WELLNESS

Policy Statement

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 and 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 strengthen 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.

**Procedure**

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), 64-653). 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.

**Using the Model Policies**

The Wellness Policy is modeled from the policy developed and provided by the South Dakota Department of Education. The policy is adapted to meet the unique circumstances of the individuals served at LifeScape.

**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 must include the following representation**:

1. Administrator
2. Classroom educator
3. Community member/parent\*
4. Physical Education teacher
5. School food authority and/or food service representative\*
6. School health professional
7. Student

\* Indicates external committee members which will be added later

**For optimal effectiveness, a council may also include:**

1. Dietitian and/or dietary manager
2. Local business representative
3. Medical professional and/or health care professional
4. Nutrition and/or Health Education teachers
5. School counselor
6. School nurse
7. School support staff
8. Local representation of organizations interested in children, nutrition, education, health, and physical activity

**Implementation of Wellness Policy**

The local agency is required to 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. **The Wellness Policy should be reviewed, updated, and reported to community annually at minimum.**

**Notification – possible channels include, but are not limited to:**

1. Parent Handbook/Newsletter (printed, electronic, “Friday Folders”, etc.)
2. Social Media (Facebook, Twitter, website, etc.)
3. Parent Events (PTA/PTO, Parent-Teacher conferences, etc.)
4. Bulletin Board
5. Email
6. Teacher training/professional development
7. Year-end reports
8. School event (sports/theatre/concert programs, brochures, etc.)
9. Food Nutrition Month marketing

**Content for Notification**

1. Overview of wellness policy
2. Purpose
3. Relevance for our district
4. List of school wellness council members
5. Role of member on the council
6. List effects of school wellness policy on families
7. Where to go for questions and resources
8. What is being done
9. What will be done
10. Where to find actual policy (email attachment, handout, website, see above)
11. Inform community of requirements for complying with the 2010 Healthy Hungry Free Kids Act

**Implement and Designees**

The chair of the Wellness Committee, with support of the entire committee, will ensure the school complies with the wellness policy. In addition, each school will have one or more school personnel to facilitate implementation and compliance within each school.

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

1. Nutrition Education and Promotion
2. Physical Activity, Physical Education and Promotion
3. Nutrition Standards
4. Other School Based Activities

**Measurement and Assessment**

The committee will annually assess and document the implementation of the wellness plan. The assessment will include but is not limited to:

1. Quality Assurance Goals
2. Establishment of goals for nutrition education and promotion; physical activity, physical education, and promotion; nutrition standards; and other school-based activities
3. Identification of stakeholders involved in the development and implementation of the local wellness plan
4. Means of information to the public about the content and implementation of the Local Wellness Policy (LWP)
5. Comparison of the LifeScape Wellness Policy with the model Local Wellness Policy
6. Attainment of the goals associated with the LifeScape Wellness Policy.

**Professional Development**

1. Schools will provide professional development regarding the impact of nutrition and physical activity on academic performance to foodservice professionals, educators, administrators, and other staff.
	1. Annual School In-service
	2. Intranet Resource Corner
2. Schools will provide ongoing content specific professional development and education for foodservice professionals, educators, administrators, and other staff.

**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**

1. Instructional materials will be purchased as needed and determined by the Wellness Committee.
2. Nutrition education and nutrition promotion are intended for students, parents, staff, and the community.
3. Nutrition education and nutrition promotion provide consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media.
4. Nutrition education and nutrition promotion are part of health education classes and/or stand-alone courses.
5. 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.
6. The school cafeteria and Home Economics room serve as a learning laboratory to allow students to expand their nutrition knowledge.
7. Nutrition education follows the SD Health Education Standards to include health knowledge and skills.
8. 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).
9. Nutrition education and nutrition promotion will be provided by staff who are adequately prepared and who participate in professional development activities to deliver effective programming.
10. Nutrition promotion creates environments (classroom, cafeteria, vending machines, fund raising, etc.) that inspire healthy nutrition choices.
11. Nutrition promotion includes an action plan that identifies observable and measurable goals for nutrition promotion.
12. Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook towards healthy behaviors.
13. School staff and parents should be encouraged to “celebrate accomplishments and share successes”.

**Physical Activity, Education, and Promotion Component**

**Physical Activity, Education and Promotion:**

The goal of this area of the Wellness Policy is to develop the knowledge and skills for physical activity and fitness among all students at LifeScape, as well as reducing sedentary time and instilling an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

**Physical Education Classes**

All students under the direction and guidance of their physician will participate in physical activity to the greatest capacity they are physically able for 150 minutes per week for elementary aged students and 225 minutes per week for middle school and high school aged students throughout the entire school year.

