PHYSICAL EDUCATION/PHYSICAL ACTIVITY

Physical Education
The school district will provide physical education that:

- meets a minimum of:
  - 50 minutes per week for kindergartner students;
  - 75 minutes per week for first through fourth grade students;
  - 100 minutes per week for fifth and sixth grade students;
  - every other day for junior high;
  - meets the state requirements for high school;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings;
- the teacher engages students in moderate to vigorous activities during at least 50 percent of physical education class time;
- obtains an annual BMI for all students in third through twelfth grade.
- includes lifestyle (non-team) activities at each grade level.

Daily Recess
Elementary schools shall provide recess for students that:

- meets a minimum of:
  - 50 minutes per day for kindergarten through third grade students;
  - 35 minutes per day for fourth grade students;
  - 20 minutes per day for fifth and sixth grade students;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally for all students and through the provision of space and equipment;
- discourages extended periods (i.e., periods of one or more hours) of inactivity.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment
Staff will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Withholding recess will not be considered unless in extreme circumstances where all other methods have been exhausted or for continued unacceptable behavior exhibited during recess.
HEALTH EDUCATION

Health Education – Elementary
The school district will provide health education for kindergarten through sixth grade students that:
  • meets the state requirements;
  • is sequential and standards-based;
  • provides active learning and skills practice;
  • is taught by qualified teachers;
  • is emphasized across the physical education, social studies, science and guidance curriculums.

Health Education – Secondary
The school district will provide health education for seventh through twelfth grade that:
  • meets the state requirements;
  • is mandated for one trimester each in seventh through twelfth grades;
  • is taught by qualified teachers;
  • utilizes community support and partnerships;
  • provides opportunities for students to practice skills;
  • includes curriculum that focuses on wellness and healthy life choices.

Health Education Teachers
The school district will encourage health education teachers at both the elementary and secondary level to:
  • collaborate with community public health-related agencies to enhance health education lessons;
  • collaborate with school nutrition and health services to promote health education lessons in addition to the classroom lessons (i.e. kindergarten visits to lunchroom for understanding of sneeze guard and germs, school garden at Tate HS);
  • develop cross-curricular collaboration with guidance, PE, science and social studies

Professional Development
The school district will provide opportunities for professional development according to the Iowa City Community School District Professional Development Plan.

Health Education Coordinator
The school district will provide a health education coordinator to:
  • monitor implementation process of the health education curriculum;
  • emphasize the importance of health education across curriculums;
  • work with teachers to ensure scheduling instruction in health education;
  • work with community agency personnel to provide additional health education;
  • work with teachers to ensure scheduling instruction in health education with allocation of time to adequately fulfill the responsibilities of the position.
SCHOOL NUTRITION SERVICES

General Guidelines
Nutrition rules apply to breakfast and lunch and all foods sold through vending machines, student stores, snack bars and a la carte during the school day - defined as the period from the midnight before, to 30 minutes after the end of the official school day.

Any food sold in schools must meet the following nutrition standards:
- Be a “whole grain-rich” grain product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)
- Calorie limits: Snack items: ≤ 200 calories, Entrée items: ≤ 350 calories
- Sodium limits: Snack items: ≤ 230 mg, Entrée items: ≤ 480 mg
- Fat limits: Total fat: ≤ 35% of calories, Saturated fat: ≤ 10% of calories, Trans fat: zero grams
- Sugar limit: ≤ 35% of weight from total sugars in foods

The following beverages are allowed in all schools:
- Plain water (with or without carbonation), Unflavored low fat milk, Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP, 100% fruit or vegetable juice, 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners
- Elementary schools - up to 8-ounce portions, middle schools and high schools - up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.
- High Schools - the standards allow additional “no calorie” and “lower calorie” beverages. No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation). Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤10 calories per 20 fluid ounces. No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Other meal considerations:
- Choices offered daily for entrees, vegetables, fruits and milk. Attempt to assure that students get what they order. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.
- Food items served and sold in schools shall to the extent possible be prepared from fresh, locally grown or produced ingredients. Nutrition Services staff will design and actively pursue programs which make this possible, and if necessary recruit the size limit for plain water.
- Food items served and sold in schools shall reflect the cultural diversity of the student body and consideration of special dietary needs, and food preferences and practices
- A nutrient analysis of menus and a la carte items will be available on the district website
- Offer nutritionally equivalent alternates for students with food allergies and intolerances
- Provide a clean, safe and pleasant dining experience for students
- Lunch periods will be scheduled to allow each student at least 15 minutes to eat. Schedule lunch periods between 11:00 a.m. and 1:00 p.m., with exception of early-release days; consider scheduling lunch after recess to stimulate appetite and encourage students to finish their lunch rather than hurrying to get outside to play
- Provide students access to hand washing or hand sanitizing before eating meals or snacks.
**Vending Machines**
- staff vending machines will contain equal numbers of food and drink options in compliance with the standards for student vending machines as there are non-compliant options.
- staff will be role models for students in the choices of vending beverages and foods.

The school district will:
- inform new bottler/ vending contractors of the nutrition requirements for food and drinks and insist only items that meet the standards be included in the contract.

In the elementary schools,
- vending machines will not be available to any elementary students, but may be available in staff lounges only.

**Lunches brought from Home**
In regards to lunches brought from home, the school district will:
- encourage students and parents to bring healthy foods and beverages;
- provide a list of healthy, easy-to-pack, and low-cost lunch items to parents in building newsletters;
- discourage students from trading foods with each other;
- inform parents that soda is not to be included in lunch brought from home.

