

## **IRENE-WAKONDA WELLNESS POLICY**

### **NUTRITION EDUCATION COMPONENT**

At each grade level nutrition education will be offered wherever possible as a part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote student health. Nutrition education will be incorporated into the school day as often as possible. In grades K-6 this will be accomplished in health/science classes and physical education. In the 7-12 grades this will be accomplished in science, family and consumer science, and physical education classes. The primary goal of nutrition education is to influence students eating behaviors.

Nutrition education should:

1. teach consistent scientifically-based nutrition messages throughout the school, classrooms, cafeteria, homes, community, and media;
2. be included in the scope and sequence of the curriculum in other core subjects as math, science, language arts, social sciences, and elective subjects;
3. include the school cafeteria which serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom;
4. use the South Dakota Health Education Standards and address nutrition concepts progressively in grades K through 12;
5. provide enjoyable developmentally appropriate, culturally relevant, and participatory activities such as contests, promotions, taste testing, farm visits, and school gardens;
6. offer information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
7. be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program.

### **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, and understand the short and long-term benefits of a physically active and healthful lifestyle.

Physical Education classes:

1. All students in grades K-6 will receive 30 minutes of daily physical education.
2. All students in grades 7-8 will receive an average of 225 minutes of physical education per week.
3. All students in grades 9-12 will be required to take a credit of physical education in order to graduate from high school.
4. Students will spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.
5. The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota Physical Education standards.
6. All physical education classes will be taught by a certified physical education teacher.
7. Class teacher-to-student ratios should be of appropriate size to conduct individual and team competitive physical activities.

Student participation in other activities involving physical activity such as interscholastic or intramural sports will not be substituted for meeting the physical education requirement, but such participation will be encouraged.

### **DAILY RECESS**

All elementary students will have 20 minutes a day of supervised recess, preferably outdoors, during which students will be encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity. Extended periods of inactivity, two hours or more are discouraged. Students should be given periodic breaks during which they are encouraged to stand and be moderately active.

### **PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL**

Both the high school and junior high school will offer interscholastic sports programs as appropriate. The district 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 inform and encourage participation in community, club, or summer activities. After-school child care programs will encourage physical activities each day.

### **USE OF SCHOOL FACILITIES OUTSIDE OF SCHOOL HOURS**

School spaces and facilities will be available to student, staff, and community members before, during, and after school; on weekends; and during school vacations as appropriate with other school policies. School will educate the community about utilizing the facility for physical activities and nutrition programs. School policies concerning safety and clean-up 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**

School will provide ongoing professional development for foodservice professional, educators, administrators and other staff. Schools will provide nutrition and physical education for students and similar activities when appropriate for staff, parents, and community.

## 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.

## REWARDS, INCENTIVES, AND CONSEQUENCES

Rewards and incentives will be given careful considerations as to the messages they send to the students receiving them. Food should not be used as a reward or incentive in the classroom, but other, more appropriate rewards should be used such as free time, pencils, bookmarks, etc. Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

Teachers and other school personnel should not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance.

## COMMUNITY ACCESS TO FACILITIES FOR PHYSICAL ACTIVITY

The school will provide community access to the school's physical activity facilities outside of the normal school day and/or form community-school partnerships to institute recreation programs utilizing school facilities when possible.

## VENDING MACHINES

Vending machines with food and beverages will not be available to elementary students during the regular school day. The school will provide healthy snacks as a part of any after-school care activities. No vending services will be available during the lunch service from approximately 11:00 A.M. until 1:00 P.M.

## FUNDRAISING

School fundraising activities will attempt to support healthy lifestyles. The sale of food or beverages as a fundraiser will not take place during the breakfast and lunch service. Schools will encourage fundraising activities that promote physical activity. The school will attempt to 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 will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. An example would be the school breakfast and lunch programs, which follow USDA requirements and Dietary Guidelines for Americans. Other examples may include a la carte, snacks, vending machines, fundraising activities, parties, celebrations, and school sponsored events.

## SCHOOL FOOD SERVICE

The Board has entered in a contract with CBM, Inc, a food service management company, to manage and operate the food service for students, employees, visitors, and guests; the District retains control of the quality, extent, and general nature of its food service, including the student breakfast, lunch and a la carte prices. The District will provide free and reduced price meals to students according to the terms of the National School Lunch Program, federal law and the rules of the state. The district will inform parents of the eligibility standards for free and reduced priced meals. Reasonable efforts will be made to protect the identity of students receiving such meals. A parent has the right to appeal any decision with respect to his/her application for free or reduced priced meals to the District's Superintendent or School Board Designee.

The Board may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from state and federal assistance (cash and food).

The School Food Service shall aim to be self-supportive.

## NATIONAL SCHOOL LUNCH PROGRAM/SCHOOL BREAKFAST 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 school 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 nutrient requirements, promote health, support active lives, and reduce chronic disease risks.

Traditional Food Based Menu Planning will be utilized.

Lunch meals will be planned to encourage the consumption of nutrient dense foods, such as fresh fruits vegetables, by providing a variety of healthful options each day on the self-service Fruit and Veggie Bar.

Menus will be planned with input from students, family members, and other school personnel.

The district will use food commodities made available under the Federal Food Commodity Program for school lunches. All food and beverage shall meet federal, state, and local guidelines for safety and sanitation.

## A LA CARTE AND VENDING MACHINES

During lunch service, no reimbursable meal menu items will be sold at a la carte pricing; with the exception of milk and extra entrees. Extra entrees will only be sold at a la carte pricing after first purchasing a reimbursable student lunch meal and a la carte entrees are limited to the

entrees offered as part of the reimbursable meal. The reimbursable meal includes an “all you can eat” fruit and veggie bar at the Irene site. Students can return to the fruit and veggie bar as many times as they would like.

Vending machines will be off during all breakfast and lunch serving times.

Vending machines will not be available to elementary students.

All foods and beverages sold in school vending machines should be approved by the District’s Wellness Committee. All products should meet the USDA guidelines of foods of minimal nutritional value.

The District’s Wellness Committee may review the listing of foods and beverages sold in the vending machines periodically.

#### OTHER FOOD SALES

Snacks: Healthy snacks should include fresh, dried, or canned fruits and vegetables; 1% or skim white and chocolate milk, nuts and grains.

Fundraising: It is recommended that school fundraising activities support healthy lifestyles. Activities that include physical activity (e.g. walk-a-thon), school support (e.g. selling school memorabilia), and academic achievement (e.g. spelling bee) are suggested.

It is recommended that the foods and beverages sold as fundraisers meet the USDA guidelines of foods of minimal nutritional value; however exceptions will be allowed with prior approval of the principal or designee.

The sale of food or beverages as a fundraiser will not take place during breakfast and lunch services.

Parties and Celebrations: It is recommended that parties include foods or beverages that meet the USDA guidelines of foods of minimal nutritional value.

Parties and celebrations involving food or beverages will not take place during the breakfast or lunch services, with the exception of food or beverage that is provided by the school food service program.

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

It is recommended that healthy choices of food and beverages that meet the USDA guidelines of foods of minimal nutritional value be offered at school sponsored events outside of the school day. The concession stand is exempt from the District Wellness Policy.