

Board of Directors

Series

Policy Title Wellness Policy Code No. 508.1

The Board promotes the health and well-being of its students by supporting good nutrition and regular physical activity as a part of the total learning environment. By facilitating learning through the promotion of good nutrition and physical activity, schools contribute to the basic health status of the students. Improved health optimizes student performance potential.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The total 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.

The school district supports and promotes proper dietary habits contributing to students' health status and academic performance. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

In compliance with the federal guidelines requiring and governing the development of school wellness policies and in concert with the other schools of Scott County, Pleasant Valley will establish procedures to address:

- Nutrition education affording every child information and guidance around the benefits of healthy eating and weight management.
- The need for regular and developmentally appropriate physical activity designed to promote lifelong health and fitness.
- Food sales, services and classroom food offerings to follow the prescribed nutrition and portion size guidelines.
- The monitoring, implementation, and evaluation of the above components to ensure the maintenance and improvement of students' health and well-being.

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Reapproved 8-25-08
Amended 8-24-09

Legal Reference: (Code of Iowa)
Richard B. Russell National School Lunch
Act, 42 U.S.C. 1751 et seq (2005)
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq

Related Administrative Rules and Regulations: _____

