

STUDENT WELLNESS POLICY

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long term health and well being of students. The local agency has a strategic role to play in improving the health and well being of children.

NUTRITION EDUCATION

At each grade level nutrition education will be offered, where possible, 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...

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

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

- is part of health education classes and/or stand alone courses;
- staff who are responsible for nutrition education will be adequately prepared and should participate in professional development activities to effectively deliver an effective program;
- provides enjoyable, developmentally-appropriate, culturally-relevant and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
- includes the school cafeteria which serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom;
- will include a building nutrition/health team to conduct nutrition education activities and promotions that involve parents, students and the community;
- is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences and elective subjects;
- offers information to families that encourages them to teach their children about health and nutrition and provide nutritious meals for their families.

PHYSICAL ACTIVITY

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 Pre K-12

- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- Class teacher to student ratios should be equivalent to those of other subject area classes in the school.

-All physical education will be taught by highly qualified physical education teachers.

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

-All students, when practical, in grades pre K-12 will receive daily physical education (or its equivalent of 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students) for the entire school year. Students with disabilities, special health-care needs and in alternative educational settings will be included.

Physical Activity Across the Curriculum

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

Daily Recess

-When feasible, recess should occur prior to lunch to ensure appropriate healthful food intake.

-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.

-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

-Schools will offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

-All high schools and middle schools as appropriate, will offer interscholastic sports programs.

-All elementary, middle and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.

-After-school child care and enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.

-Schools will educate and encourage participation in community or club activities.

Rewards/Incentives/Consequences

-Schools will provide nutrition and physical education for students, staff, parents, and where and when appropriate, for community members.

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.

-Consideration should be taken for passing time, bathroom break, hand washing and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.

-Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

Lunch Recess

-Schools will be encouraged to schedule recess for elementary grades before lunch so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

Rewards, Incentives and Consequences

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

-Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food will not be used as a reward or incentive in the classroom, but other, more appropriate rewards may be used (e.g. , extra free time, pencils, bookmarks, etc.).

-Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for

inappropriate behavior and poor academic performance, nor will they cancel recess or other physical activity time for instructional make-up time.

Access Facilities for Physical Activity

-Schools will be encouraged to provide community access to the school's physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities as per Community Use Of School Facilities Policy KF.

Fundraising

-School fundraising activities will support healthy lifestyles. Such activities may include physical activity (e.g., walk-a-thon), school support (e.g., selling school memorabilia) and/or academic achievement (e.g., spelling bee).

Wellness Councils

-Buildings will organize local wellness councils comprised of parents, teachers, administrators, food service personnel, and students to plan, implement, and improve nutrition and physical activity in the school environment.

NUTRITION STANDARDS

Students' lifelong 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 may include a la carte, snacks, vending machines, fund raising activities, parties and celebrations and school sponsored events.

General Guidelines

-Food and beverages sold or served on school grounds or at school sponsored events during the normal school day (8:50 am to 3:30 pm) shall meet the Dietary Guidelines for Americans and the Standards for Food and Beverages as set forth in its document.

-Food pricing strategies shall be designed to encourage students to purchase nutritious items.

-Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional values of the foods served.

School Meal Program

-The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulation of the state of South Dakota. All schools will comply with USDA regulations and state policies. Schools will ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

-Schools shall 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 the 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 should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences.

-Students with special dietary needs (diabetes, celiac sprue, allergies, etc.) will be accommodated as required by USDA regulation.

Snacks

-Healthy snacks will include fresh, dried or canned fruits (in 100% juice only) and vegetables; 1% or skim milk, and grains meeting the Standards for Food and Beverages stated in this document.

Fundraising

-At least 50% of the fund raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered they must meet the Standards for Food and Beverages.

-Schools will encourage fundraising activities that promote physical activity.

-The school district will make available a list of ideas for acceptable fundraising.

-The sale of food or beverages will not take place until after the end of the last lunch period.

Parties and Celebrations

- Schools should limit celebrations that involve food during the school day.
- Each party may include no more than one food or beverage that does not meet Standards for Food and Beverages.
- School parties may include one item which does not meet these standards.
- The district will disseminate a list of healthy party ideas to teachers and parents.

School Sponsored Events (such as but not limited to athletic events, dances, or performances)

-Healthy choices of food and beverages that meet the Standards for Food and Beverages will be encouraged at school-sponsored events outside the school day.

Vending Machines/School Stores

- Vending machines with food and beverages will not be available in elementary schools.
- All foods sold in schools must meet the Standards for Foods and Beverages.
- The following guidelines will apply to all vending machines school stores in the school.

Best Choices for Vending Machines and School Stores:

Granola bars, whole-grain fruit bars
Nut mix
Fresh fruit of all varieties
Beef jerky (or buffalo jerky)
String cheese
1% or skim milk
Dry roasted peanuts, tree nuts and soy nuts
Frozen fruit juice bars (no sugar or high fructose corn syrup)
Nuts and seeds-plain or with spices
Trail mix-plain
Dried fruit
Yogurt, low fat and no sugars added
Fruit/vegetable juice (100% juice)
Plain water
Fruit bars

Good Choices for Vending Machines and School Stores:

Nuts with light sugar covering; honey-roasted
Individually packed fruit in natural juices only
Animal crackers and graham crackers
Low fat ice cream and sherbet bars
Low-fat pudding
Popcorn without hydrogenated fats
Fruit leather
Pretzels
Peanut butter and crackers
Baked chips, corn nuts

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