

Iowa Mennonite School

Wellness Policy

Iowa Mennonite School (IMS) promotes healthy students by supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school supports a healthy environment where 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 of students and improved health optimizes student performance potential.

IMS provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just in the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

IMS supports and promotes proper dietary habits contributing to the student's overall health and academic performance. All foods available on school grounds and at the school-sponsored events and activities should meet or exceed the school's nutritional standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety, and packaging to ensure high-quality meals and reduce waste.

IMS will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

IMS will consult with food service personnel, parents, and employees to implement and measure the local wellness policy and monitor the effectiveness of the policy. IMS will designate an individual to evaluate the implementation of this policy.

Specific Wellness Goals

Goals for Nutrition Education

IMS will provide nutrition education and engage in nutrition promotion that:

- Is part of not only health education and food nutrition classes but also incorporated into classroom instruction, when appropriate, in subjects such as math, science, language arts, social sciences, and electives.
- Promotes fruits, vegetables, whole-grain, products, low-fat and fat-free dairy products, healthy food preparation, methods, and health-enhancing nutrition practices.

Goals for Physical Activity

IMS will provide physical education that:

- Is taught by a certified physical education instructor.
- Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

Nutrition Guidelines For All Foods Available On Campus

School Meals

Meals served through the National School Lunch Program will:

- Be appealing and attractive to students.
- Be served in clean and pleasant surroundings.
- Meet, at a minimum, nutritional requirements established by local, state, and federal law.

Free and Reduced-Priced Meals

IMS will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Towards this, IMS will utilize a meal checklist requiring no tickets. Students will be identified visually by the a food service coordinator with no possible identification of those who have free and reduced-price meal plans.

Other School-Based Activities

For IMS students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Towards that, the IMS will:

- Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills need to maintain a physically active lifestyle and to reduce time spent on sedentary activities.
- Discourage sedentary activities such as watching television or playing computer games.

Plan For Measuring Implementation

Monitoring

The principal will ensure compliance with established school-wide nutrition and physical activity wellness policies. Food service staff will ensure compliance with nutrition policies within food service areas and will report on the the matter to the principal.

Policy Review

To assist the development of school wellness policies, a yearly review of school wellness policies and practices will be conducted with reports given to the Operating Board. Activities and practices that contribute to healthy eating and exercise will be part of the review. Parents, students, faculty, and board members will be consulted as a part of the review.

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