

## **Lead-Deadwood Wellness Plan 2015**

### Mission

The mission of the Wellness Program is to promote and enhance the health and well-being of the students and staff of the Lead-Deadwood School District. The program works to improve the health and well-being of students and staff and the educational achievement of high school students by providing coordinated health, mental health, and other support services.

### Goal 1 Nutrition Education

1. Teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community and media and as part of health education classes and/or stand-alone courses.
2. Uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12.
3. Offers information to families that encourages them to teach their children about health and nutrition and provide nutritious meals for their families;
4. Staff who are responsible for nutrition education will be adequately prepared and should participate in professional development activities to effectively deliver an effective program

### Goal 2 Physical Activity

1. All high school students will be required to have 1.0 credit of Health/PE to graduate.
2. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
3. The Lead-Deadwood School District Health and PE curriculum will be aligned with the SD State Content Standards.
4. Student involvement in other activities involving physical activity (*e.g.*, interscholastic or intramural sports) will be promoted and supported.
5. All 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.
6. All elementary, middle and high school students will be offered extracurricular physical activity programs, such as physical activity clubs or intramural programs.
7. All high schools and middle schools as appropriate, will offer interscholastic sports programs.
8. All 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.
9. Schools will educate and encourage participation in community or club activities.
10. When appropriate, the district will work together with local public works, public safety and/or police departments in an effort to assess and to the extent possible make needed improvements to make it safer and easier for students to walk and bike to school.

### Other School-Based Activities

1. The school district will employ a significant set of mental health support resources to help students and families in the community who may be facing difficult issues, including school counselors, a school resource officer, a school nurse, a school psychologist, and a school social worker. Other programs include Olweus, cyber bullying hotline, lessons in digital citizenship, eating disorders; drugs, alcohol and tobacco; harassment, hazing; violence against self and others; depression; anxiety; stress; suicide prevention, family and parenting courses, and peer tutoring.
2. Family and parenting courses will be made available to staff and students and a home/school liaison is available to assist families in accessing resources within the community and foster positive home/school cooperation and involvement.
3. The high school peer tutoring program will be supported and expanded to a “Peer Mentoring” program so that it not only encompasses academics, but also mental and physical wellness.
4. Indoor air quality issues will be investigated.
5. Facilities will be safe, clean and orderly.
6. Weapons violations will be addressed and reduced.
7. A district-wide crisis plan will be created, followed, and practiced and all staff trained in non-violent crisis interventions.
8. Staff will be encouraged to participate in wellness activities through a formalized wellness day.
9. Students will be provided with lessons in hygiene.
10. Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax and socialize.
11. Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
12. Cholesterol and blood pressure checks will be made available for staff and flu shots for staff and students.

### Nutrition Standards

1. Food pricing strategies shall be designed to encourage students to purchase nutritious items.
2. Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional values of the foods served.
3. The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulation of the state of South Dakota. All schools will comply with USDA regulations and state policies.
4. Schools shall offer varied and nutritious food choices that are consistent with the federal government’s Dietary Guidelines for Americans. For the purpose of this policy, “Dietary Guidelines for Americans” refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.
5. Menus should be planned with input from students, family members, and other school personnel and should take into account students’ cultural norms and preferences.

6. Students with special dietary needs will be accommodated as required by USDA regulation.
7. School food service departments shall not sell extra portions of desserts, French fries, and/or ice cream.
8. Schools will encourage fundraising activities that promote physical activity and make available a list of ideas for acceptable fundraising activities and when fundraising activities involve food, nutritional standards will be followed.
9. Healthy choices of food and beverages will be offered at school-sponsored events outside the school day.
10. All foods sold in the ala carte program will be reviewed and nutritional standards will be followed. Healthy snacks will include fresh fruits, vegetables and nutritional beverages.
11. Only vending machines containing healthy choices of food and beverages will be available to students.
12. Healthy choices should meet the percentage requirements of less than 35 percent fat calories, less than 10 percent saturated fat calories, less than 35 percent sugar by weight. Nuts, seeds, fruits, vegetables, low-fat or non-fat yoghurt, low-fat cheese sticks and items that have natural sugar will be allowed. Milk that is 1 percent fat and no more than 360 calories per container is okay, as are fruit and vegetable juices, plain and colored water, noncarbonated drinks with fewer than 20 grams of carbohydrates per 8 ounces, tea and other sport beverages.