

SECTION T
WELLNESS POLICY
Reviewed and Assessed 11/1/19

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 with a federally-funded National School Lunch program and the Healthy, Hunger-Free Kids Act of 2010. Sioux Valley School District has established and maintained a coordinated school health program which addresses all components of school health. This policy was updated in 2015, by the Sioux Valley Wellness Committee which consists of: staff, food service, community members, and district administration. The Sioux Valley Wellness Committee works to promote health and well-being, and to utilize the wellness policy to enhance academic performance in students.

RATIONALE

A healthy school environment goes beyond school meals in the cafeteria. Nutrition education and physical activity should be incorporated into the school day as often as possible. Studies have shown that physical activity can enhance cognitive function and academic achievement. The increasing rate of overweight and obesity among youth continues to jeopardize the future health and productivity of our students. This generation of children may live shorter lives than their parents. During the last three decades, the prevalence of obesity has tripled among persons 6-19 years. Multiple chronic disease risk factors, such as high blood pressure, high cholesterol level, and high glucose levels are related to obesity. Schools have a responsibility to help prevent obesity and promote physical activity and healthy eating through policies, practices and supportive environments.

Studies have shown that students who eat breakfast have better nutrition, fewer sick days, fewer disruptive behaviors, and better school performance. Also students with increased consumption of fruits and vegetables and lower calorie intake levels of fats were more likely to have a higher level of academic achievement.

The federal government, the state of South Dakota, and the Sioux Valley School District 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 students.

SCHOOL WELLNESS COMMITTEE

The Sioux Valley School District Wellness Committee will include members from a variety of the following representation:

- Administrator
- Elementary Classroom Educator
- Middle School Classroom Educator
- High School Classroom Educator
- Community Member/Parent
- Physical Education Educator
- School Board Member
- School Food Service Representative
- School Health Educator
- Student
- General Public

This committee will be open to receiving feedback from the students, staff, parents and general public in order to maintain a policy that is current and meets all the guidelines.

IMPLEMENTATION OF POLICY

The school wellness policy will be available to community members, staff, and students through the district handbook. The handbook is available through the school website. Patrons may also receive a hardcopy of the wellness policy by contacting a wellness committee member or school administrator.

The Sioux Valley Wellness Committee will meet annually to review and update the wellness policy. The Federal guideline is to review the wellness policy every 3 years or triannually.

Moe Ruesink, Dean of Students/Activities Director, will be responsible for overseeing the district's Wellness Plan.

MEASUREMENT AND ASSESSMENT- EVALUATION PLAN

The Sioux Valley Wellness Committee will make changes to the wellness policy as needed. The committee will meet annually to discuss strengths and weaknesses. The committee will make modifications or improvements as seen necessary by the committee, school administration, as well as the district school board.

The food service director, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

I. NUTRITION EDUCATION AND PROMOTION- GOALS

The primary goal of nutrition education and nutrition promotion is to influence students' lifelong eating behaviors. 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 and nutrition promotions will be incorporated into the school day as often as possible.

Nutrition Education and Promotion should:

- Teach consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community and media;
- Be included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences and elective subjects;
- Include the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- Nutrition education follows the SD Nutrition Education Standards to include health and wellness knowledge and skills;
- Provide enjoyable, developmentally-appropriate, culturally-relevant and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
- Offer information to families that encourages them to teach their children about health and nutrition and provide nutritious meals for their families;
- Nutrition promotion creates environments that inspire healthy nutrition choices;
- School staff and parents should be encouraged to "celebrate accomplishments and share successes."

II. PHYSICAL ACTIVITY, EDUCATION, AND PROMOTIONS- GOALS

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 education so students understand the short and long term benefits of a physically active and healthful lifestyle.

PHYSICAL EDUCATION CLASSES K-12

- All students in grades K-5 will receive weekly physical education for the entire school year. Students with disabilities, special health-care needs and in alternative educational settings will be included. Students in grades 6-12 will be provided physical education opportunities as permitted by staffing, physical facilities, and funding resources which will meet or exceed state graduation requirements.
- All physical education classes will be taught by highly qualified physical education teachers or those holding a K-12 comprehensive health education endorsement.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.
- Students will spend at least 75% 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 SD and/or National Physical Education standards for K-12 Physical Education curriculum.

PHYSICAL ACTIVITY ACROSS THE CURRICULUM

- Physical activity is encouraged to be incorporated into other subject areas, but not used as a substitute for Physical Education class.
- Designated physical activity will not be used as a form of punishment by school staff.
- 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 is encouraged during transition, break, and free time.
- When appropriate, staff is encouraged to incorporate physical activity or concepts learned through physical education, into other curriculum concepts through preferably outdoor physical activity (examples; treasure hunts, brain gym activities, outdoor classroom usage) labs.

DAILY RECESS

- All elementary school students will have at least 25 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity.
- Middle school students will receive 15 minutes of daily supervised recess.

PHYSICAL ACTIVITY OPPORTUNITIES BEFORE AND AFTER SCHOOL

- All high school and middle school students as appropriate, will be offered interscholastic sports programs.
- Sioux Valley 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.
- After-school childcare and enrichment programs will provide and encourage daily periods of physical activity for all participants.
- School will educate and encourage participation in community or club activities.
- Encourage active transportation (walking, biking, etc.) to and from school as a healthy alternative.

REWARDS, INCENTIVES, AND CONSEQUENCES

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Examples: physical activity, pencils, bookmarks, and healthy snacks.
- School lunch and/or milk break will not be withheld from students as a consequence for inappropriate behavior and poor academic performance.
- Loss or modifications of physical activity time, including recess, will not be used as a consequence for inappropriate behavior during other portions of the school day, but can be used to promote positive learning habits.

