



WELLNESS POLICY

Sheridan County School District 1, Tongue River Elementary is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

The Local Wellness policy for Tongue River Elementary School includes, but not limited to, the following USDA Wellness Policy requirements:

The involvement of parents, school food authority, school board members, and the public in the development of the plan;

Goals for nutrition education, physical activity, and other school-based activities that promote student wellness;

Nutrition guidelines for all foods available on each school campus during the school day that promote student health and reduce childhood obesity; A plan for measuring implementation of the policy; Designation of one or more persons charged with the operational responsibility;

The plan includes PE teachers, school health professional, and school Administrators in the development, implementation, periodic review, and update of the policy; The Wellness policy includes a plan for nutrition promotion; and informs and updates the public (including parents, students, and community) about the content and implementation of the policy.

Nutrition Education

Throughout each school year, all students K-5, at Tongue River Elementary shall receive nutrition education that is aligned with the USDA Wellness Policy requirements, (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), Local School Wellness Policy Implementation) education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

Sheridan County School District 1 shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. (Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.) http://www.access.gpo.gov/nara/cfr/waisidx_04/7cfr210_04.html

THE STATE OF WYOMING PROVIDES HATHAWAY MERIT AND NEED SCHOLARSHIPS TO WYOMING STUDENTS ATTENDING THE UNIVERSITY OF WYOMING AND WYOMING COMMUNITY COLLEGES. EVERY WYOMING STUDENT WHO MEETS THE MERIT REQUIREMENTS CAN EARN A HATHAWAY MERIT SCHOLARSHIP. CONTACT YOUR SCHOOL COUNSELOR FOR MORE INFORMATION.



The District shall encourage students to make nutritious food choices. The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

The District shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

The district/agency shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Wyoming Physical Education Content and Performance Standards outlined at the following website: https://edu.wyoming.gov/downloads/standards/Standards_2008_Physical_Education_PDF.pdf

Every year, all students, K-5, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

A. Educational Reinforcement

1. School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

B. Staff as Role Models.

1. School staffs are encouraged to model healthy eating behaviors.
2. Create a staff wellness program and encourage staff to participate with incentives.

Implementation and Measurement

The Tongue River Elementary Principal shall implement this policy and measure how well it is being managed and enforced. This same person shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The TRE Principal shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.



The State of Wyoming provides Hathaway Merit and Need Scholarships to Wyoming students attending the University of Wyoming and Wyoming community colleges. Every Wyoming student who meets the merit requirements can earn a Hathaway Merit Scholarship. Contact your school counselor for more information.

Members of the Wellness Policy Committee

Title:

Principal, Tongue River Elementary

District Food Service Director

Physical Education Instructor and Department Head, Tongue River Elementary

School Nurse, Tongue River Elementary

Head Cook, Tongue River Elementary

Nutrition Education Goals

- ❖ Provide nutrition education through Physical Education and Nutrition classes.
- ❖ Through nutrition education, stress the importance of increasing the consumption of fresh fruits and vegetables on a daily basis and encourage the student to choose healthy food items.

Nutrition Standards Goal

- ❖ Make information available to students and their parents/guardians concerning USDA school meal requirements and the nutrition content of food and beverages provided/sold.

Physical Education/Physical Activity Goals

- ❖ Provide physical education to students on a daily basis
- ❖ Encourage students to participate in school sports
- ❖ Encourage students to participate in community based athletic activities.

Other Activities:

- ❖ Require teachers and parents to provide healthy snacks outside the School Lunch Program



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Measurements and outcomes:

<u>GOAL NUMBER</u>	<u>DATE OF IMPLIMENTATION</u>	<u>HOW THE GOAL WAS IMPLEMENTED</u>	<u>OUTCOME</u>
1. Provide nutrition Ed.	9/2015	revision adopted by school Board.	
2. Reanalyze and post Nutritional information to district website	10/2016	FSD to analyze menus and snacks and have results posted	
3. Institute a “100 Mile” club and encourage students (grades 2-5) to join. Set a goal of 50% participation.	10/2016	TRE Principal and Staff to organize and track “100 mile” club students.	
4. See TRE Wellness Plan living documentation and goals on Google Drive link located on the District Website and the Tongue River Elementary page https://drive.google.com/drive/folders/1Ib7U0HZo42S_RZRdZXAw4tJOdXotRfqG?usp=sharing			

Promoting Student Wellness:

- ❖ Provide student access to physical activity facilities outside school hours.
 - ❖ Schedule recess by class for elementary students before lunch and rotate.
 - ❖ Provide students with non-food healthy rewards such as being allowed to participate in “Adventure Club” outings.
 - ❖ Measure the academic success of Tongue River Elementary and celebrate that success.
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9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

- Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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