

Williams County School District Wellness Program

Williams County School District #8 (WCSD8) recognizes the important role of the district to promote a healthy school environment. It is the intent of the school district to provide nutrition education, physical activity and other school-based activities to promote student wellness. To this end, WCSD8 has established the following goals and action items:

Nutrition Goals The primary goal of nutrition education is to positively influence students' eating behaviors. The following statements provide policy guidance for the nutrition education efforts of the district:

- Students at each grade level will receive consistent nutrition education that teaches the skills necessary to adopt healthy eating behaviors.
- Nutrition education will be offered in the cafeteria and classrooms, with coordination between the nutrition services staff and teachers.
- Nutrition education will be communicated through consistent nutrition messages throughout the schools, classrooms and cafeterias and promoted to parents, the community and the media.
- District health education curriculum standards and guidelines will include both nutrition and physical education
- Schools will conduct nutrition education activities and promotions that involve parents, students and the community.

Physical Education Goals The primary goals for schools' physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activities; to maintain physical fitness; to ensure regular participation and to teach the short and long-term benefits of a physically active and healthful lifestyle. The following guidelines are established:

- Students will be given opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary students, and the integration of physical activity into the

school day.

- Students will be given opportunities for physical activity through a range of programs which may include intramurals and/or interscholastic athletics.
- Schools will provide professional development to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- The District is encouraged the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.

School Meal Guidelines

Nutrition Services offers healthy, nutritious meals, snacks and beverages in compliance with the most updated USDA guidelines and Dietary Guidelines for Americans. This includes all foods and beverages sold or served to students, including those available outside of the school meal programs. The goal is to create a total school environment that is conducive to healthy eating and being physically active.

Meals served through the National School Lunch and Breakfast Program will:

- Be appealing and attractive to students.
- Be served in a clean, enjoyable environment.
- The school district will ensure an adequate time for students to enjoy eating healthy foods.
- The school district will schedule lunch time as near the middle of the school day as possible.
- Offer a variety of fresh fruits, vegetables, and whole grain products daily.
- Serve only low-fat (1% or 2%), fat-free milk or flavored milk.
- Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.
- The school district will encourage students to participate in the school meals program and protect the identity of students who eat free and reduced priced meals.

Implementation of the Wellness Policy The school district recognizes the importance of communicating with parents and will support parents' efforts to provide a healthy diet and daily physical activity for their children. Shared information will support and include nutrition education, physical activity and physical education through the school website, newsletters, or other take-home materials and special events.

Monitoring will be reported annually to help review policy compliance, assess progress, and determine areas in need of improvement and or revisions. The Superintendent designates building principals at each school with the operational responsibility for ensuring that each school fulfills this policy. Principals will report to the district wellness committee on the school's compliance. The district wellness committee will submit a summary report annually on district-wide compliance, based on input from schools within the district. The report will be submitted to the Superintendent.