1. Students will spend at least 50% of physical education class time participating in physical activity to the greatest extent allowed them based on their medical, physical and orthopedic needs.
2. The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota Physical Education standards for Pre-K through grade 12.
3. Class teacher-to-student ratios should be equivalent to those of other subject area classes within the school and as directed by the student’s team to best meet their needs and improve their participation within their physical education class.
4. Student participation in other activities involving physical activity will not substitute for meeting the physical education requirement.

**Physical Activity across the Spectrum**

Physical activity will be regularly incorporated into other subject areas as students are physically and medically able to, but not used as a substitute for Physical Education class.

Extended periods of inactivity, 2 hours or more, are discourage for those students who are independently mobile. When necessary, students will be given periodic breaks during which they are encouraged to move about and be active to the greatest degree possible.

**Recess and Transitional Time**

All students will participate in at least 20 minutes a day of supervised recess, outdoors when health and weather allow (windchill below zero or heat index above 90), unless contraindicated as determined by a qualified medical professional. For classrooms in which greater than 75% of their students are dependent on others for mobility and movement, recess and activity time can occur within their classroom environment as directed by their teacher.

1. During recess times students will be encouraged to engage in moderate to vigorous physical activity to the greatest extent allowed them based on their medical, physical and orthopedic needs.
2. When feasible, recess will occur prior to lunch to ensure appropriate healthful food and beverage intake.
3. All students who are physically able will be encouraged to utilize the stairs for all transitions between floors to encourage a physically active lifestyle.

**Physical Activity Opportunities before and after school**

LifeScape will offer activities that meet the needs, interests, and abilities of all students.

1. LifeScape will offer at minimum 2 times per year, evening/weekend activities to all students involving movement and physical activity.

**Withholding and Punishing**

Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity unless directed by a qualified medical professional.

**Rewards, Incentives, and Consequences**

Rewards and incentives will be given careful consideration as to the message they send to the students receiving them. Food will be limited as a reward or incentive in the classroom, unless edible reinforcers are deemed appropriate for individual students as determined by the student’s Behavior Analyst/Therapist and interdisciplinary team. Other more appropriate rewards are recommended (e.g., extra free time, physical activity opportunity, pencils, bookmarks, etc.)

**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 lifelong habits for students, staff and community.

**Eating Environment**

1. Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time (per individual guidelines as indicated on the individual students’ plan). Lunch will be scheduled as near the middle of the school day as possible to eat, relax, and socialize.
2. Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
3. Schools will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Physical activity before lunch also encourages nutrient intake.

**Convenient and Safe Drinking Water**

Schools will promote drinking water availability as an essential component of students’ wellness by improving access to free, safe drinking water in varied locations and encouraging student consumption of water throughout the school day.

**Fundraising**

1. School fundraising activities will support healthy lifestyles. The school will make available a list of ideas for acceptable fundraising activities. Such activities may include physical activity (e.g., walk-a-thon, fun run), healthy eating (fruit/vegetable sales, soup and salad dinner), school support (e.g., selling school memorabilia) and/or academic achievement (e.g. spelling bee).
2. The sale of food or beverages as a fundraiser will not take place from one hour before and one hour after the breakfast and lunch service. If food and/or beverages are sold, schools will use the Nutrition Standards as guidelines for the foods sold and encourage locally sourced items where appropriate. If USDA regulations change to be more restrictive, the school shall follow the regulations.

**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, lean meat, whole grain products, and plain water 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, school stores, fundraising activities, parties, celebrations, and other school sponsored events.

**General Guidelines**

1. Food and beverages sold, served, or brought onto school grounds or at school-sponsored events during the normal school day will meet the Dietary guidelines for Americans and the Standards for Food and Beverages set forth in this policy. If USDA regulations change to be more restrictive, the school will address the issue.
2. Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
3. Food pricing strategies will follow the Healthy Hungry Free Kids Act 2010.
4. The local wellness council will measure the implementation of the local wellness policy.

**Food/Beverage Marketing**

1. Marketing and advertising of food items that do not adhere to smart snacking in school’s nutrition standards will be limited to areas outside of the school grounds.

**Snacks**

1. The school will disseminate a list of easy, healthy, affordable snacks to parents and teachers.
2. Snacks will need to meet the Standards for Food and Beverages set forth in this document and/or that follow the Department of Health Munch Code.

