



“To Build Knowledge and Skills for Success Today and Tomorrow”

File: JHCE

PHYSICAL WELLNESS POLICY

The Meade School District will provide all students with a strong foundation of knowledge, fitness, nutrition and healthy choices in a challenging and changing world. The district will provide an environment that promotes, protects and preserves health. Effective health education is a shared responsibility that begins in the home and is reinforced in the community by its citizens, health agencies and schools.

This Wellness Policy has been modeled after the South Dakota Board of Education’s Model Wellness Policy from September 24, 2012.

Notification to the Public

This Wellness Policy will be reviewed and updated annually. It will be reported by means of the school website which can be found at www.meade.k12.sd.us.

Wellness Policy Components

- Nutrition Education and Promotion
- Physical Activity, Physical Education, and Promotion
- Other School Based Activities
- Nutrition Standards

Measurement and Assessment

The District designated the school physical education teacher and the food service director to annually assess and document the implementation of this Wellness Policy. This assessment will include:

- Establishment of goals for nutrition education and promotion; physical activity, physical education, and promotion; nutrition standards; and other school-based activities.
- Identification of stakeholders involved in the development and implementation of the local wellness plan.
- Means of informing the public about the content and implementation of the Wellness Plan.
- Attainment of goals associated with the Wellness Plan.

Nutrition Education and Promotion Component

The primary goal of nutrition education and promotion is to influence students’ lifelong eating habits. 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 promotions 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, staff, parents, and community members.

- 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 classes which include Health Ed and Dietetics and Nutrition at the high school level.
- 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 in elective subjects and guidance classes.
- 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.
- Nutrition education and nutrition promotion shares information with families to encourage the learning to continue and healthy habits to continue at home.
- 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 will create a school environment that inspires and enables healthy nutrition choices.
- Nutrition promotion will include an action plan that will have observable and measurable goals and objectives 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 will be encouraged to celebrate nutrition accomplishments and to share successes.

Physical Activity, Education, and Promotion Component

The primary goal for the 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 healthy lifestyle.

Daily Physical Education Classes K-12

- All students in grades K-8 will receive physical education and/or physical activity for the entire school year. High school students are required to take one semester of daily physical education and one semester of daily health education during their high school years. Students with disabilities and those with special health care needs will be included.

Recess and Transitional Time

- All elementary school students (K-6) will have at least one recess 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.
- 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 free time.

Physical Activity Opportunities Before and After School

- Activities will be offered that meet the needs, interests, and abilities of all students.
- Elementary, middle, and high school students will be offered extracurricular physical activity programs.
- The high school and middle school will offer interscholastic sports programs as appropriate.
- After-school 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.
- Students will be encouraged to seek active transportation (walking, biking, etc.) to and from school as appropriate.

Withholding or Punishing

- Food will not be denied students as a consequence for inappropriate behavior or academic performance.
- Teachers and other school personnel will not prohibit or deny students participation in recess or other physical activity unless such action has been approved by administration as an appropriate action to take.

Use of School Facilities Outside of School Hours

- When proper supervision and facilities are available, school facilities will be available to students, staff, and community members. This may also include weekends and periods of vacation. The over-riding authority will be the head custodian and superintendent.
- School policies concerning safety will apply at all times.

Other School-Based Activities Component

Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity, and contributes to forming healthy life long habits for students, staff and community.

Employee Wellness

- Staff members are provided 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

- School will provide professional development regarding the impact of nutrition and physical activity on academic performance to food service 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 (seat time 10 minutes for breakfast and 20 minutes for lunch).

- Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Schools will schedule recess, if possible, for elementary grades before lunch so that children will come to lunch less distracted and ready to eat. If not possible to have recess before lunch a designated time will be used to eat lunch and all students will be dismissed at the same time so that students do not rush to eat and leave for recess. Activity before lunch also encourages nutrient intake.

Convenient and Safe Drinking Water

- Schools will promote drinking water availability as an essential component of student wellness by having access to free, safe drinking water and encouraging student consumption of water throughout the school day.

Rewards, Incentives, and Consequences

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Unhealthy food items will not be used as a reward or incentive in the classroom, but other more appropriate rewards may be used (e.g. extra free time, physical activity opportunity, pencils, bookmarks, etc.)

Vending Machines and Fundraisers

- Vending machines with food or beverages will not be available to elementary students during the school day. After school only water and low sugar or no sugar items will be available in vending machines.
- School fundraising activities will support healthy lifestyles.
- The sale of food or beverages as a fundraiser will not be allowed from one hour prior to one hour after breakfast or lunch.
- The school will encourage fundraising activities that promote physical activity and/or the sale of healthy products.

