



Adopted
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Introduction

Living a healthy lifestyle and maintaining a healthy weight requires a combination of reliable access to healthy food and physical activity options, knowledge of nutrition, and appropriate amounts of physical activity. A coordinated effort by the entire community is needed and should include child nutrition professionals, school board members, families, students, school administrators, teachers, worksites, local businesses and agencies, healthcare, and others in the community. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and wellbeing of the students of the Canistota School District (The District).

Mission Statement

It is the mission of the District to promote the physical and mental health and well-being of all students and staff through appropriate physical activity, proper nutrition, and education.

To achieve this goal, the District will create, strengthen, or work with existing health councils to develop, implement, monitor, review, and, as necessary, revise policies that affect the health and mental well-being of the students and staff. The Wellness Committee will also serve as a resource to implement those policies.

Rationale

The increasing rates of overweight and at-risk overweight youth threaten to jeopardize the future health and productivity of our children. A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight require a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. Nutrition, nutrition education, and physical activity should be incorporated into the school day as often as possible. These attributes are more likely to allow school children the opportunity to be academically successful. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and wellbeing of students.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. **Specifically, this policy establishes goals and procedures to ensure that:**

- Students in the District have **access to healthy foods throughout the school day** – both through reimbursable school meals and other foods available throughout the school day– in accordance with Federal and state nutrition standards.
- Students receive quality **nutrition education** that helps them develop lifelong healthy eating behaviors.
- Students have **opportunities to be physically active** before, during and after school.
- Schools engage in **nutrition and physical activity promotion** and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- 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.
- 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 measurable goals and outcomes are identified within this policy.

Section I - School Wellness Committee

School Wellness Committee

The Superintendent or designee(s) will convene the local wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is *K-12 Principal*.

Name	Title/Relationship to School	Email Address	Role on Committee
Andrea Addy	Business Manager	Andrea.Addy@k12.sd.us	Committee Co-Chair
Lenny Schroeder	K-12 Principal	Lenny.Schroeder@k12.sd.us	Committee Co-Chair
Lisa Anderson	Head Cook	Canistota.SD@got-thrive.com	
Angie Scott	School Board Member		
Lorie Decker	Elementary Educator	Lorie.Decker@k12.sd.us	
Rebecca Smith	Secondary/Middle School Physical Education Educator	Rebecca.Smith@k12.sd.us	
Kristi Knox	HS/MS FACS	Kristi.Knox@k12.sd.us	
Tami Remacle	Parent		
Caleb Nugteren	Student		
Malinda Weidenbach	Student		

The duty of the school wellness committee is to develop, implement, assess and review this wellness policy. An effective wellness policy is one that utilizes input from stakeholders in the community. The committee should include representation from: School Administration, Classroom Educator, Community Member/Parent, Physical Education Teacher, School Board Member, Student, School Food Authority and/or Food Service Representative.

The Wellness Committee shall meet at twice a year, once in the fall and once in the spring, to review nutrition and physical activity policies, evidence on student health impact, and effective programs and program elements. The Committee shall report annually to the Superintendent concerning the evaluation policy implementation and regulations; including any recommended changes or revisions.

Section II - Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation of Wellness Policy

The school is required to inform (e.g. newsletters, social and mass media, conferences, school functions and school website) and update the public (including parents, students, staff and others in the community) about the content and implementation of the Wellness Policy. The Wellness Policy should be reviewed, updated, and reported to community annually.

Input from stakeholders is encouraged. The school will consider student needs in planning for a healthy school environment. Stakeholders will be provided the opportunity to give feedback on wellness goals for the district.

It is recommended that the school use [the Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

Notification – possible channels include, but are not limited to:

Newsletter	School Web Site
Local Newspaper	Parent-Teacher Conferences
Email	Teacher Training / Professional Development
School Board Meetings	Local School Events

Content for Notification

Overview of Wellness Policy	Purpose
Relevance for the Canistota School District	List of school wellness council members
Role of wellness council members	Where to find actual policy
Inform community of requirements for Complying with the 2010 Health Hungry Free Kids Act.	(email attachment, handout, web site)

This wellness policy and the progress reports/policy updates can be found at www.canistota.k12.sd.us.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at District's main office for three years past the current year. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy located in the District Business Office
- Documentation demonstrating that the policy has been made available to the public

- Documentation of efforts to review and update the Canistota School District Wellness Policy; including an indication of who is 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 local school wellness policy
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District's events or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District/school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy within the District and include:

- The extent to which classrooms are in compliance with the local wellness policy;
- The extent to which the District's wellness policy compares to a model policy (like the Alliance for a Healthier Generations model wellness policy or the State Model Wellness Policy); and
- A description of the progress made in attaining the goals of the District's wellness policy.
 - Assessment will identify how the policy will be updated to add areas as needed, improve progress toward goals, etc.
 - Documentation of when and how the policy was evaluated will be maintained.

The position/person responsible for managing the triennial assessment and contact information is the K-12 Principal, [Leonard Schroeder](#).

The wellness committee will monitor schools' compliance with this wellness policy. The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. Documentation of update will be maintained, such as attendance sheet, meeting minutes, etc.**

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of local wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as

email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Evaluation of Wellness Policy

The Wellness Policy will be evaluated on an annual basis. Stakeholders will be surveyed on various aspects of the policy including: implementation, suggestions and revisions. The results of the assessments will be posted to the school webpage.

Section III - Nutrition

School Lunch Program

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

The District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program. The District is committed to offering school meals through the NSLP and SBP programs that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant setting
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices, such as one or more of the following:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chafing dishes or hotel pans).
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar) are highlighted on posters or signs within all service and dining areas.

- Student surveys and recommendations from the wellness committee will be used to inform menu development..
- Daily announcements are used to promote and market menu options.

It is recommended that the following policies be adopted into the school lunch program:

- Maintain [USDA guidelines for calories, fat, saturated fats and sodium](#).
- Implement a breakfast program through the USDA School Breakfast Program for grades K-12.
 - Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- Encourage the use of hand-washing and/or sanitizing prior to eating.
- Discourage the trading and/or sharing of food by students and staff during the lunch period.
- Encourage parents to send healthy food choices and snacks with their children.
- Provide lunch as near the middle of the school day as possible.
- Provide for safe and convenient water fountains for students to use during the school day.
- Provide healthy a la carte choices as an alternative to seconds in the lunch program.
- The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeteria to encourage students to make healthy choices.
- Appropriate supervision shall be provided in the cafeteria and rules for safe behavior shall be consistently enforced.

School meals are required to meet specific standards (e.g. 4 fruits and/or non-fried vegetables per day; only 1% and fat-free milk served; at least half of grains are whole grain, eliminating trans fats, using low fat versions of foods or low-fat cooking methods).

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 and 20 minutes for lunch) lunch will be scheduled as near to 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.
- The school 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.

Staff Qualifications and Professional Development

The District contracts food services through CBM. CBM will insure that nutrition program directors, managers and staff meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These nutrition personnel will refer to USDA Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water Availability to Students and Staff

- The school 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.

Parties and Celebrations

- The district will disseminate a list of fun, positive, healthy party ideas to parents and teachers. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
- The district 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.
- Classroom snacks brought by parents. The District will provide to parents a list of recommended foods and beverages that meet [Smart Snacks nutrition standards](#).

Rewards/Incentives/Consequences

- Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
- Students will not be denied physical activity for purposes of discipline or punishment unless the safety of students is in question.
- 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.

Nutrition Education and Promotion

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 and motivate them to take action. Nutrition education and nutrition promotion will be incorporated into the school day as often as possible.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Review and consider evidence-based healthy food promotion techniques through the school meal programs using [Smarter Lunchroom techniques](#)
- Ensuring 100% of foods and beverages promoted to students meet the [USDA Smart Snacks](#) in School nutrition standards.

Nutrition topics shall be integrated within the comprehensive health education curriculum and taught at every grade level (K-12).

Nutrition Education and Nutrition Promotion are intended to:

- teach consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community.
- be a part of health education classes and/or stand-alone courses.
- be included in the scope and sequence of the curriculum in subjects such as, science, and elective courses such as FACS.
- use the SD Health Education Standards and address nutrition concepts progressively in grades K through 12 through Physical Education courses.

- provide enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens).
- offer information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families through the FACS program.
- will incorporate lessons helping children acquire skills for reading food labels.
- create environments (classroom, cafeteria, vending machines, fundraising, ect.) that inspire healthy nutrition choices.
- be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver effective programming.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the [USDA Smart Snacks](#) in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.[i] This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors
- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is in financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District/school nutrition services reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards [or, if the state policy is stronger, “will meet or exceed state nutrition standards”]. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, à la carte options in cafeterias, vending machines, school stores and snack or food carts.

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).
- 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.
 - The school district will make available a list of ideas for acceptable fundraising activities.
- Fundraising during and outside school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

Vending Machines

The sale of food and beverages is limited to those sold through the school meal program with the exception of the vending machine that is available in the teacher workroom. That machine is strictly for staff use only.

Section IV - Physical Activity

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All elementary students in each grade will receive physical education for at least 50 minutes per week throughout the school year.

All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education, and meeting minimum state PE/Health Education requirements.

Physical Activity, Education, and Promotion

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.

The District will include a health education curriculum; examples of topics below:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- [The Dietary Guidelines for Americans](#)
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to find valid information or services related to nutrition and dietary behavior
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

Daily Physical Education Classes K-12

- All students in grades K-9 will receive weekly physical education (KG-5 minimum of 50 minutes per week of physical education - Grades 6-8 a minimum of 120 minutes per week and grades 9-12 have the opportunity for a minimum of 250 minutes). Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Students will spend at least 50 percent 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 licensed physical education teachers. Physical education class size is consistent with the requirement of good instruction and safety.

- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
- The physical education program shall be provided adequate space and equipment and conform to all applicable safety standards.
- The district shall ensure that PE teachers receive the opportunity for professional development on an annual basis.
- The district shall not give physical education credit to students involved in sports. Sports and academic activities may not take the place of physical education.

Physical Activity across the Curriculum

- Opportunities for 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.

Physical Activity Opportunities Before and After School

- All elementary, middle, and high schools 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 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.
- Encourage active transportation (walking, biking, etc.) to and from school as a healthy alternative.

Recess

- All K-5 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.
 - If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before students enter the cafeteria.
- *In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.*
- *Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.*
- *This policy may be waived on early dismissal or late arrival days*

Section V - Other Activities that Promote Student Wellness

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all

efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student wellbeing, optimal development and strong educational outcomes.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the local wellness committee.

All school-sponsored events will adhere to the wellness policy guidelines during the school day. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Access to Facilities for Physical Activity

- Schools will provide community access to the school's physical activity facilities outside of the normal school day for open gym purposes.

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.

Employee Wellness

- School wellness policy provides staff opportunities to participate in physical activities and health eating programs.
- School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

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 explore the availability of funding through the SD Department of Transportation.
- The school district will encourage students to use public transportation when available and appropriate for travel to school.

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, 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 stores, fundraising activities, parties, celebrations, and other school sponsored events.

Examples of Healthy Food Choices

Milk and Milk Products

Fat free milk	Ice milk	Low-fat cheese	Low-fat cottage cheese
Low-fat milk	Low-fat yogurt	Nonfat yogurt	Reduced fat cheese
String cheese			

Fruits

Apple	Apricot	Banana	Berries
Cantaloupe	Dried fruit	Fruit cocktail	Grapefruit
Kiwi	Mango	Melons	Nectarine
Orange	Papaya	Peach	Pear
Pineapple	Plum	Tangerine	Watermelon

Vegetables

Bean sprouts	Cabbage	Coleslaw	Cucumber
Bok choy	Carrots	Collard Greens	Dried beans
Broccoli	Cauliflower	Corn	Green beans
Green salad	Mixed vegetables	Okra	Salsa
Kale	Mushrooms	Peas	Spaghetti sauce
Lettuce	Mustard greens	Peppers	Spinach
Squash	Tomato	Vegetable soup	Zucchini
Sweet potato	Vegetable juice		

Meat and Beans

Chicken (light meat, no skin)	Eggs	Lean ham	Refried beans (canned)
Dried beans	Fish (baked, broiled)	Lean pork	Tofu
Dried peas	Lean beef	Lentils	Tuna
			Turkey (no skin)

Grains

Baked Chips	Hot cereal	Pita bread	Rice cake
English muffin	Mexican sweet bread	Pretzels	Saltine cracker
Graham cracker	Oatmeal	Raisin bread	Tortilla
Grits	Pasta and pasta salad	Rice (brown or white)	(corn or whole-wheat)
Whole grain dry cereal	Whole-grain bread	Whole-grain cereal	Whole grain bagel
Whole-wheat cracker			

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.

Recommended Snacks

Milk	Regular - 2%	½ Cup
Chocolate - 2%		½ Cup
Juice	juices should be at least 50% fruit or vegetable (no artificial juices)	
Fruit	apples, oranges, grapes, cantaloupe, watermelon, peaches, bananas, pears, etc.	½ Cup
Vegetable	carrots, celery, cucumbers, zucchini, etc.	
Bread	white, wheat, rye, English muffin, etc.	½ Serving
Bread Alternatives	<ul style="list-style-type: none">• Graham cracker (2" sq) 1 Cracker• Soda cracker/Triscuits 2 Crackers• HiHo, Sunshine, Escort 2 ½ Crackers• Nabisco, Ritz, Townhouse 3 Crackers• Keebler saltines (2" sq) 4 Crackers• Pretzels ½ Cup	
Meat	meat with cheese rolled inside, ham chunks	
Meat Alternatives	turkey, chicken or cheese chunks cheese spreads tuna spreads	

(Children requiring a special diet will need to provide their own snacks)

Standards for Food and Beverages

- Follow [USDA HealthierUS School Challenge Competitive Foods Criteria for Bronze/Silver Award](#).

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/entrée.
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 (unflavored, unsweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners.
Juice Serving Size	Elementary/Middle School: 6-fluid ounces High School: 8-fluid ounces

Definitions

- **Extended School Day** – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.
- **Local Education Agency (LEA)** refers to an agency that oversees a school district or an entity responsible for one or more sites.
- **Local Wellness Policy (LWP)** is a policy that promotes healthy living for students and teachers.
- **School Campus** - areas that are owned or leased by the school and used at any time for school related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.
- **School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.
- **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 therein 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.
- **Triennial** – recurring every three years

Suggested Links

Concessions

Munch Code

www.munchcode.org

USDA websites

<http://www.fns.usda.gov/tn/>

<http://teammnutrition.usda.gov/healthierus/index.html>