

BRITTON-HECLA SCHOOL DISTRICT	AE - IGAJ
Policies	

WELLNESS POLICY

Britton-Hecla Schools

Britton, SD 57430
October 2017

Adopted
August 2006

Amended
March 2018

Introduction and Rationale

Introduction:

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, and Healthy, Hunger-Free Kids Act of 2010, PL 111-296 the U.S. Congress established a new requirement for all local agencies with a federally-funded National School Lunch program. School districts are encouraged to establish and maintain a coordinated school health program that addresses all components of school health.

Rationale

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

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 made available 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, and teachers 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.

Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of local wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that

communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

Committee Members

Rose Cease	Food Service
Steve Benson	Administrator
Kyla Richter	Administrator
Pat Renner	Staff Member
Liz Waletich	Staff Member
Rachelle Kilker	Parent
Student Council	Representative
Ray Waldner	Westwood Colony/Parent Representative
John Waldner	Sunset Colony/Parent Representative
Mandy Carlson	School Board

NUTRITION EDUCATION

The primary goal of nutrition education is to influence students' eating behaviors. At each grade level nutrition education will be integrated into existing curriculums and designed to provide students with the knowledge and skills necessary to promote their health.

Nutrition Education:

- teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community and media;
- is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences and elective subjects;
- includes the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- provides enjoyable, developmentally-appropriate, culturally-relevant and participatory activities;
- offers information to families that encourages them to teach their children about health and nutrition.

PHYSICAL ACTIVITY

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 K-12

- All students in grades K-6 will receive weekly physical education for the entire school year. Students with disabilities, special healthcare needs and in alternative educational settings will be included. Students in grades 7-12 will be provided physical education opportunities as permitted by staffing, physical facilities, and funding resources.
- All physical education will be taught by highly qualified physical education teachers.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

Daily Elementary Recess

- All elementary school students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity.
- Extended periods of inactivity, two hours or more, are discouraged

Physical Activity Opportunities Before and After School

- All high schools and junior high schools as appropriate, will offer interscholastic sports programs.
- Britton-Hecla Schools 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.
- Britton-Hecla Schools will promote participation in community or club activities.
- After-school child care, summer programs and enrichment programs will be provided when facilities and funding are available.

Rewards/Incentives/Consequences

- Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.
- Students will not be denied physical activity for purposes of make-up work, testing, etc.

Safe Routes to School

- The school district will work with State, County, and local agencies to assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to get to school.
- The school district provides transportation services to eligible students.

Use of School Facilities Outside of School Hours

- Britton-Hecla Schools will attempt to make school spaces and facilities available to students, staff and community members before, during, and after the school day, on weekends and during school vacations; providing it does not interfere with normal operations of the school day.
- These spaces and facilities also will be available upon request to community agencies and organizations offering physical activity and nutrition programs, however, school activities and business will take priority.
- School policies concerning safety will apply at all times.

OTHER SCHOOL-BASED ACTIVITIES

Britton-Hecla Schools shall create an environment that provides consistent wellness messages, is conducive to healthy eating and being physically active, and contributes to forming healthy life long habits.

Professional Development

- Britton-Hecla Schools will strive to provide ongoing professional development and education for food service professionals and educators.
- Britton-Hecla Schools will strive to promote nutrition and physical education for students, staff, parents, and 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.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration should be taken for passing time, bathroom break, hand washing and socializing so as to allow adequate eating time for breakfast and 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, but other, more appropriate rewards will be used whenever possible.
- Food will not be withheld from students as a consequence for inappropriate behavior and poor academic performance.

NUTRITION STANDARDS

Students' lifelong 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, and low-fat grain products, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

General Guidelines

- Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional values of the foods served.
- Food and beverages sold or served on school grounds or at school sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and the Standards for Food and Beverages as set forth in this document.

School Meal Program

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have

zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

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 other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices, such as one or more of the following:
 - Sliced or cut fruit is available daily.
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers.
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
 - Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.
 - The District child nutrition program will accommodate students with special dietary needs
 - Lunch will follow recess time to better support learning and healthy eating

Parties and Celebrations

- Schools should limit celebrations that involve food during the school day.

Marketing

- Only those foods and beverages that meet Smart Snacks in School nutrition standards will be allowed and promoted. <https://foodplanner.healthiergeneration.org>

Policy Implementation and Measurement

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy for all sites under district jurisdiction and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the local wellness policy;
- The extent to which the District's wellness policy compares to a model policy (like the Alliance for a Healthier Generation's model wellness policy or the State Model Wellness Policy); and
- A description of the progress made in attaining the goals of the District's wellness policy.
 - Assessment will identify how the policy will be updated to add areas as needed, improve progress toward goals, etc.
 - Documentation of when and how the policy was evaluated will be maintained.