**Piggott High School**

**Wellness policy**

**2016-2017**

**Preamble / Statement of Responsibility**

Piggott High School recognizes that there is a link between nutrition education, the food served in schools, physical activity, and environmental education, and that wellness is affected by all of these. The Board also recognizes the important connection between a healthy diet and a student’s ability to learn effectively and achieve high standards in school.

Piggott High School desires to assist students in developing skills that promote healthy habits regarding eating and physical activity. Toward that end, wellness education will be addressed at this school through a variety of means, including but not limited to, nutrition education, nutrition standards, physical activity opportunities, and other appropriate site-specific health activities.

**Nutrition & Health Education**

Piggott High School will provide nutrition education and engage in nutrition promotion that is offered at each grade level as part of a sequential, comprehensive, standards-based program. The programs will be designed to provide students with the knowledge and skills necessary to promote their health.

**Physical Activity**

Schools will educate students about the value of physical activity, and provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health-related physical fitness, to participate regularly in physical activity, and to understand the short and long-term benefits of a physically active and healthy lifestyle.

**School Meals**

Offer breakfast and lunch under the national guidelines of the USDA’s National School Lunch, Breakfast Program and Smart Snack Resolutions. Encourage all students to participate in breakfast and lunch opportunities. In particular, the school will make efforts to ensure that families are aware of need-based programs for free or reduced price meals and that eligible families apply.

**Nutrition Standards**

*\*Food as Reward/Punishment*

Schools will not use foods or beverages as rewards for academic performance or good behavior: unless it meets the standards of food or beverages sold individually or unless this practice is allowed by a student’s Individual Education Plan (IEP) or Behavior Health Plan (BHP) and will not withhold food or beverage as punishment. Rewards and incentives will be used that do not undermine the health of students or reinforce unhealthy eating habits.

*\*Fundraising, concessions, school stores and other opportunities to promote healthy eating*

Whenever possible, fundraising activities should demonstrate the district’s commitment to promoting healthy behaviors and improving personal wellness. Selling nutritious foods reinforces nutrition messages taught in classrooms and lunchrooms.

*\*Celebrations*

Whenever possible, at any school function (parties, celebrations, festivals, sporting events, etc.) healthy food choice options will be available to students. Snacks served during the school day for class parties, birthdays, award incentives, etc. will promote a positive nutrition message. Emphasis will be on serving fruits, vegetables, and other nutrient dense foods as the primary snacks. Teachers will disseminate a list of healthy food item suggestions to parents.

**Other School-Based Activities**

*\*Staff Wellness*

School staff serves as role models for students and are the key to successful implementation of student wellness programs. Therefore, the school will offer staff wellness programs. This may include workshops and presentations on health promotion, education and resources that will enhance morale, encourage healthy lifestyles, prevent injury, reduce chronic diseases, and foster exceptional role modeling.

*\*Access to facilities for physical activity after school hours*

Piggott High School will work with recreation agencies and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time. School communities will examine if biking and walking to school is safe and encourage students to bike and walk to school where appropriate.

*\*After-school programs*

The school will work with recreation agencies and other community organizations to provide an avenue for reaching all students before and after school through organized physical activities (e.g. intramurals, interscholastic sports, community-based programs, and other activities.)

*\*Coordinated School Health Approach*

* A Coordinated School Health Council will be established in each school in order to ensure an array of opportunities for health promotion are available to each school community and district staff.
* It is the goal of Piggott High School to make measurable improvements in promoting the students’ physical, emotional, and social well-being through a coordinated and comprehensive school health program. This includes providing a healthy, physical and psychological environment, school nurse services, nutritious meals, health education, and opportunities for physical education and activity.

*\*Community/Family Involvement*

* Piggott High School recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children’s health and well-being.
* Piggott High School will support parents’ efforts to provide a healthy diet and daily physical activity for their children. We will provide information about ways to promote healthy lifestyles.
* Piggott High School will provide an opportunity to include parents and community in nutrition and fitness-awareness programs.
* Piggott High School encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.

*\*Marketing of food and/or beverages*

School-based marketing of brands promoting predominantly low-nutrition foods and beverages is prohibited. The promotion of healthy foods, including fruits, vegetables, whole grains and low-fat dairy products is encouraged.

**Monitoring and Evaluation Plan**

The Wellness Committee will develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public will be considered before implementing such rules.

An assessment of the school’s existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.

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