

POLICY TITLE: Wellness Policy.

CODE NO. 2:08

ADOPTED: 6/20/06.

REVIEWED: 8/21/08, 7/23/11, 2017, 12/7/21, 03/14/26, 05/08/2026

Purpose

The board promotes healthy students by supporting wellness, good nutrition, physical activity, and whole-child development as part of the total learning environment.

IGLLS supports a healthy school environment where students learn and practice positive dietary and lifestyle habits. The well-being of students—physically, socially, emotionally, mentally, and spiritually—is essential to academic success and lifelong health.

By supporting nutrition education, physical activity, mental wellness, and faith-based character development, the school contributes to the overall health and success of its students.

IGLLS provides a comprehensive environment for developing lifelong wellness behaviors. The entire school environment—not just the classroom—shall align with school wellness goals to positively influence students' understanding, beliefs, and habits related to health and well-being.

This policy applies to students in Transitional Kindergarten through 8th Grade (TK–8).

Wellness Committee

IGLLS maintains a Wellness Committee responsible for developing, implementing, and reviewing the local wellness policy to ensure compliance with the National School Lunch Program and to support student well-being.

The committee monitors the effectiveness of the policy and recommends improvements as needed.

Wellness Committee Members

- Angie Friedrich – Nutrition Director
- Sarah Popp – IGLLS Principal
- Hannah Milbrath – School Board Member
- Mike Estes – Physical Education Teacher
- Christian Kladstrup – Family Medical Practitioner / Parent
- Kasey Kladstrup – Parent, school board member
- Emily Jacobs – Parent / Speech Language Pathologist, School Board Member
- Matthew Baltes – Mental Health Nurse Practitioner / Parent
- Katie Baltes – Educator / Parent
- Shelly Schoning – Parent
- Rachel Meyer – Parent
- Ellie Klosterman – Teacher
- Amelia Gloyd – Student Council President / IGLLS Student
- Margaret Meyer – Student

Vision of the Wellness Committee

The purpose of the Wellness Committee is to strengthen the well-being of IGLLS students and ensure the school maintains a wellness policy that meets federal meal program requirements while reflecting the school's mission and values.

The committee seeks to develop and maintain a school environment that supports:

- Healthy nutrition
- Physical activity
- Mental and emotional health
- Empathy and positive relationships
- Faith-based spiritual development

The committee will continue to review the wellness policy and bring forward ideas and initiatives that support student health.

Nutrition Standards

IGLLS promotes proper dietary habits that contribute to student health and academic performance.

All foods available on school grounds during the instructional day should meet or exceed NSLP nutrition standards.

Foods will be served with consideration for:

- Nutritional quality
- Variety
- Taste and appeal
- Safety
- Appropriate packaging

IGLLS does not sell or vend any food or beverages on school campus during the school day.

IGLLS will strive to provide a positive contribution to the student's diet and health in all snacks served to students on a regular basis. The wellness committee along with nutrition director will assess if and when to offer snacks based on timing of meals, children's nutritional needs as well as age and other considerations. Currently our PIE group provides nutritional, healthy snacks to children in all grades on Monday and Wednesday with goal of only having snacks with nutritional value. Exceptions will only be made for birthday treats brought in and special occasions such as classroom parties.

Currently IGLLS does not display any food or beverage marketing. In future if any marketing is displayed it will be to encourage healthy and nutritional foods and only foods and beverages that meet the smart snacks in school nutrition standards.

IGLLS will work to eliminate any stigma associated with free or reduced-price meals by:

- Using electronic identification or payment systems
- Promoting meal availability for all students

The school may also promote healthy eating through initiatives such as:

- Taste-testing programs (e.g., “Taste It Thursday”)
- School garden and farm-to-school activities
- Partnerships with organizations such as the **Iowa State Extension Office**

These programs may help students learn how food fuels their bodies and encourage healthy food choices.

