

<b>Harrisburg School District</b>	<b>NEPN Code: IGAE</b>
<b>Policy Manual</b>	

## **WELLNESS POLICY**

### **Introduction and Rationale**

#### **Introduction**

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-07 school year. In response to this requirement, the South Dakota Department of Education (SDDOE) convened a work group consisting of health, physical activity, nutrition and education professionals representing a variety of organizations, plus students and parents, to develop a wellness policy for local agencies.

Our policy has been developed to meet the new federal requirements. It is based on science, research and existing practices from exemplary states and local school districts around the country. The first priority of the work group was to promote children's health and well-being; however, feasibility of policy implementation was also considered.

Our school district is establishing and coordinating a school health program that addresses all components of school health, including mental health services, school health services, food safety policies and policies to reduce weight-related bullying. Schools may also choose to expand their wellness policy to address other risk behaviors. Additionally, schools will support the health of all students by hosting health clinics, health screenings and encouraging the enrollment of eligible children in the Children's Health Insurance Program (CHIP).

#### **Rationale**

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition and appropriate amounts of physical activity. All foods sold during school hours, on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute and physically active child is more likely to be academically successful.

The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, teachers and business community is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of students. The local agency has a strategic role to play in improving the health and well-being of children.

## **Wellness Council/Committee**

Schools will develop a Wellness Council/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. This committee will meet periodically during the school year to review the development, implementation, and updates to this wellness policy. The Wellness Committee is comprised of parents and caregivers, students, representatives of the child nutrition program, physical education teachers, health education teachers, school health professionals, school administrators, school board members and the general public.

The Superintendent or designee(s) will convene the local wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy. The designated officials for oversight are the Child Nutrition Director, extension 3137 and the Endeavor Elementary Principal, extension 3016.

## **Wellness Policy Monitoring and Accountability**

The wellness policy and the progress reports/policy updates can be found at: <http://harrisburgdistrict41-2.org/>. The District will retain records to document compliance with the requirements of the wellness policy at the Child Nutrition Director's office located in the Administrative Office at Liberty Elementary. At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy for all buildings. The Child Nutrition Director will be responsible for managing the triennial assessment. The District will actively notify the public about the content of or any updates to the wellness policy annually. This communication will include one or more of the following: District website, email, or letters.

## **Nutrition Education and Nutrition Promotion Component**

The primary goal of nutrition education and nutrition promotion is to influence students' lifelong eating behaviors. 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 promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotion will be incorporated into the school day as often as possible.

### **Nutrition Education and Nutrition Promotion:**

- Nutrition education and nutrition promotion are intended for students, parents, staff and the community.
- Nutrition education and nutrition promotion provide consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media.
- Nutrition education and nutrition promotion are part of health education classes and/or stand-alone courses.
- Nutrition education is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, and social sciences as well as elective subjects.
- The school cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education follows the SD Health Education Standards to include health knowledge and skills.
- Nutrition education and nutrition promotion provide enjoyable, developmentally appropriate, culturally relevant and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens).
- Nutrition education and nutrition promotion offers information to families that encourage them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.

- Nutrition education and nutrition promotion will be provided by staff who are adequately prepared and who participate in professional development activities in order to deliver effective programming.
- Nutrition promotion creates environments (classroom, cafeteria, vending machines and fund raising, etc.) that inspire healthy nutrition choices.
- Nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.
- Nutrition promotion 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, Education, and Promotion 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 provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

#### **Daily Physical Education Classes K-12**

- All students in grades K-12, including students with disabilities, special-care needs and those in alternative education settings, will receive physical education:
  - Elementary students at least 30 minutes, 2 times per week
  - Middle school students at least 2-3 times per week for one semester per year
  - High school students will follow the South Dakota graduation requirements
- 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 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.
- Offer choices and opportunities for physical activity (fitness lifetime activities, aerobics, weight training, etc)

#### **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), but they should not be used as a substitute for Physical Education class.
- Inservice or training opportunities will be offered to educate classroom teachers on incorporating activity into their lessons.
- Designated physical activity time should not be used for the purpose of individual lessons, classes, and/or therapies or scheduling said events.

#### **Recess and Transitional Time**

- 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 the provision of space and equipment) to engage in moderate to vigorous activity.

- 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.

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

- All middle and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- All high schools and middle schools as appropriate, will offer interscholastic sports programs.
- Schools will offer and/or encourage activities, such as the Special Olympics program, 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.
- After-school childcare and enrichment programs will provide and encourage (verbally and through the provision of space, equipment and activities) daily periods of moderate to vigorous physical activity for all participants.
- Schools will encourage active transportation (walking, biking, etc.) to and from school as a healthy alternative.

### **Withholding or Punishing**

- Teachers and other school and community personnel will not withhold opportunities for physical activity (e.g. recess, physical education) as punishment more than two times per week.
- Students will not be denied physical activity (recess) more than two times per week for purposes of make-up work, testing, etc.
- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Only healthy food will be used as a reward or incentive in the classroom, other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks).
- Lunch food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
- Teachers and other personnel will not prohibit or deny student participation in recess more than two times per week or other physical activity as a consequence for inappropriate behavior or poor academic performance; nor will they cancel recess or other physical activity for instructional make-up time.

### **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 lifelong habits.

### **Employee Wellness**

- The school wellness policy provides staff with 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.

### **Professional Development**

- Schools will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.
- Schools will provide nutrition and physical education for students, staff, parents and, where appropriate, community members.

### **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.

### **Vending Machines**

- Vending machines are only offered in teacher workrooms.
- All new vending machines will need approval from the Wellness Committee.

### **Fundraising**

- Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The State of South Dakota will allow for one (1) fundraiser per organization, per school year in which items sold do not meet the USDA Smart Snacks in Schools nutrition Standards.
- The sale of food or beverages as a fundraiser will not take place during school hours other than Homecoming week and administration approved dates/times of the sale.
- The sale of food or beverages as a fundraiser will not take place in the cafeteria area during the lunch or breakfast service.
- Schools will encourage fundraising activities that promote physical activity as well.

### **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, lean meat, whole grain products and plain water 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, school stores, fund raising activities, parties, celebrations and other school sponsored events.

### **General Guidelines**

- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food and beverages sold, served or brought onto school grounds or at school sponsored events during the normal school day will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.

### **School Meal Program**

- All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP programs and as such all meals served will meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies) will be accommodated as required by USDA regulation.

### **Water**

- To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school building.
- The District will make drinking water available where school meals are served during mealtimes.

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

- A la carte items available during the school day will meet the USDA Smart Snacks in School nutrition standards, at a minimum. All items offer via Ala carte will be evaluated on a yearly basis.

### **Snacks**

- Snacks purchased during the school day will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Snacks brought in by others are encouraged to meet the USDA Smart Snacks in School nutrition standards, at a minimum.

### **Parties, Celebrations and Daily Snacks**

- Schools should limit celebrations that involve food during the school day.
- Each party should include no more than one food and one beverage that does not meet the USDA Smart Snacks in School nutrition standards, at a minimum.

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

- Healthy choices of food and beverages will be offered at school-sponsored events outside the school day.
- Individual portion size items will be sold.

### **Other Sales Venues**

- All food and beverages sold on the school campus during the school day must meet the USDA Smart Snacks in School nutrition standards, at a minimum.

### **Food and Beverage Marketing**

- Only marketing and advertisting of food and beverage products that meet the Smart Snacks in School nutrition stardards are allowed on the school campus.
- All marketing and advertising of food and beverage products must be approved by the Child Nutrition Director or Endeavor Elementary Principal.

Adopted:

Revised: