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Policy Manual	

### WELLNESS POLICY

The District will provide an environment that cultivates maximum student potential. Nutrition influences a child's development, health, wellbeing and potential for learning. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide nutrition policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits. Decisions made in all school programming need to reflect and encourage positive nutrition messages and healthy food choices.

The Board adopts the Wellness Policy based on the recommendations of the appointed Health and Wellness Council and in accordance with federal and state laws. At least once every three years, the District will evaluate compliance and implementation of the wellness policy,

To ensure the health and well-being of all, the Board establishes the following goals:

1. Students in the District have **access to healthy foods throughout the school day** –through reimbursable school meals in accordance with Federal and state nutrition standards;
2. Students receive quality **nutrition education** that helps them develop lifelong healthy eating behaviors;
3. Students have **opportunities to be physically active** before, during and after school;
4. Schools engage in **nutrition and physical activity promotion** and other activities that promote student wellness;
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
6. The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
7. The District establishes and maintains an infrastructure for **management, oversight, implementation, communication** about and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff and schools in the District. Specific measureable procedures are identified in the regulation portion of the District policy manual (see ADF-R and IGAJ-R).

The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to wellness shall report to the Superintendent or designee regarding the status of such programs.

The Health and Wellness Council shall report to the Board and/or Superintendent on the district's compliance with law and policies related to wellness. The report may include:

1. Assessment of school environment regarding wellness issues.
2. Evaluation of food services program.
3. Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.
4. Listing of activities and programs conducted to promote nutrition and physical activity.
5. Recommendations for policy and/or program revisions.
6. Suggestions for improvement in specific areas.
7. Feedback received from district staff, students, parents/guardians, community members and Wellness Council.

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### **School Wellness Committee**

The Superintendent shall appoint a Health and Wellness Council comprised of at least five (5) members representing one or more of the following: district administrator, district food service representative, student, parent/guardian.

The Health and Wellness Council shall provide annual reports to the Superintendent or designee regarding the status of its work, as required. These reports as well as a copy of the approved Wellness Policy can be found on the District's website.

The District will retain records to document compliance with the requirements of the wellness policy in the District's Business Office as well as the District's central computer network for three years past the current year. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the policy including the identification of who was involved in the update and methods the district uses to make stakeholders aware annually of their ability to participate on the local wellness committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the policy;
- Documentation demonstrating the most recent assessment on the implementation of the policy has been made available to the public.

### **Annual Notification of Policy**

The District will actively inform families and the public each year of the basic information about this policy. The District will make this information available via the district website and/or district-wide communications. Annually, the District will share the policy as well as provide information on how the public can get involved with the school wellness committee as well as their ability to become involved in the development, review, update, and implementation of the policy.

### **Nutrition Education**

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health and Physical Education, and Family and Consumer Sciences.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages may be disseminated throughout the district, schools, classrooms, cafeterias, and homes.

### **Physical Activity**

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Students are provided the opportunity to participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

When appropriate, physical activity should be encourage during transition, break and free time.

After-school programs for children in grades k to 5 shall provide developmentally appropriate physical activity for participating children and may include individual as well as team activities.

District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment. In addition, physical activity during the school day **will not be withheld** as punishment for any reason.

When possible students, staff and the community shall have access to physical activity facilities outside school hours.

### **Physical Education**

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with curriculum regulations and Health and Physical Education academic standards shall be developed and implemented.

All district students must participate in physical education.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health and Physical Education academic standards.

Students are encouraged to be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for physical education staff.

### **Other School Based Activities**

District schools shall provide adequate space, as defined by the district, for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat: ten (10) minutes sit down time for breakfast; twenty (20) minutes sit down time for lunch.

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Meal periods shall be scheduled at appropriate hours, as defined by the district.

To promote hydration, free, safe, unflavored drinking water is available to all student throughout the school day, including meal periods and throughout every school.

Students shall have access to hand washing or sanitizing before meals and snacks.

Nutrition professionals who meet criteria established by the district shall administer the school meals program.

Professional development may be provided for district nutrition staff.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/guardians upon request.

To the extent possible, the district shall utilize available funding and outside programs to enhance wellness.

Food shall not be used in the schools as a reward or punishment.

The district shall provide a copy of the Wellness Policy to all staff.

The Wellness Policy shall be considered in planning all school based activities.

Fundraising projects submitted for approval shall be supportive of healthy eating and student wellness.

The SD Policy of Exempt Fundraisers will be used when approving exempt fundraisers.

The Food Service Manager will provide assistance in identifying foods that meet the criteria established in the Nutritional Standards for Competitive Foods.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

The district supports activities that are scheduled throughout the year (i.e. jump rope for health, field days, open gyms, partnerships with home extension services, FCCLA demonstrations, and participation in the Lake Andes Food and Wellness Council, etc.)

### **Nutrition Guidelines**

All foods available in district schools during the school day shall be offered to students with consideration for promoting student health, reducing childhood obesity, improving the diet and health of school children, modeling healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards. Schools within the District also seek to partner with additional programs to support nutrition education (i.e. Fresh Fruits and Vegetables program, and milk programs.)

### **Competitive Foods/Beverages**

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Competitive foods and beverages are defined as any food or beverage offered or sold at school in competition with reimbursable meals served through the National School Lunch or School Breakfast programs.

All competitive foods and beverages that are sold to students in district schools shall meet or exceed the Nutrition Standards for Competitive Foods.

### **Safe Routes to School**

The district encourages active transportation (walking, biking, etc.) to and from school as a healthy alternative.

The district shall assess and, to the extent possible, implement improvements to make walking and biking to school safer and easier for students.

### **Employee Wellness**

School Wellness policy provides staff opportunities to participate in physical activities and healthy eating programs.

Legal References:      42 USC 1751-1769;  
                                  42 USC 1771-1791;  
                                  7 CFR 210.1-210.31;  
                                  7 CFR 220.1-220.21.

Adopted: June 30, 2008  
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