



We asked ...

"What does a healthy school look like?"

Over 250 adults - staff and parents - from more than 100 school districts answered.



Nutritious foods are abundantly available.

- A breakfast program
- Lots of choices
- Nutritious options in meals, a la carte, and vending
- School garden
- Healthy choices in concessions
- Fruit and vegetable breaks
- Nutrition analysis on breakfasts and lunches
- After-school snack shack
- Staff eat with students
- Water bottles allowed
- Farm-to-School Program
- Policy on food brought from home

Physical activity opportunities are offered regularly.

- Daily PE
- Walking school bus
- Structured activity at recess
- Lots of choices
- Safe playground
- Walking program
- Intramurals for non-athletes
- In-class activity breaks
- Activity-based fundraisers
- Open gym during lunch

Health services are provided.

- Registered Nurse in every building
- Access to a Registered Dietitian
- Mental health services
- Staff wellness program
- Comprehensive sex education
- Required health education

Community partnerships are strong.

- Health screenings
- Parental education opportunities
- Community fitness center
- Adults are positive role models for youth
- Work with YMCA, National Guard

People feel at home.

- Character-building programs
- Bully and harassment-free
- Healthy budget
- Care and concern for others
- Well-lit
- After-school program
- Healthy and safe building
- Good communication

In the fall of 2010, the Iowa Department of Education hosted four regional workshops called *Role Modeling for Healthy Kids*, which were funded by a Wellmark Foundation Grant. During the workshops, school staff discussed ways adults can be positive role models for students in the area of nutrition and physical activity and also identified key components of a healthy school, which were compiled to form this resource.