

North Polk Community School District Wellness Committee 2016-17 School Year

Our meetings will be held in the District Board Room on the following dates:

- *Monday, April 17 at 3:30pm*
- *Monday, May 15 at 3:30pm*

Wellness Committee Members

Mr. Mike Furlong, Central PE Teacher

Mr. Mark Jungmann, West PE Teacher

Mr. Scott Huether, HS PE Teacher, Parent

Mrs. Lori Cory, HS Health/PE Teacher

Mrs. Alyssa Forde, Central Nurse, Parent

Mrs. Michelle Oleson, West Nurse, Parent

Mrs. Angela McGough, MS Nurse, Parent

Mrs. Wendy Postel, HS Nurse, Parent

Mr. Morgan Miller, Central Principal

Dr. Dan Mart, Superintendent, Parent

Ms. Kristi Mixdorf, Director of Teaching and Learning

The North Polk Community School District will identify at least one goal in each of the following areas:

- **Nutrition Education and Promotion:** Schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.
- **Physical Activity:** Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- **Other School Based Activities that Promote Wellness:** As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

WELLNESS REGULATION

To implement the Wellness Policy, the following goals for North Polk Community School District have been established:

Goal 1 – Nutrition Education and Promotion

Schools will provide nutrition education and engage in nutrition promotion that help students develop lifelong healthy eating behaviors. The goals for addressing nutrition education and nutrition promotion include the following:

- *Continue to actively provide nutrition education and promotion in health education classes, and also continue to integrate into other classroom instruction through subjects such as math, science, language arts, social sciences, and other elective subjects*
- *Continue to promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods*

Goal 2 – Physical Activity

Schools will provide students and staff with age and grade appropriate opportunities to engage in physical activity that meet federal and state guidelines, including the Iowa Healthy Kids Act. The goals for addressing physical activity include the following:

- *Continue to offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle*
- *Continue to provide elementary students with recess according to the following:*
 - *At least 20 minutes a day*
 - *Outdoors as weather and time permits*

Goal 3 – Other School-Based Activities that Promote Student Wellness

Schools will support student, staff, and parents' efforts to maintain a healthy lifestyle, as appropriate. The goal(s) for addressing other school-based activities that promote student wellness include the following:

- *The Fitness Center at North Polk High School will be continued to be available by all staff members and their spouses at no extra charge*
- *Continue to allow students to bring and carry water bottles filled with water throughout the day*
- *Continue to provide drinking water where school meals are served during meal times*

Public Involvement

There is 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.

- *The North Polk Community School District has a local wellness policy committee to advise the district on the development, implementation, and improvement of the school wellness policy.*
- *Should any person have suggestions or comments concerning the development, implementation, and improvement of the school wellness policy, they are encouraged to contact the Superintendent. All wellness goals will be communicated in all buildings within the District.*
- *The District will continue to provide communication and opportunities for further public review on the policy and participation on the committee.*