

1 **Deer Park School District**2  
3 **INSTRUCTION**

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4  
5 School Wellness

6 The Deer Park School District is committed to providing school environments that promote and  
7 protect children's health, well-being, and ability to learn by supporting healthy eating and  
8 physical activity. Therefore, it is the policy of the Deer Park School District that:

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10 The development of the school wellness policy, at a minimum, will include:

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12 1. *Community involvement*, including input from teachers of physical education and school  
13 health professionals, parents, students, school food service, the school Board, school  
14 administrators, educators, and the public. Training of this team of people on the  
15 components of a healthy school nutrition environment is recommended.
- 16  
17 2. *Goals for nutrition education, nutrition promotion, physical activity, and other school-*  
18 *based activities* that are designed to promote student wellness in a manner that the local  
19 education agency determines appropriate.
- 20  
21 3. *Implementation, Periodic Assessment, and Public Updates*, including expanding the  
22 purpose of the team of collaborators beyond the development of a local wellness policy to  
23 also include the implementation of the local wellness policy with periodic review and  
24 updates, inform and update the public every three years, at a minimum, (including  
25 parents, students, and others in the community) about the content and implementation of  
26 the local wellness policies, and to measure periodically and make available to the public  
27 an assessment of the local wellness policy, including:
  - 28  
29 • The extent to which schools are in compliance with the local wellness policy;
  - 30 • The extent to which the LEA's local wellness policy compares to model local  
31 school wellness policies; and
  - 32 • The progress made in attaining the goals of the local wellness policy.
- 33  
34 4. *Nutrition guidelines* for all foods available on each school campus under the local  
35 education agency during the school day, with the objectives of promoting student health  
36 and nutrient-rich meals and snacks. This includes food and beverages sold in a la carte  
37 sales, vending machines, and student stores; and food and beverages used for classroom  
38 rewards and fundraising efforts.
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40 5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal  
41 programs with menus meeting the meal patterns and nutrition standards established by  
42 the U.S. Department of Agriculture.
- 43  
44 6. *A plan for measuring implementation* of the local wellness policy, including designation  
45 of one or more persons within the local education agency or at each school, as  
46 appropriate, charged with operational responsibility for ensuring that each school fulfills  
47 the District's local wellness policy.

The suggested guidelines for developing the wellness policy include:

#### **Nutrition Education and Nutrition Promotion**

All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the *Montana's Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks*.

Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered and promoted throughout the school campus and based on the U.S. Dietary Guidelines for Americans. Staff who provide nutrition education shall have the appropriate training, such as in health enhancement or family and consumer sciences.

#### **Health Enhancement and Physical Activity Opportunities**

The District shall offer health enhancement opportunities that include the components of a quality health enhancement program taught by a K-12 certified health enhancement specialist, if permitted by staffing levels. Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Health enhancement instruction shall be aligned with the *Montana's Health/Physical Education Content Standards and Benchmarks*.

All K-12 students of the District shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities, to maintain physical fitness, and to understand the short- and long-term benefits of a physically active and healthy lifestyle.

#### **Nutrition Standards**

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations including but not limited to Smart Snacks in School Nutrition Standards. The District shall encourage students to make nutritious food choices through accessibility, advertising, and marketing efforts of healthful foods.

The District shall monitor all food and beverages sold or served to students during the normal school day, including those available outside the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom rewards, fundraising efforts).

The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The Administrator 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.

#### **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, such as staff wellness programs, non-food reward system and fundraising efforts.

### **Maintaining Student Wellness**

The Administrator shall 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 shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Administrator shall measure how well this policy is being implemented, managed, and enforced. The Administrator shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Legal Reference:      PL 108-265      The Child Nutrition and WIC Reauthorization Act of 2004  
                                 PL 111-296      The Healthy, Hunger-Free Kids Act of 2010

#### Policy History:

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