**WELLNESS POLICY**

**Northwestern Area School District 56-7**

**December 2014**

Rationale: A healthy and physically active child is more likely to be academically successful.

The Local Wellness policy will consist of the following four components:

* nutritional education
* physical education
* other school-based activities
* nutrition standards

The Local Wellness Committee will consist of representative members from:

* Food Service
* Administration
* School board
* Community
* Faculty
* Student Body
* Physical Education Teacher
* School Health Professional

2014-15 Local Wellness Committee:

Food Service: Rita Walter, Food Service Director

Administration: Lisa Frericks, Business Manager

School Board Member: Heidi Boekelheide, Mary Mielke

Parent/Community Member: Doug Stahl, Audrey Ewalt, Stephanie Schentzel, Kris Boekelheide

Faculty Member: Wade Rozell

Student(s): Codi Sparling, Elizabeth Heidenreich

PE Teacher: Kayla Sparling

School Health Professional: Amy Rothacker

Nutritional Education Component

Nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students’ eating behaviors.

Nutrition Education:

* teaches scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
* includes the school cafeteria which serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom;
* uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K-12;
* provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
* offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families
* will include a school nutrition/health team, such as Team Nutrition to conduct nutrition education activities and promotions that involve parents, students, and the community.
* intended for students, parents, staff and the community;
* Part of health education classes and/or stand-alone courses;
* Encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors
* School staff and parents should be encouraged to “celebrate accomplishments and share successes”

**Physical Activity Component**

The primary goal for the school’s 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 provided health education in order to instill an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

**Daily/Mandatory Physical Education/Activity Classes K-8; Optional 9-12**

* All students K-8 will receive physical education with 150 minutes per week for elementary school students, K-5 and 225 minutes per week for middle school students, 6-8 for the entire school year. 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 physical education teachers.
* Class teacher-to-student ratios should be equivalent to those of other subject area classes in school.
* Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

**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).
* Designated physical activity time should not be used for the purpose of individual lessons, classes, and/or therapies or scheduling said events, unless all other options have been exhausted.

**Daily Recess**

* 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 provision of space and equipment) to engage in moderate to vigorous physical activity.
* When possible, recess or PE will occur prior to lunch to ensure appropriate healthful food intake.
* Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.
* When appropriate, physical activity should be encouraged during transition, break and free time.

**Physical Activity Opportunities Before and After School**

* Middle, and high schools will offer extracurricular physical activity programs, such as physical activities 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.

**Withholding or Punishing**

* Food will not be withheld from students as a consequence for inappropriate behavior or academic performance. It is recommended that teachers and other 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, unless all other options have been exhausted.
* Withholding meal time will not be used as a punishment.

**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 encourage students to use school transportation when available and appropriate for travel to school.

**Use of School Facilities Outside of School Hours**

* School weight room, cardio room and small gym will be available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations. The appropriate forms will need to be filled out at the school’s business office.
* Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities will also be available to community agencies and organizations offering physical activity and nutrition programs.
* School policies involving safety and use of facilities will apply at all times.

**Wellness Council/Committee**

* Schools will develop a Wellness/Team Nutrition committee comprised of school personnel, community members, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

**Employee wellness:**

* School wellness policy provides staff opportunities to participate in physical activities and healthy 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.

**Other School-Based Activities Component**

Schools will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits

**Professional Development**

* Schools will provide ongoing professional development and education for food service professionals, educators, administrators and other staff.
* Schools will provide nutrition and physical education for students, staff, and parents.

**Eating Environment**

* 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.
* Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
* Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.

**Recess before Lunch**

* Schools 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.

**Rewards, Incentives, and Consequences**

* Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them.
* It is recommended that teachers and other school personnel will only as last resort prohibit or deny recess or other physical activity as a consequence for inappropriate behavior or poor academic performance; and will avoid canceling recess or other physical activity for instructional make-up time.

**Vending Machines**

* Vending machines with food and beverages will not be available in elementary schools. The school will provide healthy snacks as part of the after-school care activities. In the event that these snacks are not available as part of the after-school care activities, the school may provide vending services with healthy choices.
* No vending services will be available one-half hour before and one-half hour after the breakfast and lunch service.

**Fundraising**

* School fundraising activities will support health 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 fund raiser will not take place from one-half hour before and one-half hour after the breakfast and lunch service. If food and/or beverages are sold, it is recommended that the Nutrition Standards as guidelines for the food sold and encourage locally-sourced items where appropriate. If USDA regulations change to be more restrictive, the school shall follow the regulations.
* Schools will encourage fundraising activities that promote physical activity.
* The school district will make available a list of ideas for acceptable fundraising activities.

**Nutrition Standards Component**

Students’ life-long 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, and low-fat grain products 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, fund raising activities, parties, celebrations, and school sponsored events.

**General Guidelines**

* Food pricing strategies will be designed to encourage students to purchase nutritious items.
* Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served during the day.
* We recommend that food and beverages sold, served or brought onto school grounds or at school-sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this policy. If USDA regulations change to be more restrictive, the school will address the issue.

**School Meal Program**

* The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. All schools will comply with USDA regulations and state policies.
* Schools will 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
* School food service departments will not offer or serve extra portions unless sold as a la carte.
* Nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
* Menus will be planned with input from students, family members, and other school personnel.
* Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.

**Snacks**

* Healthy snacks will include fresh, dried, or canned fruits (in 100% juice only); vegetables; 1% or skim milk.

**Parties and Celebrations**

* The district will disseminate a list of healthy party ideas to parents and teachers.
* Schools should limit celebrations that involve food during the school day.
* It is recommended that 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.

**School Sponsored Events (such as but not limited to athletic events, dances, or performances)**

* Healthy choices of food and beverages that meet the Standards For food and Beverages will be recommended at school-sponsored events outside the school day.

**Vending Machines and Other Sales Venues**

* All foods and beverages sold during school must meet the Standards for Foods and Beverages.
* These guidelines will be recommended to all other sales venues in the school.

**Best Choices:**

Due to students with peanut allergies, nothing containing peanut products should be brought to the school.

* Granola bars, whole-grain fruit bars
* Fresh fruit of all varieties
* Dried fruit
* Fresh vegetables
* Low sodium varieties of jerky or buffalo jerky
* Yogurt, low fat and no sugar added
* String cheese
* Fruit/vegetable juice (100% juice)
* 1% or skim milk
* Plain water
* Fruit bars
* Frozen fruit juice bars (no sugar or high fructose corn syrup)

**Good Choices:**

* Popcorn without hydrogenated fats
* Individually packed fruit in natural juices only
* Fruit leather
* Animal crackers and graham crackers
* Pretzels
* Low fat ice cream and sherbet bars
* Low-fat pudding
* Baked chips

Adopted: 8-14-06

Review date/initials: February 9, 2009/LF; January 7, 2015/LF