will engage in physical activity that promotes and builds healthy, active lifestyles and reduces obesity.
3. The wellness policy will be considered when school-based activities (for students and/or employees) are planned.
4. All food served to students during the school day will comply with required nutritional guidelines.
5. Students will have access to a social-emotional learning (SEL) curriculum, which focuses on teaching foundational social-emotional and self regulation skills.

The superintendent or superintendent designee, will ensure compliance with established school district-wide nutrition and physical activity wellness policy and regulations. Compliance will be monitored primarily through data collection and specified reporting procedures.

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

Cross Ref.: 510.1 Student Activity Program

ADOPTED: 2/28/11  
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