

# Highmore-Harrold School District

## School Wellness Policy - 2022

### INTRODUCTION

Living a healthy lifestyle and maintaining a healthy weight requires a combination of reliable access to healthy food and physical activity options, knowledge of nutrition, and appropriate amounts of physical activity. A coordinated effort by the entire community is needed and should include child nutrition professionals, school board members, families, students, school administrators, teachers, worksites, local businesses and agencies, healthcare, and others in the community. 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 South Dakota students

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a new requirement for all local agencies (including public and nonpublic, as well as, Residential Child Care Institutions) with a federally funded National School Lunch program. The local agencies were required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-07 school year. The Healthy Hunger Free Kids Act of 2010 strengthens the nutrition and physical activity requirements for school wellness policies and includes goals for nutrition promotion, while still permitting local flexibility so districts can tailor policies to their particular needs.

In response to the 2004 requirement, the South Dakota Department of Education (SDDOE) convened a work group that developed a model wellness policy for local agencies, adopted by the South Dakota Board of Education on September 20, 2005. A new work group was convened in 2012 to address the Healthy Hunger Free Kids Act of 2010. The updated model wellness policy developed by SDDOE meets the new federal requirement. The priority of the 2012 workgroup is continuing to promote children's health and well-being, and to utilize the wellness policy to enhance academic performance.

### RATIONALE

Supporting the 2011 United States Department of Agriculture (USDA) Nutrition Standards is important for student health and academic success( USDA Website: 2010 Dietary Guidelines for Americans.) Studies show 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 caloric intake levels of fats were significantly less likely to fail the literacy assessment test (SOURCE: A Recipe for Academic Success brochure).

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 functioning and academic achievement. (*American Journal of Public Health, 100(4), 646-653*) The increasing rate of overweight and obesity among youth continues to jeopardize the future health and productivity of our children. This generation of children may live shorter lives than their parents. During the last three decades, the prevalence of obesity has tripled among persons aged 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.

### **School Wellness Council**

The local school food agency must convene a wellness council to develop, implement, assess and review its wellness policy. The most effective wellness policy is one that utilizes input from stakeholders in the community. The council will review the School Wellness Policy once every three years. **The council must include the following representation:**

- Administrator
- Classroom educator
- Community member/parent
- Physical Education teacher
- School board member
- School food authority and/or food service representative
- School health professional
- Student

### **Implementation of Wellness Policy**

The Highmore-Harrod School District will inform (e.g. newsletters, social and mass media, conferences, school functions and school web site) and update the public (including parents, students, staff, and others in the community) about the content and implementation of the Wellness Policy.

### **Implementation at each school must address the following four components:**

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

### **Nutrition Education and Promotion Component**

The primary goal of nutrition education and nutrition promotion is to influence students' lifelong eating behaviors. 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, parents, staff, and the community.

- 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 courses.
- 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.
- 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 (e.g. contests, promotions, taste testing, farm visits, and school gardens).
- Nutrition education and nutrition promotion offers information to families that encourage them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families.
- 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 creates environments (classroom, cafeteria, vending machines, fund raising, etc.) that inspire healthy nutrition choices.
- Nutrition promotion includes an action plan that identifies observable and measurable goals 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 should be encouraged to “celebrate accomplishments and 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 healthful lifestyle.

### **Physical Education Classes K-12**

- All students in grades K-8 will receive physical education. Students with disabilities, special health-care needs, and those in alternative education settings will be included.
- Students will spend at least 50% 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 South Dakota and/or National Physical Education standards for Pre-K through grade 12.

- All physical education will be taught by highly qualified physical education teachers.
- Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

### **Physical Activity across the Curriculum**

- Physical activity is regularly incorporated into other subject areas (e.g. math, language, arts, science, and social studies), but not used as a substitute for Physical Education class.
- Designated physical activity time should not be used for the purpose of individual lessons, classes, and/or therapies or scheduling said events.

### **Recess and Transitional Time**

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoor, 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 transition, break, and free time.

### **Physical Activity Opportunities Before and After School**

- Schools will offer activities that meet the needs, interests, and abilities of all students.
- All high schools and middle schools as appropriate, will offer interscholastic sports programs.
- Schools will educate and encourage participation in community or club activities.

### **Withholding or Punishing**

- Food will not be withheld from students as a consequence for inappropriate behavior or academic performance.
- Withholding meal time will not be used as a punishment.

