

## Ira ISD Wellness Policy

Ira ISD is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

Goal 1: Ira ISD will deliver nutrition education that encourages healthy eating behaviors.

1. Ira Cafeteria Staff will teach nutritional facts throughout the school year.
2. Ira Cafeteria Staff will utilize posters, signs, and menu calendars to encourage healthy eating.
3. Ira ISD will provide a safe, comfortable, and pleasing environment to allow ample time and space for eating meals.
4. Ira ISD will comply with all federal, state, and local Child Nutrition requirements. Guidelines may be found at [www.squaremeals.com](http://www.squaremeals.com).

Goal 2: Ira ISD will provide an environment that promotes safe, enjoyable, and developmentally appropriate fitness activities for all students.

1. Ira ISD students will participate in the Fitness Gram annually and the results will be documented. All students in grades 3-12 will be assessed.
2. Ira ISD provides recess breaks for students in grades K-6.
3. All students in grades 7-9 will participate in either Athletics or PE on a daily basis.
4. Students in grades 7-12 have scheduled breaks throughout the day.

Goal 3: Ira ISD will encourage parents to support their children's participation in physical activity and to include physical activity in family events.

1. The Ira ISD track and playgrounds are available to the public.
2. Ira ISD encourages parents to help with Ira Youth League activities.
3. Ira ISD encourages parents to enroll students in after school camps such as mini cheer camp.
4. Ira ISD encourages parents to attend extracurricular activities and other events such as Field Day.

Goal 4: Ira ISD will promote employee wellness activities and involvement at campus activities.

1. The Ira ISD track is available to the public.
2. Flu shots are offered to staff and family members during the fall semester each year.
3. Exercise equipment, such as a treadmill and stationary bike, are available in the training room for staff to use.
4. Ira ISD will make annual Electrocardiograms (ECG or EKG) available for staff members
5. All staff members will be certified in CPR.

Wellness Policy – Updated at 2/6/2019 SHAC meeting.

Presented to the Ira ISD Board –