

WELLNESS POLICY

Doland School District

Approved Board of Education
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Participants in Wellness Policy Development

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NUTRITION EDUCATION

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:

- teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
- is part of health education classes and/or stand alone courses;
- is included in the scope and 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;
- provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
- offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
- 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 team, such as Team Nutrition or Coordinated School Health, to conduct nutrition education activities and promotions that involve parents, students, and the community.

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 K-12

- All students in grades K-6 will have the opportunity to receive weekly physical education. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Students will spend 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/or National Physical Education standards for Pre-K through grade 12.
- All physical education will be taught by highly qualified physical education teachers.
- Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school.
- The school will follow the SD High School Graduate Requirement in regards to allowing sports to be substituted for PE

Physical Activity across the Curriculum

- Opportunities for physical activity are 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

- Elementary, middle, and high schools will attempt to offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- All high schools and middle schools as appropriate, will offer interscholastic sports programs.
- 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.
- Schools will educate and encourage participation in community or club activities.

Rewards/Incentives/Consequences

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

Safe Routes to School

- The school district will assess and, if necessary and to the extent possible, 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/or police departments in those efforts.
- The school district will encourage students to use school 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, and after the school day; on weekends; and during school vacations.
- 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.

Other School-Based Activities

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 foodservice professionals, educators, administrators and other staff.
- Schools will provide nutrition and physical education information for students, staff, parents, and, where appropriate, 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.
- 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 once the student is seated.

Lunch Recess

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

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.
- Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance.

Access Facilities for Physical Activity

- Schools will 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 when possible.

Vending Machines

- Vending machines with food and beverages will not be available in elementary schools.

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).
- Schools will encourage fundraising activities that promote physical activity.

Wellness Councils

- Schools will organize local wellness councils comprised of parents, teachers, administrators, foodservice personnel, and students to plan, implement, and improve nutrition and physical activity within the school environment.

Nutrition Standards

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 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.
- Food and beverages sold or served on school grounds or at school sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this document.

School Meal Program

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 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 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 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

- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this document.
- School food service departments will not sell extra portions of desserts, French fries, and/or ice cream.

Snacks

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

Parties and Celebrations

- Schools should limit celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
- The district will disseminate a list of healthy party ideas to parents and teachers.
- The list is available at the Doland School website.

Some suggestions for snacks

Best Choices:

Granola bars, whole-grain fruit bars
Nuts and seeds-plain or with spices
Nut mix
Trail mix-plain
Fresh fruit of all varieties

Good Choices:

Nuts with light sugar covering; honey-roasted
Popcorn without hydrogenated fats
Individually packed fruit in natural juices only
Fruit leather

final class period.

Vending Machine: a coin operated machine for the sale of merchandise.

DEFINITIONS

A La Carte: additional and separately priced foods sold in the lunch line.

Dietary Guidelines for Americans: dietary recommendations for healthy Americans age 2 years and over about food choices that promote health, specifically with respect to prevention or delay of chronic diseases.

Physical Activity: the Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that results in an expenditure of energy.

Normal School Day: time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the