### **Use of School Facilities Outside of School Hours**

- School spaces and facilities including the gym and weight room will be available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations.
- Schools will educate the community, including parents and staff, about utilizing the facility. 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.

### **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**

- School wellness policy provides staff opportunities to participate in physical activities such as the school gym, weight room, and an optional reduced fee membership to the fitness center.
- 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**

- Schools will provide professional development regarding the impact of nutrition and physical activity on academic performance to foodservice professionals, educators, administrators, and other staff.
- Schools will provide ongoing content specific professional development and education for foodservice 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, 20 minutes for lunch) lunch will be scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- 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.

### **Convenient and Safe Drinking Water**

- Schools will promote drinking water availability as an essential component of student wellness by improving access to free, safe drinking water in varied locations 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. Food will not always 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.)

### **General Guidelines**

- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Food pricing strategies will follow the Healthy Hungry Free Kids Act 2010.
- The local wellness council will measure the implementation of the local wellness policy.

### **Parties and Celebrations**

- The district will post on the school website a list of suggestions for fun, positive, healthy party ideas to parents and teachers.
- Schools should limit celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages as outlined in this policy.

### **School Sponsored Events (such as but not limited to athletic events, dances, or performances)**

- 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.

### **Best Choices:**

- Granola bars, whole-grain fruit bars
- Fresh fruit of all varieties
- Dried fruit
- Fresh vegetables
- Low sodium varieties of jerky (or buffalo jerky)
- Yogurt, low fat and no sugars added
- String cheese
- Fruit/Vegetable juice (100% juice)
- 1% or skim milk
- Plain water
- Fruit bars
- Frozen fruit juice bars (no sugar or high fructose corn syrup)
- Non-nut, non-dairy milks (for example, oat milk)
- Hummus

### **Good Choices:**

- 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
- Low-fat pudding
- Baked chips, corn nuts

## Standard Suggestions for Food and Beverages

- Follow USDA HealthierUS 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](http://www.fns.usda.gov/tn/healthierus/2012criteria_chart.html)

<b>Total Fat</b>	Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese)
<b>Trans Fat</b>	" <i>Trans</i> fat-free" less than 0.5g <i>trans</i> fat per serving
<b>Saturated Fat</b>	Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt.
<b>Sugar</b>	<i>Total</i> sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt. Limit Added Sugars.
<b>Sodium</b>	Must be at or below 480 mg per side dish/entrée Must be at or below 600 mg per main dish/entrée
<b>Portion Sizes</b>	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.
<b>Fruits and Non-Fried Vegetables</b>	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 sweetener; canned fruit must be packed in juice or light syrup.
<b>Milk</b>	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.
<b>Milk Serving Sizes</b>	Milk serving size is limited to 8-fluid ounces.
<b>Other Approved Beverages</b>	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).
<b>Juice Serving Size</b>	<b>Elementary/Middle School:</b> 6-fluid ounces <b>High School:</b> 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.

## **SUGGESTED LINKS**

### **Drinking Water**

- [http://www.phpnet.org/sites/phpnet.org/files/Wellness\\_Policy\\_Language\\_Water\\_Access\\_in\\_Schools\\_20111108.pdf](http://www.phpnet.org/sites/phpnet.org/files/Wellness_Policy_Language_Water_Access_in_Schools_20111108.pdf)

### **Youth Physical Activities Guidelines Toolkit**

- <http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm>

### **Let's Move In School – Toolkits**

#### Superintendents and School Boards toolkit

- [http://www.aahperd.org/letsmoveinschool/tools/superintendent\\_school-board\\_toolkit.cfm](http://www.aahperd.org/letsmoveinschool/tools/superintendent_school-board_toolkit.cfm)

#### PTA/PTO Toolkit

- <http://www.aahperd.org/letsmoveinschool/tools/pta-pt-toolkit.cfm>

#### Physical Education Teacher Online Toolkits

- <http://www.aahperd.org/letsmoveinschool/tools/peteachers/index.cfm>

### **Concessions**

- Munch Code
- [www.MunchCode.org](http://www.MunchCode.org)

### **USDA websites**

- <http://www.fns.usda.gov/tn/>
- <http://Teamnutrition.usda.gov/HealthierUS/index.html>