WELLNESS POLICY

The Clarinda Community Schools Board of Education is committed to the optimal development of every student. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level, in every setting.

The school district provides a comprehensive learning environment for developing and practicing 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 good nutrition and regular physical activity. In accordance with law and this belief, the board commits to the following:

- **Nutrition Education and Promotion:**

  Healthy meal choices will be encouraged by providing multiple daily choices of healthy entrees, fruit, vegetables, whole grains and fat free milk at all meal sites.

  Schools will participate in 5-2-1-0 Healthy Choices Count!, demonstrating a commitment to healthy food choices and more physical activity.

  Links to nutrition information on the lunch website promote healthy eating and meal planning.

- **Physical Activity:**

  Physical education will be provided for all students K-12, taught by a certified Physical Education instructor, in accordance with the requirements of the Healthy Kids Act.

  Elementary students will receive a minimum of 30 minutes of physical activity per day through recess or classroom activities.

  Secondary student will be engaged in a minimum of 120 minutes of physical activity per week, either through school activities or through an approved contracted activity outside the regular school day.

- **Other School Based Activities that Promote Wellness:**

  School based marketing will limit vending sales during the school day and to market those products that meet the nutritional standards of the Healthy Kids Act.

  Parents are provided a list of foods and beverages that meet the nutrition standards for classroom snacks and celebrations.

  Students are permitted to bring and carry water in bottles throughout the day and fill stations are available for students to refill water bottles.

The following nutritional guidelines for food available on school campuses will be adhered to:

- Meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law;

- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and thirty minutes after school shall met the United Sates Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, students run stores, and fundraising activities;
- Snacks provided to students during the school day without charge (e.g., class parties) will meet standards set by the district in accordance with the policy. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations; and
- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in school nutritional standards on campus during the school day.

The superintendent or superintendent's designee shall implement and unsure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval;
- Implementing 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;
- Making the policy and updated assessment of the implementation available to the public on the school website. This information shall include the extent to which the schools are in compliance with policy and a description of the progress being made in attaining the goals of the policy; and
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

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