4A-02 Student Wellness

Part 4	Facility Services
4A	Food Service
4A-02	Student Wellness
Juvenile Training School (Fourth Edition)--None	
Review/revision dates 8/09; 12/3/10; 9/28/11; 8/31/12; 2/27/13; 6/17/14; 10/2/15; 2/17/16; 8/27/17; 7/2/18; 1/2/19; 2/5/20' 10/1/21; 6/30/22; 7/28/23; 12/14/23; 12/4/24; 12/3/25; 6/29/26	

Policy

The State Training School shall establish guidelines for a wellness policy in accordance with Section 204 of Public Law 108-265 June 30, 2004, Child Nutrition and WIC Reauthorization Act of 2004 and the Healthy, Hunger-Free Kids Act of 2010.

General

The State Training School for Boys in Eldora, Iowa, promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The State Training 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, the school contributes to the basic health status of students. Improved health optimizes student performance and behavioral potential.

The State Training School strives to provide a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, is aligned with healthy goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

During each school day the State Training School offers breakfast and lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. Additionally, the food service program offers snacks based on the nutrient guidelines in the USDA's After School At-Risk Snack Program to those students in

after-school education or enrichment programs. Food is served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals. At no time is any student residing at the State Training School charged for meals or snacks.

PROCEDURE

I. Food Service Operations (Refer to Food Service Policy 4A-01 for specifics)

II. Nutrition Education and Promotion (contact staff—Education Administrator and Food Services Director)

A. The State Training School shall provide nutrition education and engage in nutrition promotion that:

1. Is designed to provide students with the knowledge and skills necessary to promote and protect their health in such classes as health, physical education, science, culinary arts, transitional living skills and Applied Community Transition.

2. Promotes fruits, vegetables, whole-grain products, low fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;

3. Emphasizes caloric balance between food intake and physical activity;

4. Links with meal programs, other foods and nutrition-related community services, example: Meals-on-Wheels;

5. Includes training for staff.

B. Daily menus shall be developed by the State Training School Food Service Director according to guidelines through NutriKids software.

C. All menus shall be approved in advance by a licensed dietician.

D. The FSD shall provide guidelines to staff for nutrition standards for foods and beverages available throughout the school day for classroom parties, activities, snacks, etc.

E. There is no food or beverage marketing at the State Training School.

F. All students will have a nutrition assessment completed by qualified staff, as designated by the Food Services Director.

III. Physical Activity (contact staff—Education Administrator)

A. The State Training School shall provide physical education that:

1. Will attempt to provide at least 225 minutes per week for all students;

2. Is for all students assigned to the State Training School including students with disabilities. Students with special healthcare or security needs may be provided in alternative educational settings;

3. Is taught by a certified physical education teacher;

4. Engage students in life-time fitness activities.

IV. Other facility-based activities that promote student wellness (contact staff—Education Administrator and/or Social Work Supervisor)

A. Integrating Physical Activity into Classroom Settings: For 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. Toward that end, the State Training School will strive to:

1. Offer physical activity time for every student in their assigned cottages daily through use of the physical education complex, weight rooms, outdoor courts, sand volleyball court, and playing fields.

2. Activities Specialists will plan physical activities for students and offer competitive primary activities, clubs and intramural physical activities between cottages throughout the year.

3. Employees shall not withhold opportunities for physical activity as a behavioral consequence.

4. Employees shall not use or withhold food as a behavioral consequence.

B. Communication with Parents: In attempts to keep parents informed of their teen's activities, the State Training School, when communicating with the parents, will:

1. Upon request, provide information about physical education and other facility-based physical activity opportunities before, during and after the school day;

2. Support parents' efforts to provide their children with opportunities to be physically active outside of school.

3. Post a copy of the Wellness Policy in designated visitor check-in areas (Canteen and Switchboard).

4. Post a link to view the current policy on the Health and Human Services website: hhs.iowa.gov/state-training-school.

5. Share the Wellness Policy with members of the public upon request.

V. This policy is reviewed annually and revised as needed.

VI. The Student Wellness Team has operational responsibility for implementation of this policy. This team includes, but is not limited to, the Food Service Director, Education Administrator, Treatment Program Administrator, and Institutional Superintendent.

VII.

REFERENCES

Section 204 of Public Law 108-265 June 30, 2004

Approved:

IOWA | Health and Human Services

Chris Olson	**EFFECTIVE:**
Institutional Superintendent	
State Training School	**June 29, 2026**

SUMMARY OF REVISION/REVIEW

8/09 Revised policy numbering system

12/10 Removed ACA standard references—this is a federal policy

10/2/15 Added Part II b & C and Part V

1/2/19 Added contact staff

2/5/20 Added II.D. Guidelines for snacks, etc.

4/7/20 Added information on wellness team, not withholding food and public sharing

10/1/21 Added general Activities Specialist general role/duties

6/30/22 Added Nutrition Assessment Section II-F; Replaced Treatment Services Director with Social Work Supervisor in Section IV.

7/28/23 Adjusted II A. Nutrition assessments are completed by a qualified staff (Changed from Licensed Dietician and Food Service Director). Added IV.A. to require STS to post copy of Wellness Policy in designated areas. Added more language to allow for additional members of wellness team.

12/14/23 Added HHS policy link to IV.B.

12/4/24 Updated the policy link to IV.B.

12/3/25 Corrected grammar issues

6/29/26 Removed reference to student orientation and included receiving knowledge in the culinary arts program. Changed Treatment Services Director to Treatment Program Administrator. Capitalized positions.