

**DIOCESE OF DAVENPORT
BOARD OF EDUCATION**

SERIES 600: EDUCATION PROGRAMS

POLICY 680

PROGRAMS OF INSTRUCTION

Wellness Policies on Physical Activity and Nutrition

Catholic Schools “exist in order to educate the whole person; mind, body, and soul”. ¹ In educating students about the body, Catholic schools strive to develop “a profound reverence for the great gift of life, their own lives and the lives of others, along with readiness to spend themselves in serving all that preserves and enhances life.” ²

The schools governed by the Diocese of Davenport Board of Education strive to maintain a learning and working environment that promotes and protects children’s health, well-being, and ability to learn by supporting healthy eating and physical activity. Schools will provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors using the elements of the Iowa Healthy Kids Act as the foundation of a school wellness plan.

Therefore:

1. The school will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing local nutrition and physical activity practices and policies.
2. Each school shall form a local committee, which permits involvement from the following: students, parents, teachers (including physical education/wellness instructors), food service staff, school board, administration, school health professionals, and the public. This committee is charged with the operational responsibility for ensuring that the school develops a local wellness plan that meets the requirements of this policy. This committee will be involved with the assuring implementation, review and modification of the wellness plan. This committee shall appoint a school official to ensure compliance with this policy. Consideration may be given to expanding the School Improvement Advisory Committee (SIAC), or establishing a subcommittee of the SIAC, to serve as the local review committee.

School Plan Requirements:

1. Ensure that the wellness plan provides goals and activities for all students in grades K-12 to have opportunities, support, and encouragement to be physically active on a regular basis. This will include an articulated curriculum, offering a wide range of activities leading to lifelong physical health. The wellness plan will outline the school’s plan for meeting physical activity requirements for students in Iowa schools:
 - Grades K–5: minimum of 30 minutes per school day (i.e. recess, physical education, brain breaks, etc.)
 - Grades 6–12: minimum of 120 minutes per week (i.e. recess, physical education, interscholastic sports, non-school activities - can be documented through a physical activity contract)
2. Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans and be in compliance with state and federal law, including the “Smart Snacks in Schools Nutrition Standards”.

Policy Adopted: April 26, 2006
Policy Revised: October 15, 2009
Policy Reviewed: May 17, 2010
Policy Revised: August 2016
Policy Reviewed: October 2, 2019
Policy Promulgated: October 17, 2019
Policy Reviewed: March 17, 2025

**DIOCESE OF DAVENPORT
BOARD OF EDUCATION**

SERIES 600: EDUCATION PROGRAMS

3. The school will provide nutrition education and promotion and physical education to foster lifelong habits of healthy eating and physical activity. Goals for nutrition education and promotion may be integrated into other curricular areas in the school's program. The school will establish goals for other school-based activities (i.e. provide school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward or withheld as punishment). *The school will establish goals for other school-based activities (i.e. provide school staff a list of various alternative ways to reward children. Rewards should include more options than just foods or beverages. Food and beverages will not be withheld as punishment).* Snacks provided to students during the school day without charge (i.e. class parties) will meet standards set by the school. The school will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.
4. In accordance with Iowa Code 256.11(6) and 281—IAC 12.5(20) at any time prior to the end of twelfth grade, every pupil physically able to do so shall have completed a psychomotor course that leads to certification in cardiopulmonary resuscitation (CPR).
5. Periodically (at least every three years, more frequently preferred) make available to the school constituents (including parents, students and others in the community) an assessment on the implementation of the local plan, including the extent to which the school is in compliance with this policy, the extent to which the local plan compares to the model plan, and to describe the progress made in attaining the goals. The school will make the policy and updated assessment of the implementation available to the public (i.e. posting on the website, newsletters, etc.).
6. Annually inform and update the school's constituents about the content and implementation of the local plan.

Lunch/Breakfast Programs:

1. Food Service personnel will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings and adequate time for student to eat.
2. To the extent it is possible, schools will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program [including after-school snacks], Summer Food Service Program, Fruit and Vegetable Snack Program, and Child and Adult Care Food Program [including suppers]).
3. Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Healthy Hunger Free Kids Act of 2010.

¹ *National Directory of Catechesis* 61.4.b

² *Stewardship: A Disciple's Response*

Legal Reference:

42 U.S.C. §§ 1751 et seq.

42 U.S.C. §§ 1771 et seq.

Iowa Code §§ 256.7(29); 256.11(6).

281 I.A.C. 12.5; 58.11.

Supporting Documents:

- [Healthy Hunger Free Kids Act of 2010](#)
- [USDA Smart Snacks in Schools Nutrition Standards](#)
- [Iowa Physical Activity Rules](#)
- [Cardiopulmonary Resuscitation – Iowa Healthy Kids Act 2022](#)
- Model School Wellness Plan Template

Policy Adopted: April 26, 2006

Policy Revised: October 15, 2009

Policy Reviewed: May 17, 2010

Policy Revised: August 2016

Policy Reviewed: October 2, 2019

Policy Promulgated: October 17, 2019

Policy Reviewed: March 17, 2025