

**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.

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 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.

**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 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.
- Nutrition education will be integrated 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 met or exceeded.

## **Policy GBEB**

- 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 of 90 plus minutes per week for elementary school students and 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 of at least 40 total minutes in elementary and 20 total minutes in intermediate elementary. The K-6 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 and non-competitive team sports, which may include intramurals.
- 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 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**

Effective the 14-15 school year 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.

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 Food Service will offer breakfast and lunch where feasible. All meals will meet the Guidelines of the USDA's National School Lunch and Breakfast Programs.
- Wellness Committees in 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

By July of 2014, all vending machines in the Sweetwater County School District #2 buildings will have a content to follow USDA guidelines if they are available for purchase between midnight and 30 minutes prior to the final bell. Vending companies may put timers on the machines to block them during these hours so they are available during evening activities.

Candy boxes are to no longer be placed into the schools, unless the distributor has followed the agreed upon healthier snacks criteria. This will be implemented as of July 2014. Information regarding the specific regulations can be obtained through the Food Service Director.

Fundraisers must also follow the current federal regulations. The current regulations can be obtained by the Food Service Director. Exemptions from the regulations can be obtained through the building principal and/or the athletic 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.
- Create a staff wellness program and encourage staff to participate with incentives.

**Coordination of Programs**

- The food service programs shall be closely coordinated with nutrition instruction. Food service staff shall work closely with those responsible for other components of the school health program to achieve common goals.

**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 Food Service Director and/or Wellness Chair shall implement this policy and measure how well it is being managed and enforced. The Food Service Director and/or 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 Advisory Council.
- It is recommended that the District Wellness Advisory Council include: food 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 District Wellness Committee will prepare an annual report for the school board and the public on the progress toward meeting policy goals.
  - The Wellness Council will evaluate each school's healthy school nutrition environment during the final quarter of the school year. The Council will then report to the school board its recommendations for improvements during the next school year.
  - The District Wellness Council will educate education leaders, administrators, teachers, staff and parents about the importance of school physical education and nutrition programs and policies. The Wellness Council will encourage each building to establish a Wellness Team.

Approved: August 8, 2006

Revised: May 8, 2007  
December 9, 2014