

Milbank School District	Code: JHCF

WELLNESS POLICY

School Wellness Council

The local school food agency must convene a wellness council to develop, implement, assess and review its wellness policy. The most effective wellness policy is one that utilizes input from stakeholders in the community. **The council must include the following representation:**

- Administrator
- Classroom educator
- Community member/parent
- Physical Education teacher
- School board member
- School food authority and/or food service representative
- School health professional
- Student

Measurement and Assessment

School districts will designate one or more district officials to annually assess and document the implementation of the local wellness plan. The assessment will include, but is not limited to:

- Establishment of goals for nutrition education and promotion; physical activity, physical education, and promotion; nutrition standards; and other school-based activities
- Identification of stakeholders involved in the development and implementation of the local wellness plan
- Means of informing the public about the content and implementation of the Local Wellness Policy (LWP)
- Comparison of the Local Wellness Policy with the model Local Wellness Policy
- Attainment of goals associated with the LWP

In order to assist with the annual assessment and documentation of the local wellness plan, the SD DOE will provide schools with a template upon request.

Nutrition Education and Promotion Component

The primary goal of nutrition education and nutrition promotion is to influence students' lifelong eating behaviors. 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 promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotions will be incorporated into the school day as often as possible.

Nutrition Education and Nutrition Promotion

- Nutrition education and nutrition promotion are intended for students, parents, staff, and the community.
- Nutrition education and nutrition promotion provided consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media.
- Nutrition education and nutrition promotion are part of health education classes and/or stand-alone courses.
- Nutrition education is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, and social sciences, as well as in elective subjects.
- The school cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classrooms.
- Nutrition education follows the SD Health Education Standards to include health knowledge and skills.
- Nutrition education and nutrition promotion provide enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens).
- Nutrition education and nutrition promotion offers information to families that encourage them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.
- Nutrition education and nutrition promotion will be provided by staff who are adequately prepared and who participate in professional development activities in order to deliver effective programming.
- Nutrition promotion creates environments (classroom, cafeteria, vending machines, fund raising, etc.) that inspire healthy nutrition choices.
- Nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.
- Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.
- School staff and parents should be encouraged to “celebrate accomplishments and share successes”.

Physical Activity, Education, and Promotion Component

The primary goal for the 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, reduce sedentary time, and provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

Daily Physical Education Classes K-5

- All students in grades K-5 will receive daily physical education (or its equivalent of 60 minutes per week for elementary school students and 125 minutes per week for middle school.) Students with disabilities, special health-care needs, and those in alternative education settings will be included.
- Students will spend at least 50% 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/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 similar to those of other subject area classes in the school.

Physical Activity across the Curriculum

- Physical activity are regularly incorporated into other subject areas (e.g. math, language, arts, science, and social studies), but not used as a substitute for Physical Education class.
- Designated physical activity time should not be used for the purpose of individual lessons, classes, and/or therapies or scheduling said events.

Recess and Transitional Time

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoor, 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 and beverage 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.
- When appropriate, physical activity should be encouraged during transition, break, and free time.

Physical Activity Opportunities Before and After School

- Schools will offer activities that meet the needs, interests, and abilities of all students.
- All elementary, middle, and high school will 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 educate and encourage participation in community or club activities.
- 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.
- Encourage active transportation (walking, biking, etc.) to and from school as a healthy alternative.

Withholding or Punishing

- Food will not be withheld from students as a consequence for inappropriate behavior or 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 academic performance; nor will they cancel recess or other physical activity of instructional make-up time.

- Withholding meal time will not be used as a punishment.

Use of School Facilities Outside of School Hours

- School spaces and facilities will be available to students, staff, and community members for approved activities.
- 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.

Other School-Based Activities Component

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

Employee wellness

- School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Professional Development

- Schools will provide professional development regarding the impact of nutrition and physical activity on academic performance to foodservice professionals, educators, administrators, and other staff.
- Schools will provide ongoing content specific professional development and education for foodservice 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 (seat time 10 minutes for breakfast, 20 minutes for lunch) lunch will be scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- 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.