**Snacks**
In regards to snacks being served in the classroom, the school district will:
- allow and encourage snacks to be served in the classroom, especially at the primary level;
- allow only fresh fruits/vegetables or purchased foods with the ingredients listed;
- allow only foods that meet the Healthy Food Guidelines/ Smart Snacks. This list will be made available to parents and teachers at the beginning of the school year.
- not allow foods with peanuts or peanut butter, or food that were made in a factory where cross-contamination may occur;
- all food should be removed from the classroom at the end of each day.

**Fund Raising**
The school district will:
- encourage that healthy foods be sold at bake sales and other fund-raising activities, similar to Healthy Food Guidelines /Smart Snacks and;
- not allow food/beverage sales to occur during the school breakfast or lunch period;
- allow only foods that meet Healthy Food Guidelines / Smart Snacks to be sold to students during the school day, and up to 30 minutes after school is dismissed;
- disseminate a list of healthy bake sale items to parents and teachers;
- not allow unhealthy foods and beverage advertisements on school grounds.

**Birthday, Classroom and Building Celebrations**
The school district will:
- limit foods and drinks brought for classroom celebrations initiated by parents, students or staff during the school day to a list of foods that meet the Healthy Foods Guidelines/ Smart Snacks. This list will be made available to parents and teachers at the beginning of the school year.
- allow only fresh fruits/vegetables or purchased foods with the ingredients listed (the only exception to this would be food-tasting related to district-approved curriculum lessons);
not allow foods with peanuts or peanut butter, or food that were made in a factory where cross-contamination may occur;
remind parents as needed of the list of acceptable food options if non-compliant foods are served at classroom celebrations;
courage staff to incorporate physical activities into classroom and building celebrations.

Rewards and Incentives
The school district will:

- allow staff to only use non-food items as rewards or incentives to encourage student achievement or desirable behavior;
- allow exception to this ONLY if the student’s IEP or other individual student plan includes the use of food for behavior modification. In this case, food shall be used as a last alternative and used minimally. Healthy food options should always be considered first.
- not withhold food or beverages as a punishment of students.

Concessions/ Dances/ School Sponsored Activities
The school district will:

- encourage the sale of foods at school-sponsored events outside of the school day to include beverages and foods that meet the Healthy Foods Guidelines/ Smart Snacks.

Collaboration Between Food Service and Health Education
The school district food services program will encourage food service staff to collaborate with classroom teachers to reinforce nutrition education lessons taught in the classroom. Examples of the collaborative activities include but are not limited to:

- displaying educational materials in the cafeteria that reinforce classroom lessons;
- teaching or presenting nutrition lessons or nutritional information to students;
- providing cafeteria tours to students;
- other activities as appropriate.

Food Service Staff
The school district will ensure that:

- qualified nutrition professionals administer the school food services;
- the food service manager will participate in at least one professional development or continuing education program per year on meeting the Dietary Guidelines for Americans;
- food service staff receives appropriate training for safety and food emergencies, i.e. choking, natural disasters and medical emergencies.

The Food Services Director will:

- develop and implement a plan to support local sustainable agriculture by integrating local, preferably organic (by USDA definition) foods into the meals served to students based on availability and acceptability.
- coordinate school breakfast and lunch menus with seasonal production of local farms and with production in school gardens so that school meals will reflect seasonality and local agriculture.
OTHER SCHOOL-BASED ACTIVITY GOALS THAT PROMOTE STUDENT WELLNESS

Physical Activity Opportunities after School
Elementary and secondary schools will offer extracurricular physical activity programs, such as physical activity clubs and/or intramural programs.

Schools will offer a range of after-school moderate to vigorous physical activities that meet the needs, interests and abilities of all students including boys, girls and students with disabilities.

Schools will collaborate with local agencies to promote local, state, national events that encourage physical activity by students, staff, families, etc.

Integrating Physical Activity into Classroom Settings
Opportunities for physical activity beyond the physical education class will be provided to students. These opportunities may include the following:

- reinforce the importance of a physically active lifestyle;
- discourage sedentary activities such as watching television, video games, etc.
- provide opportunities for physical activity to be incorporated in all classes when possible;
- provide short physical activity breaks during or between classes, as appropriate for all ages and developmental levels.

Staff Wellness will:

- include comprehensive health insurance;
- provide opportunities for staff to use district fitness equipment and facilities;
- promote opportunities among staff for wellness through the district;
- provide awareness of wellness opportunities in the community;
- encourage buildings to develop staff wellness committees to promote wellness activities among the staff.
IMPLEMENTATION AND EVALUATION STRATEGIES FOR THE WELLNESS POLICY

Monitoring the Wellness Policy:
Monitoring the implementation will be coordinated through the Health Services Director, who will designate reports on the progress of the implementation as is deemed necessary.

Evaluation of Physical Education Goals:
Schools will give an annual mid-year student survey for physical education satisfaction. The district PE Coordinator and others, as designated by the Health Services Director, will report policy implementation and outcomes to the Wellness Committee and Board on a regular basis.

Evaluation of Health Education Goals:
Schools will give an annual mid-year student survey for health education satisfaction in all classes related to health and wellness. The district Health Education Coordinator and others, as designated by the Health Services Director, will report policy implementation and outcomes to the Wellness Committee and Board on a regular basis.

Evaluation of Nutrition Goals:
The school district will assess the outcomes of policy implementation by the following:
- student and parent surveys;
- informal lunch room observations of food waste and student choices;
- food service sales;
- feedback from the Food Services Director to the Wellness Committee and Board members.
The Food Services Director and others, as designated by the Health Services Director, will report policy implementation and outcomes to the Wellness Committee and Board on a regular basis.

Policy Review:
The Health Services Director will review the Wellness Policy at the end of each school year.

Revised: April 16, 2015