

WELLNESS PROCEDURE

Nutrition Education and Nutrition Promotion

- 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 the health education classes and/or core classes and electives.
- The school cafeteria may serve as a learning laboratory to allow students to apply critical thinking skills being taught in the classroom.
- Nutrition education follows the [National Health Education Standards](#) to include health knowledge and skills.
- Nutrition education and nutrition promotion offers information to families that encourage them to teach their children about health and nutrition.
- Nutrition education and nutrition promotion will be provided for staff in order to deliver effective programming.
- Nutrition promotion creates environments (classroom, cafeteria, vending machines, fund raising, etc.) that inspire healthy nutrition choices.
- Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.
- Food will not be withheld from students as a consequence for inappropriate behavior or academic performance.
- Withholding meal time will not be used as punishment.
- Schools will permit use of only healthy options of food as an incentive and for celebrations. Other more appropriate rewards will be encouraged (e.g. extra free time, physical activity opportunity, pencils, bookmarks, etc.). This doesn't apply to external food and/or reward certificate and recognitions.

Physical Activity, Education, and Promotion

- Physical education programming will promote 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 K-12.
- All physical education will be taught by highly qualified physical education teachers.
- The regular incorporation of physical activities into other subject areas is encouraged, but not used as a substitute for physical education class.
- 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 physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food and beverage intake.
- 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.

- When appropriate, physical activity should be encouraged during transition, break, and free time.
- Schools will encourage participation in school, community, and club activities.
- Schools will encourage active transportation (walking, biking, etc.) to and from school as a healthy alternative.
- Without reasonable justification, teachers and other school personnel **will not** prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or academic performance; nor will they cancel recess or other physical activity for instructional make-up time.
- The community, including parents and staff, will have access to information about utilizing the school facilities.
- School policies concerning safety will apply at all times.

Other School-Based Activities

- School wellness policy provides staff opportunities to participate in physical activities and healthy eating programs.
- School staff will serve as role models and are encouraged to practice healthy eating, physical activity, and other activities that support staff and student wellness.
- Students and staff will have adequate space and time to eat meals in clean, safe environment. Lunch will be scheduled as near the middle of the school day as possible.
- Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Schools will promote drinking water as an essential component of student wellness by providing access to free, safe drinking water in varied locations and will encourage student consumption of water throughout the school day. Students will be allowed to drink water from personal water bottles in class.
- School fundraising activities will support healthy lifestyles and healthy food choices.
- The sale of food or beverages as a fundraiser will not take place from one hour before and one hour after the breakfast and lunch service.
- Whenever food and/or beverages are sold, schools will use the [USDA Nutrition Standards](#) as guidelines for the foods sold and encourage locally-sourced items where appropriate. If USDA regulations change to be more restrictive, the school shall follow the regulations.
- The school district will partner with the city to assess and, if necessary and to the extent possible, 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 public works, public safety, and/or police departments in those efforts.

Nutrition Standards

- A la carte items available during the school day will meet the USDA Nutrition Standards.
- Designated sources will be available on the district web site accessible for parents to find more information on healthy lifestyles.

- Schools discourage and will limit celebrations that involve food during the school day. Healthy celebrations promote positive choices and healthy behaviors.
- Healthy choices of food and beverages that meet the USDA Nutrition Standards will be offered at school-sponsored events outside the school day.
- The schools will encourage healthy choices and continue to educate students.

Measurement and Assessment

The assessment will include, but is not limited to:

- Goals for nutrition education and nutrition promotion; physical activity, education and promotion; nutrition standards; and other school-based activities
- Stakeholder involvement in the development and implementation of the local wellness plan
- Informing the public about the content and implementation of the Local Wellness Policy (LWP)
- Goal fulfillment associated with the LWP

Notification of Revisions:	1/9/2017
1 st Reading:	2/13/2017
2 nd Reading/Approval:	3/13/2017