Convenient and Safe Drinking Water

- Schools will promote drinking water availability as an essential component of student wellness by improving access to free, safe drinking water in varied locations and encouraging student consumption of water throughout the school day.

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 used as a reward or incentive in the classroom, but other more appropriate rewards may be used (e.g. extra free time, physical activity opportunity, pencils, bookmarks, etc.)

Fundraising

- School fundraising activities will support healthy lifestyles. The school district will make available a list of ideas for acceptable fundraising activities. Such activities may include physical activity (e.g. walk-a-thon, fun run), healthy eating (fruit/vegetable sales, soup and salad dinner), school support (e.g. selling school memorabilia) and/or academic achievement (e.g. spelling bee).
- The sale of food or beverages as a fundraiser will not take place from one hour before and one hour after the breakfast and lunch service. If food and/or beverages are sold, schools will use the Nutrition Standards as guidelines for the foods sold and encourage locally-sourced items where appropriate. If USDA regulations change to be more restrictive, the school shall follow the regulations.

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 department in those efforts. The district is applying for a Safe Routes to School grant that will connect residential areas, Unity Square, and bike and walking path to school grounds.
- The school district will encourage students to use public transportation when available and appropriate for travel to and from school.

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, lean meat, whole grain products, and plain water 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, school store, fund raising activities, parties, celebrations, and other school sponsored events.

General Guidelines

- Food and beverages sold, served or brought onto 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 policy. If USDA regulations change to be more restrictive, the school will address the issue.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food pricing strategies will follow the Healthy Hungry Free Kids Act 2010.
- The local wellness council will measure the implementations of the local wellness policy.

A La Carte Offering 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 policy.
- School food service departments will not offer or serve extra portions unless sold as a la carte.

Snacks

- The district will disseminate a list of easy, healthy, affordable snacks to parents and teachers.
- Snacks will need to meet the Standards for Food and Beverages set forth in this document and/or that follow the Department of Health Munch Code.

Parties and Celebrations

- The district will disseminate a list of fun, positive, healthy party ideas to parents and teachers.
- 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 as outlined in this policy.

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 offered at school-sponsored events outside the school day.

Other Sales Venues

- All foods and beverages sold in school must meet the Standards for Food and Beverages.
- These guidelines should be applied to all other sales venues in the school.

Best Choices:

- Granola bars, whole-grain fruit bars
- Trail mix-plain
- Fresh fruit of all varieties
- Dried fruit
- Fresh vegetables
- Low sodium varieties of jerky (or buffalo jerky)
- Yogurt, low fat and no sugars added
- String cheese
- Fruit/Vegetable juice (100% juice)
- 1% or skim milk
- Plain water
- Fruit bars
- Frozen fruit juice bars (no sugar or high fructose corn syrup)

Good Choices:

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

Standards for Food and Beverages

- Follow USDA HealthierUS School Challenge Competitive Foods Criteria for Bronze/Silver Award. Complete guidance to be found at:
http://www.fns.usda.gov/tn/healthierus/2012criteria_chart.html

Total Fat	Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese)
Trans Fat	"Trans fat-free" less than 0.5g trans fat per serving
Saturated Fat	Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt.
Sugar	Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt.
Sodium	Must be at or below 480 mg per side dish/entrée Must be at or below 600 mg per main dish/entree
Portion Sizes	Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.
Fruits and Non-Fried Vegetables	Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup.
Milk	Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
Milk Serving Sizes	Milk serving size is limited to 8-fluid ounces.
Other Approved Beverages	Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners).
Juice Serving Size	Elementary/Middle School: 6-fluid ounces High School: 8-fluid ounces

Definitions

- School Food Authority (SFA)- The governing body which is responsible for the administration of one or more schools which has the legal authority to operate a nonprofit School Food Service there in or otherwise approved by (FNS) Food Nutrition Service of the United States Department of Agriculture to operate a national School Lunch program (NSLP)
- School Health Professionals- This may include school nurse, school counselor, and other staff supporting healthy living.
- Local Wellness policy (LWP) is a policy that promotes healthy living for students and teachers
- Local Education Agency (LEA) Refers to an agency that oversees a school district or an entity responsible for one or more sites.

Adopted: 2013

Reviewed:

Revised: