

## **WELLNESS POLICY**

### **Nutrition Education Component**

At each grade level, nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

#### **Nutrition education:**

**Teach** consistent scientifically based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;

**Is** part of health education classes and stand-alone courses;

**Is** included in the scope of sequence of the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects;

**Includes** the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;

**Uses** the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12;

**Offer** information to families that encourage them to teach their children about health and nutrition.

**Will** be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;

**Will** include a school nutrition/health, such as Team Nutrition or Coordinated School health, to conduct nutrition education activities and promotions that involve parents, students, and the community.

### **Physical Activity Component**

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

#### **Daily Physical Education Classes K-12**

- All students in grades K-12 will receive daily physical education (or its equivalent of 60 minutes per week for elementary school students and 100 minutes per week for middle school students) for the entire school year. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and National Physical Education standards for Pre-K through grade 12.
- Highly qualified physical education teachers will teach all physical education classes.
- Class teacher-to-student ratios should be equivalent to those of other subject area classes

in the school.

- Student participation in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

### **Physical Activity across the Curriculum**

Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies).

### **Daily Recess**

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time students will be given periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Before and After School**

- All elementary, middle, and high schools will offer extracurricular physical activity programs.
- All high schools and middle schools as appropriate, will offer interscholastic sports programs.
- Schools will offer activities that meet the needs, interest, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- Schools will educate and encourage participation in community or club activities

### **Rewards/Incentives/Consequences**

Students will not be denied physical activity for purposes of completing make-up work, testing, etc.

### **Safe Routes to School**

- The School District will assess and, if necessary and to a reasonable extent, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the District will work together with local public works, public safety, and police departments in those efforts.
- The School District will explore the availability of funding through the SD Department of Transportation.
- The School District will encourage students to use public transportation when available and appropriate for travel to school.

### **Use of School Facilities Outside of School Hours**

- School spaces and facilities will be available to students, staff, and community members before, during, after the school day, on weekends, and during school vacations subject to the facility use policies.
- Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

### **Wellness Council/Committee**

Schools will develop a Wellness Council/Committee comprised of school personnel, community members, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

Committee Members:	Don Hotchkiss	Superintendent
	Shane Voss	Elementary Principal
	Kerry Hofer	School Board Member
	Wade Lager	Parent/Community Member
	Levi Waldhauser	Student Council President
	Erika Sage	Student Council Vice-President
	Lisa Andersen	CBM Food Service Director
	Rory Hermsen	K-8 Physical Education Teacher
	Paige Zachariasen	7-12 Physical Education Teacher

### **Other School-Based Activities Component**

Schools will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits.

### **Professional Development**

Schools will provide ongoing professional development and education for food service professionals, educators, administrators and other staff.

### **Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch if possible.

### **Rewards, Incentives, and Consequences**

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them.

- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

### **Community Access to Facilities for Physical Activity**

Schools will provide community access to the school's physical activity facilities outside of the normal school day subject to the District's facility use policy.

### **Vending Machines**

Vending machines with sweets and non-nutritious beverages will not be available in elementary schools to students.

### **Fund-raising**

- School Fund-raising activities will support healthy lifestyles and physical activity.
- The sale of food or beverages as a fundraiser will not be available during breakfast and lunch service.

### **Nutrition Standards Component**

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples of situations where good nutritional content will be available may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

### **General Guidelines**

- Food pricing strategies will be designed to encourage students to purchase nutritious items.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.

### **School Meal Program**

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act or as amended and with applicable laws and regulations of the State of South Dakota. All schools will comply with USDA regulations and state policies.
- Schools will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to any current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
- Menus will be planned with input from students, family members, and other school personnel and will take into account students' cultural norms and preferences.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.

**A La Carte Offerings in the Food Service Program**

School food service departments will not sell extra portions of desserts, ice cream, or other sweets.