

## Student Wellness Policy Review

1. Do students and parents participate in taste tests or new entrees and surveys to determine foods sold through the school meal program? No
2. How is information nutritional content of meals shared with parents and students?  
We have begun using the website with monthly information (has nutritional value mentioned for the fruit or vegetable of the month featured that month) the menu is sent by the district, menus are in the office if need additional, menu taped in the office window for people to see what is offered, not the nutritional value.
3. How are parents encouraged to provide a healthy breakfast for their children?  
When testing is near we send a note about the importance of a nutritional breakfast in a newsletter
4. Does the district provide a list of ideas for acceptable fundraising activities?  
No, however the district approves all fund raisers.
5. Does the district disseminate a list of healthful snack items to teachers, after-school program personnel, and parents?  
It is mentioned in the policy foods acceptable under the wellness policy. We then use this as a guide when purchasing reward snacks or selling snacks for holiday grams. We also utilize the formula given by the ? to determine what is acceptable to have in daytime school activities such as Grandparents day snow cones, snack bar for games, and snacks for courtesy card drawings.
6. Does the school use foods and/or beverages as rewards for academic performance or good behavior? If yes, what foods and/or beverages are offered as rewards?  
Student of the month – water and pizza from Me-n-Eds  
Courtesy card prizes – a few items not all prizes – izzy, beef jerkey
7. Does the district disseminate a list of healthy party ideas to parents and teachers?  
Just what is mentioned in the wellness policy as guides – the teacher sends notes home with suggestions for party treats – healthy snacks (fruit, vegetable tray, ...), pencils, stickers, book donation to the class.
8. Does the district train the staff about healthy eating by students?  
When we discuss the wellness policy at the beginning of the year
9. How does the district provide parents with information about healthy eating?

Our board policy 5030 recommends healthy snacks. Teachers additionally highlight healthy snacks for parties and celebrations. We will plan to have a monthly letter highlighting the fruit or vegetable and its nutritional value as well as suggested ways to eat/serve it.

10. How does the school provide parents with information about school-based physical activity opportunities?

In IUESD we have a relay recess in the fall to earn money toward finding a cure for breast cancer/cancer in which families and all students participate in walking/running twenty minutes throughout the day for the relay to continue for the entire school day. We also have 200 minutes of physical fitness every 10 days throughout k-8. We practice months in advance for the 5<sup>th</sup> and 7<sup>th</sup> grade physical fitness test to insure success. We talk about the importance of physical fitness (PE) when we have PE. We have a strong athletic program 6<sup>th</sup> -8<sup>th</sup> in fall and winter sports and 4<sup>th</sup> -8<sup>th</sup> in track.

11. Do all students receive 200 minutes/10 days of physical education taught by a credentialed teacher?

Yes, teachers submit a 2 week lesson plan every two weeks citing what physical fitness standards they are working on within each lesson.