

	<b>ABERDEEN SCHOOL DISTRICT</b>	<b>NEPN Code: ADF-R</b>
	<b>POLICIES AND REGULATIONS</b>	

## **WELLNESS/NUTRITION POLICY - REGULATIONS**

### **Nutrition Education Component:**

At each level nutrition education will be offered 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 consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
- is part of health education classes and/or elective courses;
- includes the school cafeteria which allows students the choice of a variety of healthy food options and models the components of a nutritious meal;
- uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12;
- offers information to families that encourages them to teach their children about health and nutrition;
- will be taught by certified health education teachers in middle and high school who participate in professional development activities in order to deliver an effective program;
- will include a school nutrition contact person to provide nutrition education information and resources that involve parents, students, and the community.

### **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, and low-fat dairy products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

- the school food service program will operate in accordance with USDA regulations and state policies for the purpose of offering nutritious food choices;
- healthy food and beverage choices should be encouraged and promoted for lunches and other food items brought to school;
- all competitive foods and beverages for sale to students during the school day, including a la carte, vending machines, school stores, snack bars, and fundraising must meet the Smart Snacks in School nutrition standards exclusive of any state exemptions;
- the needs of students with special dietary concerns will be considered;
- classroom rewards should be nonfood items whenever possible.
- advertisement and marketing must reflect Smart Snacks in school.

### **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, to maintain physical fitness regularly, to participate in physical activity, and to understand the short and long-term benefits of a physically active and healthful lifestyle.

- physical education classes and curriculum should demonstrate progression and be sequential. The curriculum should be consistent with the South Dakota and/or National Physical Education standards for Pre-K through 12<sup>th</sup> grade. Efforts should be made to maximize the amount of time per week students spend in physical education;
- all elementary school students will have a morning, noon, and afternoon recess of at least 15 minutes, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity. When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake. Extended periods of inactivity for two hours or more are discouraged;
- schools will offer activities that meet the needs, interests, and abilities of all students. All elementary, middle, and high schools will promote extracurricular physical activity programs, such as physical activity clubs or intramural programs. The high schools and middle schools will promote interscholastic sports programs. Funding will be sought for transportation of students to participate in after school activities through community partnership;
- it is recommended that school personnel will not use physical activity (e.g., running laps, push ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment. Nor will students be denied physical activity for the purposes of make-up work, testing, etc., unless all before and after school options have been exhausted.

### **OTHER SCHOOL-BASED ACTIVITIES COMPONENT**

Schools will create an environment that provides consistent wellness messages which are conducive to healthy eating and physical activity, and one that contributes to forming healthy life-long habits.

- the school district will assess and, if necessary, 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 entities in those efforts;
- school spaces and facilities will be available to students, staff, and community groups before, during, and after the school day; on weekends; and during school vacations as per board policies KF and KF-R.
- the schools' dining environments will be clean and safe with enough space and serving areas to provide for an enjoyable meal with minimal wait time;
- schools will ensure an adequate time for students to enjoy eating healthy foods with their friends;
- when selecting fund-raising projects, nonfood items should be considered; and Smart Snacks in Schools guidelines will be followed for food items exclusive of any state exemptions;
- the school district will provide opportunities for on-going professional development for foodservice professionals, educators, administrators, and other staff.
- school district staff are encouraged to model healthy behaviors.

#### **REFERENCES:**

Healthy, Hunger-Free Kids Act of 2010, 42 USC 1751  
South Dakota Policy on Exempt Fundraisers, 2014

**ADOPTED:** April 24, 2006

**REVIEWED:** September 26, 2011

**REVISED:** JANUARY 26, 2015

**REVISED:** JANUARY 22, 2018

**REVIEWED:** November 28, 2022