Safe Routes to School

- The school district will assess and make improvements if necessary to make sure it is both safe and easy for students to walk and bike to school if appropriate. When appropriate, the district will work together with local public works, public safety, and/or police departments in these efforts.
- The school district will encourage students to use public transportation when available and appropriate for travel to and from school.

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 include snacks, vending machines, fund raising activities, parties, celebrations, and other school sponsored events during the normal school day.

General Guidelines

- Foods and beverages of good nutritional values will be available whenever food and beverages are sold, served or brought onto school grounds or at school-sponsored events during the normal school day.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.

- Prices will be set to encourage the purchase of school meals and the purchase of healthy foods and beverages whenever they are sold throughout the school day.
- The School Food Service Program will operate in accordance with the National School Lunch Act and applicable South Dakota law and regulations. The school will also comply with USDA regulations and state policy.
- The school lunch and breakfast program will offer varied and nutritious food choices consistent with the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this policy. Choices will encourage diets that promote health and reduce chronic disease risks.
- Students with special dietary needs will be accommodated.

A La Carte Offering in the Food Service Program

- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this Policy.
- The school food service department will not offer or serve extra portions unless the item is from the fresh fruit and vegetable salad bar or unless the item is sold as a la carte.

Snacks

- Snacks provided by teachers to students should meet the Standards for Food and Beverages set forth in this Policy.
- Teachers who ask parents to provide snacks will provide them with a list of easy, healthy, affordable snacks options.

Parties and Celebrations

- The school will limit celebrations that involve food during the school day. Instead fun, healthy celebration ideas such as classroom games will be utilized.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages outlined in this policy.

School Sponsored Events

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school sponsored events outside the school day.

Other Sales Venues

- Foods and beverages sold in school should strive to meet the Standards for Food and Beverages.

Best Choices for sale and snack items

- Granola bars, whole-grain fruit bars
- Nuts and seeds-plain or with spices
- Nut mix
- Trail mix
- Fresh fruit
- Dried fruit
- Fresh vegetables
- Low sodium varieties of jerky
- Yogurt, low fat
- String cheese
- Fruit/Vegetable 100% juices
- 1% or skim milk
- Plain water

- Dry roasted peanuts, tree nuts, and soy nuts
- Frozen fruit juice bars with no sugar or corn syrup

Good Choices for sale and snack items

- Nuts with light sugar covering; honey-roasted
- Popcorn without hydrogenated fats
- Individually packed fruit in natural juices only
- Fruit leather
- Animal crackers and graham crackers
- Pretzels
- Low fat ice cream and sherbet bars
- Peanut butter and crackers
- Low-fat pudding
- Baked chips and corn nuts

Standards for Food and Beverages Served or Sold at Meade School District

- Follow USDA Healthier US School Challenge Competitive Foods Criteria for Bronze/Silver Award. Complete guidance to be found at: <http://www.fns.usda.gov/tn/healthierus/2012criteria.chart.html>
- We will attempt to follow the following list of guidelines.
 - Total Fat: Calories from total fat must be at or below 35%. (excluding nuts, seeds, nut butters and reduced-fat cheese)
 - Trans. Fat: “Trans fat-free” less than 0.5g trans fat per serving
 - Saturated Fat: Calories from saturated fat must be below 10%. Reduced fat cheese is exempt.
 - Sugar: Total sugar must be at or below 35% by weight. (includes naturally occurring and added sugars) Fruits and vegetables are exempt.
 - Sodium: Must be at or below 480 mg per side dish/entrée. Must be at or below 600 mg per main dish/entrée.
 - Portion sizes: Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.
 - Fruits and Non-Fried Vegetables: Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweeteners; canned fruit must be packed in juice or light syrup.
 - Milk: Only low-fat (1% or less) or fat-free milk meeting state and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
 - Milk Serving Size: Milk serving size is limited to 8-fluid ounces.
 - Other approved Beverages: Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners)
 - Juice Serving Size: Elementary/Middle School: 6 fluid ounces, High School: 8 fluid ounces

Definitions

- School Food Authority (SFA)- The governing body which is responsible for the administration of one or more schools which has the legal authority to operate a

nonprofit School Food Service there in or otherwise approved by (FNS) Food Nutrition Service of the United States Department of Agriculture to operate a national School Lunch program (NSLP)

- School Health Professionals- This may include school nurse, school counselor, and other staff supporting healthy living.
- Local Wellness policy (LWP) is a policy that promotes healthy living for students and teachers
- Local Education Agency (LEA) Refers to an agency that oversees a school district or an entity responsible for one or more sites.

Legal References: Title 42 USC 1751-1769;
Title 42 USC 1771-1791;
Title 7 CFR 210.1-210.31;
Title 7 CFR 220.1-220.21.

Revised December 2015
Approved November 13, 2012
Adopted June 13, 2006