Nutrition Education and Promotion

IGLLS will provide nutrition education that:

- Is offered at multiple grade levels as part of a comprehensive program
- Helps students understand how nutrition supports health and learning
- Includes engaging and age-appropriate activities such as:
 - Taste testing
 - Garden programs
 - Farm visits
 - Nutrition education initiatives such as Pick a Better Snack

Students may also participate in activities connected to the school garden, helping plant, grow, and prepare foods in a variety of ways.

Physical Activity

IGLLS recognizes the importance of regular physical activity for physical health, focus, and emotional well-being.

Physical Education

Physical education will:

- Be provided for all students in TK–8
- Be taught by a certified physical education teacher or classroom teacher
- Promote lifelong fitness and healthy habits

Recess and Physical Movement

Students will be provided opportunities for daily movement and outdoor activity when possible.

Recommended recess time includes:

- 90 minutes – TK, Kindergarten, 1st Grade
- 50 minutes – Grades 2–5
- 15–20 minutes – Middle School

The school may also provide additional opportunities for physical activity such as Wellness Wednesdays, outdoor learning, and play-based activities.

Mental and Emotional Wellness

IGLLS supports mental and emotional wellness as an essential component of student health.

Programs and initiatives may include:

- Social-emotional learning programs
- Curriculum that helps students understand how their brains function
- Lessons that teach students how to manage stress, emotions, and relationships
- Assemblies or programs that promote mental health awareness

These efforts may include resources such as:

- MindUP curriculum, which teaches students how their brains function and how to use that knowledge to support emotional regulation and learning.

Social Wellness and Empathy

IGLLS encourages students to develop empathy and compassion for others.

Students are taught to be mindful of classmates' needs, including food allergies and dietary restrictions. The school promotes a culture where students make thoughtful choices that support the well-being of others.

If a doctor's note is provided identifying a food allergy, the school will provide appropriate meal alternatives when foods containing that allergen are served.

Students are discouraged from sharing food due to allergies and dietary restrictions.

Spiritual Wellness

As a faith-based school, IGLLS supports spiritual growth as part of whole-child wellness.

Opportunities may include:

- Bible study opportunities for students, staff, and parents
- Parent faith groups or studies
- Employee faith-based gatherings
- Faith-centered discussions that support emotional and spiritual health

These activities support the school's commitment to nurturing students academically, spiritually, and socially.

Technology and Student Wellness

IGLLS recognizes that technology use can affect student mental health and well-being.

The school supports policies that promote healthy technology habits, including the school's cell phone policy, which is designed to encourage focus, healthy relationships, and balanced technology use.

Educational opportunities for parents and students may also address topics such as:

- Healthy technology use
- Social media awareness
- The impact of excessive phone use on mental health

Meal Times and Scheduling

IGLLS will promote a healthy eating environment by:

- Scheduling meal periods at appropriate times (generally between 11:00 a.m. and 12:00 p.m.)
- Avoiding tutoring or meetings during lunch unless students may eat during those activities
- Providing access to handwashing or hand sanitizing before meals
- Accommodating special oral health needs when necessary

Food Service Staff

Qualified nutrition professionals will administer school meal programs.

IGLLS will provide ongoing professional development for nutrition staff to ensure high-quality meal service and compliance with nutrition guidelines.

Monitoring

The administrator and nutrition director along with school board members will ensure compliance with the school's wellness policy.

- The principal will monitor school compliance and report to the superintendent or governing board.
- The nutrition director will monitor compliance within food service areas.

The Wellness Committee will periodically review the policy and recommend improvements. Holding committee meetings at least twice a years in addition to additional meetings as needed. In addition the wellness committee will conduct a triennial assessment to asses compliance with the wellness policy, how the wellness policy compares to to others wellness polices and the progress made carrying out the goals of the wellness policy.

Legal Reference

Richard B. Russell National School Lunch Act, 42 U.S.C. 1751 et seq.
Child Nutrition Act of 1966, 42 U.S.C. 1771 et seq.