

## Schaller-Crestland/Ridge View Schools

Series 500

Policy Title: Wellness Policy

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The board promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students. Improved health optimizes student performance potential.

The Schaller-Crestland Community school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy schools district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

The Schaller-Crestland Community school district supports and promotes proper dietary habits contributing to students' health status and academic performance. All foods available on school grounds and at school-sponsored activities during the instructional day should meet or exceed the school district nutrition standards. Foods should be served with consideration toward nutritional integrity, variety, appeal, taste, safety and packaging to ensure high-quality meals.

The Schaller-Crestland Community school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals. Toward this end, the school district may utilize electronic identification and payment systems; provide meals at no charge to all children, regardless of income; promote the availability of meals to all students; and/or use nontraditional methods for serving meals, such as "grab-and-go" or classroom breakfast.

The Schaller-Crestland Community school district will consult with representatives of the board, parents, leaders in food/exercise authority and employees. The administrative team will develop a plan to implement and measure the local wellness policy and monitor the effectiveness of the policy. The administrative team will designate an individual to monitor implementation and evaluation of the implementation of the policy. The superintendent will report annually to the board regarding the effectiveness of this policy.

### **Specific Wellness Goals**

#### *1. Specific goals for nutrition education*

The school district will provide nutrition education and engage in nutrition promotion that:

- ❖ Is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- ❖ Includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- ❖ Promotes fruits, vegetables, whole-grain products, and low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- ❖ Creates awareness of alternative food sources through the development of curriculum that supplies information on organic, non-organic, and natural foods that provide a basis for individual wellness decisions.

#### *2. Physical Activity*

##### **Daily Physical Education**

The school district will provide physical education that:

- ❖ Is for all students in grades K-12 for the entire school year;
- ❖ Is taught by a certified physical education teacher;
- ❖ Includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- ❖ Engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

### **Daily Recess**

Elementary schools should provide recess for students that:

- ❖ Is at least 20 minutes a day;
  - ❖ Is preferably outdoors;
  - ❖ Encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and
  - ❖ Discourages extended periods (i.e., periods of two or more hours) of inactivity.
- When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity and Punishment**

- ❖ Employees should not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

### 3. *Other school-based activities that are designed to promote student wellness*

#### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school will:

- ❖ Offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- ❖ Discourage sedentary activities, such as watching television, playing computer games, etc.;
- ❖ Provide opportunities for physical activity to be incorporated into other subject lessons; and,
- ❖ Encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

#### **Food Marketing in Schools**

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- ❖ Promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- ❖ Market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water and pricing structures that promote healthy options in ala carte lines.

#### **Staff Wellness**

The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should:

- ❖ Develop and promote a multifaceted plan to promote staff health and wellness.
- ❖ Base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.

#### **School Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- ❖ Be appealing and attractive to children;
- ❖ Be served in clean and pleasant settings;
- ❖ Meet, at a minimum, nutrition requirements established by local, state and federal law;
- ❖ Offer a variety of fruits and vegetables;
- ❖ Serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA); and,
- ❖ Provide option of whole grain or wheat.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- ❖ Operate the breakfast program, to the extent possible;
- ❖ Arrange bus schedules and utilize methods to serve breakfasts that encourage participation;
- ❖ Notify parents and students of the availability of the School Breakfast Program, where available; and,
- ❖ Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials or other means.

### **Free and Reduced-Priced Meals**

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-priced meals. Toward this end, the school district may:

- ❖ Utilize electronic identification and payment systems;
- ❖ Promote the availability of meals to all students.

### **Meal Times and Scheduling**

The school district:

- ❖ Will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- ❖ Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11:00am and 1:00pm; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- ❖ Will provide students access to hand washing or hand sanitizing before they eat meals or snacks; and
- ❖ Should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

### **Qualification of Food Service Staff**

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- ❖ Provide continuing professional development for all nutrition professionals; and,
- ❖ Provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

### **Sharing of Foods**

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Monitoring**

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- The principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- Food service staff, 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.