USE OF SCHOOL FACILITIES OUTSIDE OF SCHOOL HOURS

- Sioux Valley Schools will 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, as approved by school personnel.
- These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

III. NUTRITION STANDARDS- GOALS

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, lean meats, and 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.

GENERAL GUIDELINES

- Procedures are 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.
- Food pricing strategies will follow the Healthy Hungry Free Kids Act 2010.

A LA CARTE OFFERING IN THE FOOD SERVICE PROGRAM

- A la carte items available during the school day will meet the smart snacks in school nutrition standards.
- School food service departments will not offer or serve extra portions unless sold as a la carte.

SNACKS, PARTIES, AND CELEBRATIONS

- Sioux Valley Schools and staff will limit celebrations that involve food during the school day.
- Sioux Valley Schools supports fun, positive, healthy parties and/or celebrations.
- Sioux Valley Schools limits celebrations that involve food during the school day.
- Sioux Valley Schools will help identify any allergies that students have to ensure appropriate snacks are provided for them as well.
- Sioux Valley School District supports the following list of easy, healthy, and affordable snacks to parents and teachers:

BEST CHOICES

- Granola bars, whole-grain fruit bars
- Nuts and seeds - plain or with spices
- Nut mix
- Trail mix-plain
- Fresh fruit
- Dried fruit
- Fresh vegetables
- Low sodium varieties of jerky
- Yogurt - low-fat and no sugar added
- String cheese
- Fruit/vegetable juice
- 1% or Skim milk
- Plain water
- Dry roasted peanuts, tree nuts, and soy nuts
- Fruit bars
- Frozen fruit juice bars

GOOD CHOICES

- 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, corn nuts

SCHOOL MEAL PROGRAM

- The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulation of the state of South Dakota. All schools will comply with federal regulations and state policies for school meal nutrition standards.
- Sioux Valley Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.
- Menus should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences.
- Students with special dietary needs (diabetes, celiac sprue, allergies, etc.) will be accommodated as required by USDA regulation.
- School food service departments shall not sell extra portions of desserts, French fries, and/or ice cream.

IV. OTHER SCHOOL-BASED/SPONSORED ACTIVITIES- GOALS

Sioux Valley Schools will create an environment that provides wellness messages, is conducive to healthy eating and being physically active, and contributes to forming healthy life-long habits. Sponsors of events outside the school day will be encouraged to use healthy choices to meet the Standards for Food and Beverages offered at these events.

EMPLOYEE WELLNESS

- Staff will have the opportunity to use school facilities before school, during, and after school.
- Staff will have the opportunity to use the school lunch program for a healthy meal option.
- Staff will have access to a refrigeration space, located in the staff lounge areas, to store fresh healthy meals.
- Staff will have access to water coolers/fountains.
- School staff will serve as role models and will practice healthy behaviors that support staff and student wellness.

PROFESSIONAL DEVELOPMENT

- Sioux Valley Schools will provide ongoing professional development and education for foodservice professionals and educators.
- Sioux Valley Schools will provide nutrition and physical activity options for students, staff, parents, and, where appropriate, for 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 is given 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.
- Sioux Valley Schools will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

FUNDRAISING

- The Sioux Valley School District will follow federal guidelines to meet requirements for the federal food program.
- The sale of food or beverage as a fundraiser will not take place from one hour before and one hour after the breakfast and lunch service on a school day.
- School sponsored fundraising which involves the sale of food products which could reasonably be consumed in the school setting (e.g. a bag of caramel popcorn as opposed to a bag of unpopped popcorn) can be conducted on a one per group/per school year basis for no more than one school day each when held from midnight before to 30 minutes after the end of the school day. If, however, the food sold meets the requirements of the NSLP program, as “smart snacks”, this restriction can be lifted. Record of all school-sponsored food-based fundraising must be communicated to the Business Manager.

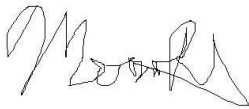
MARKETING ON CAMPUS

- Marketing is permitted on school campus during the school day of only those foods and beverages that meet the smart snacks in school nutrition standards.
- Vending machines that are located in the commons/lunch room areas will provide suitable snacks/drinks that are up to standard and the signage will reflect this as well.

SAFE ROUTES TO SCHOOL

- The school district will continue to collaborate with the city, to make needed improvements, to make it easier and more safe for students to walk or bike to school.
- As appropriate, the district will work together with local public works, public safety, and/or sheriff department in those efforts.

Respectfully submitted by the Wellness Committee Chair- Moe Ruesink Activities Director/Dean of Students- Sioux Valley Schools



ADOPTED- 2008

REVISED- 4/8/15, 4/8/16, 2/22/17

REVIEWED- 2/22/17, 11/1/19

ASSESSED- 11/1/19

5/19/17 Revision addressed and update the current federal guidelines and standards.

4/25/18 Revisions made to update to the current federal guideline and standards.

Those in attendance- Moe Ruesink, Bill Vincent, Landon Hammer, Dan Hughes, Micheal Aasness, Samatha Tschetter, Jill Vincent, Emily Hesby, Natalie Madsen, Tracy Nelson

11/1/19 Reviewed and assessed the wellness policy.

Those in attendance- Moe Ruesink, Bill Vincent, Riley Miller, Lorenzo Williams, Dan Hughes, Micheal Aasness, Samatha Tschetter, Tracy Nelson