

## **West Central School District Wellness Policy**

*Purpose:* The Child Nutrition and WIC Reauthorization Act of 2004 requires all local agencies with a federally funded National School Lunch Program to develop and implement a wellness policy that addresses nutrition and physical activity prior to the start of the 2006-07 school year. This law mandates that wellness policies address the following components: Nutrition Education, Physical Activity, Other School Based Activities and Nutrition Standards. In compliance with this act, the West Central School District developed a Wellness Policy with the academic achievement and health of the student as priorities. The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Providing a school environment that offers students healthy choices of food and activity will positively impact the productivity and achievement of our students.

### **Nutrition Education Component**

At each grade level nutrition education will be offered 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 student's eating behaviors.

- Teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community and media;
- Is part of health education classes and/or stand alone courses;
- Includes the school cafeteria which serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom;
- Uses South Dakota Health/Nutrition Education Standards
- Offers information to families

## **Physical Activity Component**

The primary goals of physical activity are to provide opportunities for every student to develop knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the benefits of a physically active and healthful lifestyle.

### *Physical Education*

- All students K-8 will receive physical education a minimum of 2 times per week every school year.
- All students 9-12 will be required to take one-half credit of physical education or health to satisfy graduation requirements.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National content standards.
- 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 the 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 or movement in the curriculum are incorporated into other subject areas (e.g., math, language arts, science and social studies.).

### *Daily Recess*

- All elementary students will have daily supervised recess.
- Extended periods of inactivity, two hours or more, are discouraged.

### *Physical Activity Opportunities Before and After School*

- All elementary, middle and high schools will offer extracurricular physical activity programs.
- All 7-12 students as appropriate are offered interscholastic sports programs.
- Schools will offer activities that meet the needs and abilities of all students.
- Schools will encourage participation in community or club activities.
- After school child care and enrichment programs will provide and encourage daily periods of physical activity for all participants.

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

- School spaces and facilities will be available to students, staff and community members when available.
- School policies concerning safety will apply at all times.

## **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 encourage professional development and education for foodservice professionals, educators, administrators and other staff.

### *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.
- 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.

### *Rewards, Incentives and Consequences*

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food may be used as a reward or incentive in the classroom, however, it is recommended more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks).
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

### *Vending Machines*

- Vending machines with food and beverages will not be available for student use in the elementary schools. Healthy alternatives will be provided in vending machines at the middle and high schools.

### *Fundraising*

- Schools fundraising activities will support healthy lifestyles.
- Schools will encourage fundraising activities that promote physical activity.

## **Nutrition Standards Component**

Students' life-long 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.

### *General Guidelines*

- Foods will be priced reasonably to encourage the purchase of nutritious items.
- Nutritional information of products will be available upon request.
- Food and beverages sold or served on school grounds or school sponsored events during the normal school day will include healthy choices.

### *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.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies) will be accommodated as required by USDA regulation.

### *A La Carte Offerings in the Food Service Program*

- A variety of a la carte items will be offered that are of good nutritional value and comply with the Dietary Guidelines for Americans.
- School Food Service will not serve seconds.

### *Parties and Celebrations*

- Schools should limit celebrations that involve food during the school day.
- It is recommended that healthy food choices be offered to students participating in parties and celebrations.
- The district will disseminate a list of healthy party ideas to parents and teachers.

WEST CENTRAL SCHOOL DISTRICT

**Adopted 7/2006**

**Reviewed 3-11-13**