

Title: Student Wellness

The Board of Education promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The Council Bluffs Community School District supports a healthy environment in which 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 environment during the school day shall be aligned with District goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

All employees are responsible for ensuring compliance with state and federal law regarding nutrition guidelines for all foods available in schools during the school day. The laws promote student health and strategies to reduce childhood obesity.

Individuals responsible for coordinating foods available on school grounds and at school-sponsored activities during the instructional day will strive to select choices that fit within the school district nutrition guidelines. When selecting foods to ensure high-quality meals, consideration will be given to variety, appeal, taste, safety and packaging. The nutritional integrity of the foods will also be considered, providing for maximum nutrient density, freshness and appropriate caloric levels.

The District will appoint a local student wellness policy committee comprised of representatives of the Board, parents, students, school administrators, the public,

- nutrition/fitness professionals, physical education teachers, and school health personnel. The District will maintain a list of committee members. The local wellness policy committee will:
- participate in the development, implementation and the periodic review of and update of the policy,
- utilize model evaluation instruments to monitor the implementation of the policy and measure progress,

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- report to the Board regarding the effectiveness of this policy, and inform and update the public about the content and implementation of the policy.

Specific wellness goals are listed in the following administrative regulations:

- nutrition education and promotion (527.1)
- physical activity (527.2) and
- other school-based activities designed to promote student wellness (527.3).

Building administrators are responsible for assigning individuals in buildings to monitor implementation of this policy.

Cross Reference:

701.4

Legal References:

Healthy, Hunger-Free Kids Act of 2010

Approved July 25, 2006

Reviewed March 28, 2023

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May 10, 2016