



EACH SCHOOL WILL FOSTER A CLIMATE CONDUCIVE TO LEARNING BY ENCOURAGING GOOD BEHAVIOR AND CITIZENSHIP, GOOD ATTENDANCE, A THIRST FOR KNOWLEDGE, AND HIGH ACADEMIC STANDARDS. TEACHERS WILL EMPLOY STRATEGIES AND APPROACHES TO INSTRUCTION TO MEET THE NEEDS OF ALL CHILDREN ASSIGNED TO THEM. WITH PROPER MOTIVATION AND INSTRUCTION, ALL CHILDREN CAN LEARN.

Groton Area School District 06-6
502 N 2nd Street
PO Box 410
Groton, SD 57445

Wellness Policy

Groton Area Middle/High School – 502 N 2nd Street (605-397-8381)
Groton Area Elementary School – 810 N 1st Street (605-397-2317)

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District Wellness Committee

Committee Role and Membership

The District will convene a representative District Wellness Committee periodically to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The local wellness committee membership will represent all school levels (elementary, middle school, high school) and include, to the extent possible, parents and caregivers, students, representatives of the school nutrition program, physical education teachers, school health professionals, health educators, school administrators, school board members, and the general public.

Leadership

The Superintendent or designee(s) will convene the local wellness committee and facilitate development of and updates to the wellness policy and will ensure each attendance center's compliance with the policy.

The designated official for oversight is Beth Gustafson, RN [Beth.Gustafson@k12.sd.us, 605-397-8381].

District Wellness Committee

Name	Title/Relationship to the School/District	Email Address	Committee Role
Beth Gustafson	RN, School Nurse	Beth.Gustafson@k12.sd.us	Chair
Brandon Clocksene	Food Service Director/Parent	Brandon.Clocksene@k12.sd.us	Member
Joe Schwan	Superintendent	Joe.Schwan@k12.sd.us	Member
Brett Schwan	Elementary Principal	Brett.Schwan@k12.sd.us	Member
Shelby Edwards	MS/HS Principal	Shelby.Edwards@k12.sd.us	Member
Becky Hubsch	Business Manager	Becky.Hubsch@k12.sd.us	Member
Kyle Gerlach	PE/Health Teacher	Kyle.Gerlach@k12.sd.us	Member

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

The District will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to each school and includes information about responsibilities specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports/updates can be found at: grotonarea.com/page/food-service-information.

Record Keeping

The District will retain records to document compliance with the requirements of the wellness policy for three years past the current year. Documentation maintained in this location will include:

- The written wellness policy;

- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the District Wellness Policy, including an indication of who is involved in the update and methods the District uses to make stakeholders aware annually of their ability to participate in the local wellness committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
The most recent assessment on the implementation of the District Wellness Policy;
- Documentation demonstrating the most recent assessment on the implementation of the District Wellness Policy has been made available to the public.

Annual Notification of Policy

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website and/or District-wide communications. The District will provide as much information as possible about the school nutrition environment. This will include a summary of the District’s event or activities related to wellness policy implementation. Annually, the District will also publicize the name and contact information of the District official(s) leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

- At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy for all District attendance centers and will 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 the South Dakota Model Wellness Policy; and
 - A description of the progress made in attaining the goals of the District Wellness Policy;
 - Assessment will identify how the policy will be updated to add areas as needed, improve progress toward goals, etc.
 - Documentation of how and why the policy was evaluated will be maintained.

The person responsible for managing the triennial assessment and contact information is: **Beth Gustafson, RN/School Nurse** (Beth.Gustafson@k12.sd.us, 605-397-8381).

The District Wellness Committee will monitor schools’ compliance with this wellness policy.

The District will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The local wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new state or federal guidance or standards are issued. The District Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment. Documentation of update will be maintained, such as attendance sheet, meeting minutes, etc.

Community Involvement, Outreach, and Communications

The District is committed to being responsive to community input which begins with awareness of the District 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.

Nutrition

School Meals

The Groton Area 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 the USDA child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). All schools within the District are committed to offering school meals through the NSLP and SBP that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in a clean and pleasant setting;
- 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:
 - Whole fruit options are displayed in attractive bowls or baskets
 - 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 available vegetable options have been given creative or descriptive names.
 - 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.
 - Alternative entrée option, such as salad bar or chef salad, are highlighted on posters or signs within all service and dining areas.
 - Student surveys and taste testing opportunities are used to inform menu development, dining space décor and promotional ideas.
 - Student artwork is displayed in the service and/or dining areas.
 - Daily announcements are used to promote and market menu options.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout each attendance center. Drinking water is available where school meals are served during mealtimes.

Competitive Food and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks>.

To support healthy food choices and improve student health and well-being, all foods and beverages sold outside the reimbursable meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores and snack or food carts.

Celebrations and Rewards

The District will encourage stakeholders to follow the USDA Smart Snacks nutrition standards in all foods offered on the school campus during the school day through:

1. **Celebrations and parties.** The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.
2. **Classroom snacks brought by parents.** The District will provide a list of foods and beverages that meet Smart Snacks nutrition standards.
3. **Rewards and incentives.** The District will provide teachers and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. The District will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Review and consider evidence-based health food promotion techniques through the school meal program using Smarter Lunchroom techniques; and

- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that the District and individual schools may use are available at <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/food-beverage-marketing>.

Nutrition Education

The District will teach, model, encourage and support healthy eating by all students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their mental health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, and farm visits;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition program activities, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

[South Dakota Health Education Standards](#)

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The District strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent with the health information the District is imparting through nutrition education and health promotion efforts. It is the intent of the District to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors

- Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards (Note: immediate replacement of these items are not required; however, districts will replace or update scoreboards or other durable equipment when existing contracts are up for renewal or to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered or sold by the District.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the District reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by the District wellness policy.

Physical Activity

Physical activity during the school day will not be withheld as punishment unless such punishment is a direct result from misbehavior related to the physical activity period (i.e. misbehavior at recess may result in loss of recess time). This does not include participation in extra-curricular activities that have specific academic and code-of-conduct requirements.

To the extent practical, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with the state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

[South Dakota Physical Education Standards](#)

Other

The District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complimentary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

All efforts related to obtaining federal, state, or association recognition efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complimentary of the wellness policy, including but not limited to ensuring the involvement of the District Wellness Committee.

Wellness Goals

Nutrition Education and Promotion

1. Reduce/Eliminate consumption of high-sugar caffeinated beverages and energy drinks during school day (MS/HS).
2. Promote the connection between proper nutrition and positive outcomes (general wellness, academic performance, athletic performance)

Physical Activity

1. Study feasibility of offering additional physical education opportunities for high school students beyond the semester required for graduation.
2. Promote physical activity with emphasis on those not currently participating in extra-curricular athletics.

Other School-Based Activities

1. Make the school facility available for recreational activities not sponsored by the District (e.g. youth athletics, etc.).