

**Sweetwater County District# 2
Wellness Policy**

Intent:

Sweetwater County District#2 shall promote student wellbeing and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The district recognizes that collaborating with parents, students, school personnel, health professionals, and community members is the most effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits that are essential for students to achieve their full academic potential, as well as lifelong good health and wellbeing.

Rationale:

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 wellbeing. Recent 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. Over the past 20 years the percentage of overweight children has doubled and the percentage of overweight adolescents has tripled. 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 school wellness council that includes parents, community leaders, health professionals, students, and school personnel can facilitate communication, efficiently use resources, and provide consistency in decision making.

A local school wellness policy (LSWP) is a written document that guides a local educational agency or school district's efforts to create supportive school nutrition and physical activity environments. Each local education agency participating in federal Child Nutrition Programs, including the National School Lunch Program External or the School Breakfast Program External, is required to develop and implement a wellness policy as established by the Child Nutrition and WIC Reauthorization Act of 2004, and recently enhanced by the Healthy, Hunger-Free Kids Act

of 2010 (HHFKA)Cdc-pdf[PDF – 325.4 KB] External. Wellness policies can be integrated into the Whole School, Whole Community, Whole Child (WSCC) model for school health. The Whole School, Whole Community, Whole Child, or WSCC model, is CDC’s framework for addressing health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and the importance of evidence-based school policies and practices. The WSCC model has 10 components. WSCC can help put into action several provisions of the Every Student Succeeds Act External, including Title I and Title IV. Local Wellness Policies can address policies and practices for before-, during-, after-school as well as the Comprehensive School Physical Activity Plan (CSPAP) https://www.cdc.gov/healthyschools/professional_development/e-learning/cspap.html

Nutrition Education:

Throughout each school year, all students, K-12 in Sweetwater School District #2 shall receive nutrition education that is aligned with the USDA Wellness Policy requirements. Education that teaches the knowledge and skills needed to adopt health 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 in grades K-12 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 implemented as required.
- 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.
- Nutrition education will be integrated, as appropriate, into the core curriculum (e.g., math, science, language arts, and social studies).
- 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 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 as required.
- Students in grades K-12 will receive physical education that actively engages all youth, regardless of skill level, and that teaches 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.
- All physical education classes will have a student/teacher ratio comparable to other classes.
- The District does not allow courses or activities to be substituted for physical education.
- All students in grades K-12, including students with disabilities, will receive physical education and health for an average of 90 plus minutes per week for elementary school students and an average of 200 plus minutes per week for middle school students for the entire school year. High school students will be required to earn one credit of physical education and one half credit of health.
- 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.
- The District will provide elementary students a daily recess for an average of at least 40 total minutes in elementary and 20 total minutes in middle school. The K-5 schools will provide daily brain breaks. Brain breaks are an effective supplement to existing physical education curriculums. They will occur several times during the day for 3-5 minutes.
- Physical activity opportunities will focus on individual activities in addition to competitive
- 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 web site announcements to parents regarding activity and healthy choices!

Nutrition Standards for All Foods Available in District Facilities:

Sweetwater County School District #2 shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. Sweetwater County School District #2 shall encourage student 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.

Sweetwater School District #2 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

All vending machines, fundraisers, and concessions located in/on Sweetwater County School District 2 facilities will sell only healthy snacks and drinks to students/patrons that follow the USDA Federal guidelines from the hours of midnight to 30 minutes after the final bell. Vending companies may put timers on the machines to block them during these hours so they are available during evening activities.

Guidelines for food are:

All food sold in school between midnight and 30 minutes past the final bell, which includes, food sold in vending machines, fundraisers, all concessions, stores and the school lunch program Federal guidelines.

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. Building/Department Wellness Committees will be responsible for monitoring compliance with the above guidelines.

- District Nutrition Service will offer breakfast and lunch where feasible. All meals will meet the Guidelines of the USDA's National School Lunch and Breakfast Programs.
- Each building will educate students and parents on healthy choices of food for student celebrations and fundraisers.
- Schools may not sell any food during the times that school breakfast or lunch is being served.
- The District will encourage and promote school breakfast participation.
- Teachers and parents will be encouraged to model healthy eating habits while on school property.
- Advertising messages will be consistent with and reinforce the objectives of the nutrition goals of the District

Candy boxes are to no longer be placed into the schools, unless the distributor has followed the agreed upon healthier snacks criteria. Information regarding the specific regulations can be obtained through the Nutrition Service Director.

Fundraisers must also follow the current federal regulations. The current regulations can be obtained by the Nutrition Service Director. Exemptions from the regulations can be obtained through the Nutrition Service Director. Only 5 exemptions will be permitted per school per calendar school year.

Concessions must follow the recommended current USDA guidelines; unless it is sold ½ hour after the end of the school day.

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.

Staff As Role Models

- School staffs are encouraged to model healthy eating behaviors.

Coordination of Programs

- The nutrition service programs shall coordinated with nutrition instruction. Nutrition service staff shall work with those responsible for other components of the school health program to achieve common goals as appropriate and time allows.

Nutrition-Related Health Problems

- 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.
- Students will be provided adequate time for meal breaks.
- The District will provide enough space and serving areas to ensure student access to school meals.
- The District will promote healthy eating and enjoyable physical activity and respect for body-size differences, using posters, special promotions, media events, newsletters, and health fairs throughout the school year.
- The District will encourage fundraising efforts to be supportive of healthy eating and physical activity.

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

Implementation and Measurement

The District Nutrition Service Director and/or Wellness Chair shall implement this policy and measure how well it is being managed and enforced. The Nutrition Service Director and/or

Policy: GBEB

Wellness Chair 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.

- The District will utilize District Wellness Committee.
- It is recommended that the District Wellness Committee include: Nutrition service director/manager, dietitian, medical professional, school nurse, parent representative, student representative, classroom teacher, school board member, PE/health teacher, family and consumer science teacher, and community members.
- The District will ensure compliance with all federal, state, and local regulations pertaining to the wellness policy.
 - The Wellness Committee will develop goals each year and provide a report on the outcomes of those goals through the district website and to the board, if requested.

Approved: August 8, 2006
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