**Parties and Celebrations**

1. The school will disseminate a list of fun, positive, healthy party ideas to parents and teachers.
2. Schools should limit celebrations that involve food during the day.
3. 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.

**Guidelines for Field Trips and Special Events**

State Wellness Policy states that special events can have no more than one food or beverage that does not meet the standards. When planning special events (i.e. pizza parties), ensure that no more than one food of beverage does not meet the standards. For example, if you are having a pizza party, only include pizza. Do not have bread sticks, pop, etc.

1. When planning special events be aware of healthier options such as thin crust vs. regular crust pizza, or Subway vs. McDonalds, etc.
2. Special events should occur no more than 4x per year which is equivalent to one 1x per quarter. This only includes individual classroom parties. It does not include school wide events.
3. When planning field trips, non-food trips should be planned. Ideas could include going to the park or going to the Dollar Store to work on purchasing of non-edible items.
4. Food related field trips should be limited to 1x per month and consider healthier options when planning these trips (Subway vs. McDonalds).
5. When planning home ec activities healthy options should be planned.
6. May provide small snack 1 time per week that does not meet the Standards for Food and Beverage.

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

1. 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.

**Other Sales Venues**

1. All foods and beverages sold in school must meet the Standards for Food and Beverages.
2. These guidelines should be applied to all other sales venues in the school.

**Best Choices:**

1. Granola bars, whole-grain fruit bars
2. Nuts and seeds – plain or with spices
3. Nut mix
4. Trail mix – plain
5. Fresh fruit of all varieties
6. Dried fruit
7. Fresh vegetables
8. Low sodium varieties of jerky (or buffalo jerky)
9. Yogurt, low fat and no sugars added
10. String cheese
11. Fruit/Vegetable juice (100% juice)
12. 1% or skim milk
13. Plain water
14. Dry roasted peanuts, tree nuts, and soy nuts
15. Frozen fruit juice bars (no sugar or high fructose corn syrup)

**Good Choices:**

1. Nuts with light sugar covering; honey-roasted
2. Popcorn without hydrogenated fats
3. Individually packed fruit in natural juices only
4. Fruit leather
5. Animal crackers and graham crackers
6. Pretzels
7. Low fat ice cream and sherbet bars
8. Peanut butter and crackers
9. Low-fat pudding
10. Baked chips, corn nuts

**Standards for Food and Beverages**

1. Follow USDA Healthier US School Challenge Competitive Foods Criteria for Bronze/Silver Award.

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| **Total Fat** | Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters and reduced-fat cheese) |
| **Trans Fat** | “Trans fat-free” less than 0.5gm trans-fat per serving |
| **Saturated Fat** | Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt |
| **Sugar** | Total sugar must be at or below 35% by weight (includes naturally occurring and added sugars). Fruits and vegetables are exempt |
| **Sodium** | Must be at or below 480 mg per side dish/entrée. Must be at or below 600mg per main dish/entrée. Snacks must be at or below 200mg. |
| **Portions Sized**  | Not to exceed the size of the food served in NSLP; for other items, the package or container is not to exceed 200 calories |
| **Fruits & Non-fried Vegetables** | Fruits and vegetables may be fresh, frozen, canned, or dried and they must be found in the Food-Buying Guide. Dried fruit must have no added sweetener; canned fruit must be packed in juice or light syrup. |
| **Milk** | Only low fat (1%) or skim milk meeting state and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily. |
| **Milk Serving Sizes** | Milk serving size is limited to 8-fluid ounces. |
| **Other Approved Beverages** | 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) |
| **Juice Serving Size** | Ages 5-13: 4-fluid ouncesAges 14-21: 4-fluid ounces |

**Definitions**

1. 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 therein or otherwise approved by (FNS) Food Nutrition Service of the United States Department of Agriculture to operate a National School Lunch program (NSLP)
2. School Health Professionals – This may include school nurse, school counselor, and other staff supporting healthy living.
3. Local Wellness Policy (LWP) is a policy that promotes healthy living for students and teachers
4. Local Education Agency (LEA) refers to an agency that oversees a school district or an entity responsible for one or more sites.

**SUGGESTED LINKS**

**Youth Physical Activities Guidelines - Toolkit**

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

**Concessions**

* [www.MunchCode.org](http://www.MunchCode.org)

**USDA websites**

* <http://www.fns.usda.gov/tn/>

**Forms**

None