**Haakon School District
Wellness Policy**

Updated 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 2006-2007 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) created a work group that developed a model wellness policy for local agencies. This policy was adopted by the South Dakota Board of Education on September 20, 2005. A new work group was created in 2012 to address the Healthy Hunger Free Kids Act of 2010. 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.

**Committee Members**

Jeff Rieckman - Superintendent/Elementary Principal

Mandie Menzel - JH/HS Principal

Matt Donnelly - K-12 Physical Education Teacher

Nicole Dennis - Food Service Director

Anita Peterson - School Board Member

Ryan Jorgensen - Staff Member

**Nutrition Education Component**

At each grade level, 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 education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students’ eating behaviors.

**Nutrition Education**

• Scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, and community will be published in the school newsletter and local newspaper

• Is part of health education classes

• Is integrated in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects;

• Uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12;

• Provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, taste testing, and farm visits)

• Offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;

• Will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;

• Will include a school nutrition/health team, such as Team Nutrition, to conduct nutrition education activities and promotions that involve parents, students, and the community.

**Physical Activity Component**

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, and understand the short and long-term benefits of a physically active and healthful lifestyle.

**Daily Physical Education Classes K-9**

• All students in grades K-9 will receive daily physical education (or its equivalent of 60-80 minutes per week for elementary school students and 100-150 minutes per week for middle and high school students) for the entire school year. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.

• Students will spend at least 50 percent 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 9.

• 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.

**Daily Recess**

All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, 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.

**Physical Activity Opportunities Before and After School**

• All high schools and junior high schools, as appropriate, will offer interscholastic sports programs.

• 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.

• Schools will educate and encourage participation in community or club activities.

• After-school childcare and enrichment programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.

**Safe Routes to School**

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.
 **Use of School Facilities Outside of School Hours**

School spaces and facilities will be available to students, staff, and community members after the school day; on weekends; and during school vacations according to school policy.

School policies concerning safety will apply at all times.

**Wellness Council/Committee**

Schools will develop a Wellness Council/Committee comprised of school personnel and school board members to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community. Community members are welcome to participate.

**Parent Involvement**

Encourage parents to promote physical activity and healthy foods at home.

**Other School-Based Activities Component**

Schools will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life-long habits.

**Professional Development**

Schools will provide ongoing 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 scheduled as near the middle of the school day as possible to eat, relax, and socialize.

Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow twenty minutes for breakfast and twenty minutes for lunch once the student is seated.

**Community Access to Facilities for Physical Activity**

Schools will provide community access to the school’s physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities when possible according to school policy.

**Tobacco Free School Grounds**

The school will promote a tobacco free environment for students, staff, and community members.

**Nutrition Standards Component**

Students’ life-long 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, and low-fat grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

**General Guidelines**

Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.

**School Meal Program**

The school food service program will operate in accordance with the Healthy, Hunger – Free Kids Act of2010 as amended and with applicable laws and regulations of the state of South Dakota.

Schools will offer varied and nutritious food choices that are consistent with the federal government’s Dietary Guidelines for Americans. For the purpose of this policy, “Dietary Guidelines for Americans” refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.

Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.

**A La Carte Offerings in the Food Service Program**

A la Carte items available during the school day will meet the Standards for Food and Beverages and smart snacks set forth in this document.

**Parties and Celebrations**

• Celebrations that involve food during the school day shall be limited.

• Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages and smart snacks.

• The district will disseminate a list of healthy party ideas to parents and teachers.

**Vending Machines**

• Plain water with or without carbonation

• 100% fruit or vegetable juice

• No calorie and low calorie beverage options

**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 statutes and regulations;

 • Offer a variety of fruits and vegetables;

• Serve only low-fat (2%) and fat free milk and nutritionally-equivalent non-dairy alternatives; and

• Ensure that half of the served grains are whole grain.

Haakon Schools will engage students and parents, through taste-tests of new entrees and surveys, in selecting food sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, Haakon Schools will share information about the nutritional content of meals with parents and students, when requested.

**Breakfast**

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

• Haakon Schools will, to the extent possible, operate the School Breakfast Program.

• Haakon Schools will notify parents and students of the availability of the School Breakfast Program.

• Haakon Schools will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home material, or other means.

**Meal Times and Scheduling:**

• Will provide students with at least 20 minutes to eat for breakfast and 20 minutes for lunch;

• Will schedule meal periods at appropriate times;

• Will not schedule tutoring, club, or organizational meeting or activities during meal times, unless students may eat during such activities;

• Will provide students access to hand washing or hand sanitizing before they eat meals or snack;

• Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

**Sharing of Foods and Beverages**

Haakon Schools will discourage 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.

**Qualifications of School Food Service Staff**

Qualified nutrition professionals will administer the school meal programs. Haakon Schools will operate a food service program; we will provide continuing professional development for all nutrition professional in our school. Staff development programs will include appropriate certification and/or training programs including all professional standards for the school nutrition managers, and cafeteria workers, according to their levels of responsibility.

 **Free and Reduced-priced Meals**

Haakon Schools 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 school meals.

**Foods and Beverages Sold Individually Elementary**

The Haakon Schools food service program will approve and provide all food and beverage sales to students in elementary schools. Given young children’s limited nutrition skills, foods in Haakon Elementary School will be sold as a balanced meal. When available, foods and beverages sold individually will be limited to low-fat and non-fat milk, fruit, and non-fried vegetables and foods.

**Middle/Junior High and High School**

 In middle/junior high and high school, all foods and beverages sold individually outside the reimbursable school meal programs (including those sold through ala carte lines, or vending machines) during school day, or through programs for students after the school day, will meet the following nutrition and portion size standards:

**Portion Sizes**

• Limit portion sizes of food and beverages sold individually to those listed below:

• One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;

• Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;

• Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;

• Eight ounces for non-frozen yogurt;

• Twelve fluid ounces for beverages, excluding water; and

• The portion size of ala carte entrees and side dishes, including potatoes, will not be greater that the size of comparable portions offered as part of school meals. Fruit and non-fried vegetables are exempt from portion-size limits.

**Haakon School District staff, will ensure compliance with nutrition polices within school food service areas and will report on this matter to the Superintendent.**

**Nutrition Education and Promotion**

Haakon School District aims to teach, encourage, and support healthy eating by students. We will provide nutrition education and engage in nutrition promotion that:

• Is offered at each grade level as part of a sequential, comprehensive, standard-based program to provide students with the knowledge and skill necessary to promote and protect their health;

• Is part of not only health education classes;

• Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contest, promotions, taste testing;

• Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

• Links with school meal program, other school foods, and nutrition-related community services;

* Includes training for teachers and other staff

**DEFINITIONS**

**A La Carte**: additional and separately priced foods sold in the lunch line.

**Dietary Guidelines for Americans**: dietary recommendations for healthy Americans age 2 years and over about food choices that promote health, specifically with respect to prevention or delay of chronic diseases.

**Physical Activity**: the Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that results in an expenditure of energy.

**Normal School Day**: time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.

 **Vending Machine**: a coin operated machine for the sale of merchandise operational only during non-school lunch time