

Wellness Policy Goals and Procedures

1. Students in the District have **access to healthy foods throughout the school day** – both through reimbursable school meals and other foods available throughout the school campus – in accordance with Federal and state nutrition standards.
 - Summary sheets of student participation will be reviewed to identify trends.
 - Recommendations will be made regarding meal selections/options.
2. Students receive quality **nutrition education** that helps them develop lifelong healthy eating behaviors;
 - Staff will identify when nutrition education was infused into their curriculum. A copy of this will be provided to the curriculum director for review.
 - The Wellness Committee will review the summary of the plans to determine strengths and/or needs.
3. Students have **opportunities to be physically active** before, during and after school.
 - Administration will provide a summary of opportunities that are provided to students throughout the time students are in school.
 - The Committee will review the listing and offer suggestions for consideration.
4. Schools engage in **nutrition and physical activity promotion** and other activities that promote student wellness;
 - Student councils will be asked to provide ideas/suggestions to administration that promote nutrition and physical activities.
 - Administration will consider requests and oversee implementation of selected items.
 - A summary of activities will be provided to the Wellness Committee on an annual basis.
5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
 - Information will be shared with staff regarding healthy nutrition ideas.

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- A portion of professional development time will be dedicated to healthy nutrition and physical activity behaviors.
 - The Wellness Committee will review the usage of the District's Fitness Area by staff.
6. The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- District staff and students will participate in Lake Andes Food and Wellness Council.
 - The district will support the community by offering space for a community garden.
 - The district will establish procedures for public usage of the Fitness Room located within the school.
 - Logs of participants utilizing the Fitness Room will be reviewed.
7. The District establishes and maintains an infrastructure for **management, oversight, implementation, communication** about and monitoring of the policy and its established goals and objectives.
- Documentation will be kept and maintained regarding conversations dealing with the Wellness Policy.
 - A section of the webpage will be identified to access the policy as well as the actions of the Wellness Committee.

Adopted: May 13, 2019

Revised: