

## **Wellness Policy**

The Wellness policy requirements were established by the Child Nutrition and WIC Reauthorization Act of 2004 and further strengthened by the Health, Hunger-Free Kids Act of 2010 (HHFKA). It requires each local education agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program to develop a wellness policy. The responsibility for developing a wellness policy is placed at the local level so the unique needs of each school under the LEA's jurisdiction can be addressed.

Healthy eating patterns, respect for body-size differences, and physical activity are essential for students to reach their academic potential, full physical and mental growth, and lifelong health and well-being. Studies have shown a strong link among nutrition, physical activity and learning. Positive correlations have been made regarding academic performance as measured by test scores, concentration, tardiness, attendance rates, and discipline.

Healthy eating and physical activity are also clearly linked to the reduced risk for mortality and development of many chronic diseases. Being overweight increases the risk of children developing Type 2 diabetes, asthma, and cardiovascular problems such as high blood pressure, elevated cholesterol levels, as well as some forms of cancer. Overweight children often experience low self-esteem and even depression. In economic terms, the effects of students' poor nutrition and physical activity patterns can potentially cost vital dollars to schools each year.

Because students are in school for a substantial portion of the day, school districts have a responsibility to help students establish and maintain lifelong, healthy and enjoyable eating and physical activity patterns, while creating environments that reflect respect for body-size differences.

Increasing evidence suggests that schools are more effective in preventing long-term health problems when they work together with students, parents, and the community. A District Wellness Committee that includes a school board member, administration, community leaders, health professionals, students, parents, and school personnel can facilitate communication, efficiently use resources, and provide consistency in decision making.

### **Nutrition Education**

Students in Sweetwater School District #1 shall receive nutrition education that is aligned with the USDA Wellness Policy requirements. Education that teaches the knowledge and skills needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

- Students will receive nutrition education that is interactive and teaches knowledge, attitudes, skills and behaviors needed to adopt healthy and enjoyable eating habits that last a lifetime.
- State and District health education curriculum standards and guidelines will be met or exceeded.
- The staff teaching nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver an accurate nutrition education program. Professional development activities will provide basic knowledge of nutrition, combined with skills practice in program-specific activities and instructional techniques and strategies designed to promote healthy eating habits and the importance of body-size acceptance.
- Students will receive consistent nutrition messages throughout the school, classroom and

cafeteria.

- The District will build awareness among all District staff regarding the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness.
- The District will encourage parents, staff and students to model healthy eating and being physically active.

### Physical Education and Physical Activity

The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills and values necessary for lifelong physical activity. Physical education instruction shall be aligned and assessed with the *Wyoming Physical Education Content and Performance Standards*.

All students, K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

- State and District physical education curriculum standards and guidelines will be met or exceeded. Professional Teaching Standards Board certified physical education instructors teach all physical education and health classes. This policy recognizes state authorized exemptions.
- All students in grades 1-6, will be scheduled for physical education/health for approximately 50 minutes per day, three days out of a six day rotation for elementary school students. If this schedule changes, this policy needs to be reviewed.
- Physical education should actively engage all youth, regardless of skill level, and teach the knowledge, attitudes, skills and behaviors that students need to adopt and enjoy a physically active lifestyle.
- The District will provide ongoing professional training and development for staff in the area of physical education and physical activity.
- Physical activity programs will be carried out in safe environments that reflect respect for body-size differences and varying skill levels.
- Students will be provided several opportunities daily for physical activity.
- Convenient access to facilities for hand washing shall be available. Elementary and junior high school students are not permitted to leave school grounds during the school day to purchase food or beverages.
- Elementary students will have daily scheduled recesses.
- Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) as punishment.
- The school will encourage families and community members to support programs outside of the school that encourage physical activity.
- Activity “prompts” and other signage will be posted throughout the school to encourage activity as well as newsletter or website announcements to parents regarding activity and healthy choices.

### Nutrition Standards for All Foods Available in District Facilities

Sweetwater County School District #1 shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in USDA Federal regulations. Sweetwater County School District #1 shall encourage students to make nutritious food choices. The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. Nutrition Services shall provide USDA Dietary policies and regulations when requested.

Sweetwater School District #1 shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

### Healthy Food and Drink

Vending machines, fundraisers, and concessions located in/on Sweetwater County School District #1 facilities will sell only healthy (Smart) snacks and drinks to students/patrons that follow the USDA Federal guidelines. Vending machines housing items not meeting USDA Smart Snack Guidelines will be operable and assessable thirty (30) minutes prior to the last school bell in the afternoon until thirty (30) minutes prior to the first period bell in the morning on weekdays and fully operational and assessable on weekends and holidays. School concession stands will be operational only during activity events.

### Guidelines for Food

The above guidelines apply to all areas in the District. Suggested food lists for celebrations, fundraisers, and concessions are available from the District Wellness Committee.

- District Nutrition Services will offer breakfast and lunch where feasible. All meals will meet the Guidelines of the USDA's National School Lunch and Breakfast Programs.
- Competitive food and drinks shall not be sold to students on school grounds and school buildings during the times that school breakfast or lunch is being served.
- Nutritious snacks in elementary classrooms may be allowed with teacher permission. The snack may not be at the same time as regular mealtime. Prepackaged unopened snacks are encouraged.
- The District will encourage and promote school breakfast participation.
- Advertising messages will be consistent with and reinforce the objectives of the nutrition goals of the District.

Fundraisers must also follow the current federal regulations. The current regulations can be obtained by the Director of Nutrition Services. Exemptions from the regulations can be obtained through the building principal and/or the athletic director. Only five (5) exemptions will be permitted per school per calendar school year.

### Other School-Based Activities Designed to Promote Student Wellness Goals

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

### Educational Reinforcement

- School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.
- Nutrition Services will provide professional training for their staff in the areas of health, safety and sanitation.
- The Nutrition Services programs shall be closely coordinated with nutrition instruction. Nutrition services staff shall work closely with those responsible for other components of the school health program to achieve common goals.
- School counselors and school health services staff shall consistently promote healthy eating. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems and be able to refer them to appropriate services.

- Lunch periods will be scheduled as near the middle of the day as possible.
- The District will provide enough space and serving areas to ensure student access to school meals.

#### Maintain a District Wellness Committee and Monitor and Review the Policy

- The District Nutrition Services Director shall implement this policy and measure how well it is being managed and enforced. The Nutrition Services Director shall report to the local school board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.
- It is recommended that the District Wellness Committee include: Director of Nutrition, Director of Human Resources, medical professional, parent representative, student representative, administrator, classroom teacher, school board member, PE/health teacher, family and consumer science teacher, and community member(s).
- The District will ensure compliance with all federal, state, and local regulations pertaining to the Wellness Policy.
- The District Wellness Committee, chaired by the Director of Nutrition Services, will prepare an annual report for the school board and the public on the progress toward meeting policy goals.
- The Committee will set a specific, measurable wellness goal(s) and meet periodically to discuss progress on these goals and wellness issues in the District. The Committee will work towards these goal(s) each year.
- The report shall include celebrations and recommendations for improvement.
- The District Wellness Committee will educate administrators, education leaders teachers, staff and parents about the importance of school physical education and nutrition programs and policies.

The Sweetwater County School District Number One Policy Committee will review the Wellness Policy and procedures periodically. This committee consists of K-12 building and district administrators, K-12 teachers, Sweetwater Education Association representative, Rock Springs Administrators' Association representative, Sweetwater County School District Number One Board of Trustee member, and a classified district employee. Input from the Director of Nutrition Services, physical education teachers, parents and students was used to formulate these policies and procedures.

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School District #1, Sweetwater County