

**WELLNESS POLICY  
WILLOW LAKE SCHOOLS**

Willow Lake, SD 57278 May 2006

**Introduction and Rationale Introduction:**

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement for all local agencies) with a federally-funded National School Lunch program. School districts are encouraged to establish and maintain a coordinated school health program that addresses all components of school health.

**Rationale**

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and teachers is warranted. 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 students. The local agency has a strategic role to play in improving the health and well being of children.

**Committee Members**

**Carrie LaMont**..... Food Service  
**Scott Klaudt** ..... Administrator  
**Cheryl Hovde**..... Staff member  
**Melissa Burke**..... Parent

**NUTRITION EDUCATION**

The primary goal of nutrition education is to influence students' eating behaviors. At each grade level nutrition education will be integrated into existing curriculums and designed to provide students with the knowledge and skills necessary to promote their health.

### **Nutrition Education:**

- teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community and media;
- is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences and elective subjects;
- includes the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- provides enjoyable, developmentally-appropriate, culturally-relevant and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
- offers information to families that encourages them to teach their children about health and nutrition and provide nutritious meals for their families.

### **PHYSICAL ACTIVITY**

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-12**

- All students in grades K-8 will receive weekly physical education for the entire school year. Students with disabilities, special health-care needs and in alternative educational settings will be included. High School Students will be provided physical education opportunities as permitted by staffing, physical facilities, and funding resources.
- All physical education will be taught by highly qualified physical education teachers.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

#### **Daily Recess**

- All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which students are encouraged 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 middle schools as appropriate, will offer interscholastic sports programs.
- Willow Lake 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.
- Willow Lake Schools will educate and encourage participation in community or club activities.

### **Rewards/Incentives/Consequences**

- Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold opportunities for physical activity (*e.g.*, recess, physical education) as punishment.
- Students will not be denied physical activity for purposes of make-up work, testing, etc.

### **Safe Routes to School**

- The school district will work with State, County, and local agencies to 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.
- The school district will encourage students to use public transportation when available and appropriate for travel to school.

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

- Willow Lake Schools will attempt to make school spaces and facilities available to students, staff and community members before, during, and after the school day, on weekends and during school vacations.
- 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**

Willow Lake Schools shall create an environment that provides consistent wellness messages, is conducive to healthy eating and being physically active, and contributes to forming healthy life long habits.

### **Professional Development**

- Willow Lake Schools will strive to provide ongoing professional development and education for foodservice professionals and educators.
- Willow Lake Schools will strive to provide nutrition and physical education for students, staff, parents, and, where appropriate, for community members.

## **Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration should be taken for passing time, bathroom break, hand washing and socializing so as to allow adequate eating time for breakfast and lunch once the student is seated.

## **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 be used as a reward or incentive in the classroom, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks, etc.).

Food will not be withheld from students as a consequence for inappropriate behavior and poor academic performance.

## **Nutrition Standards**

Students' lifelong 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, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

## **General Guidelines**

- Procedures shall be in place for providing to families, on request, information about the ingredients and nutritional values of the foods served.
- Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and the Standards for Food and Beverages as set forth in this document.

## **School Meal Program**

- The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulation of the state of South Dakota. All schools will comply with USDA regulations and state policies.
- Willow Lake Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.
- Menus should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences,
- Students with special dietary needs (diabetes, celiac sprue, allergies, etc.) 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 shall meet the Standards for Food and Beverages,
- School food service departments shall not sell extra portions of desserts, French fries, and/or ice cream.

**Parties and Celebrations**

- Schools should limit celebrations that involve food during the school day.