

Burke School District 26-2

Wellness Policy

NUTRITION EDUCATION COMPONENTS

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 offered through the Burke School District will be taught in a variety of ways and will include, but not be limited to the following strategies:

- ❖ Our school district will teach consistent scientifically-based nutrition messages through-out the school, classroom, cafeteria, home, community and media.
- ❖ Nutrition education is part of health education classes and/or stand alone courses.
- ❖ Our school district's nutrition education program includes the school cafeteria which serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
- ❖ Our school district's nutrition education program will use the South Dakota Health Standards and addresses nutrition concepts progressively in grades PK-12.
- ❖ Our school district will provide enjoyable, developmentally appropriate, culturally relevant and participatory activities.
- ❖ Our school district will offer information to families that encourage them to teach their children about health and nutrition and assists them in planning nutritious meals for their families.

PHYSICAL ACTIVITY COMPONENTS

The primary goal for the school 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.

Our school district's Physical Activity Component is made up of the following seven components: physical education, physical activities across the curriculum, daily recess, physical activity opportunities before and after school, safe routes to and from school, use of facilities outside of school hours and the information of a wellness committee.

Physical Education Classes

- ❖ Our school district will offer all students in grades PK-6 physical education twice a week for a total of 60 minutes. Students with disabilities, special healthcare needs and those in alternative education settings will be included.
- ❖ Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- ❖ Class teacher-to-student ratios will 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 requirements.

Physical Activity Across the Curriculum

- ❖ Opportunities for physical activities will be incorporated into other subject area.

Daily Recess

- ❖ All elementary students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activities.
- ❖ Extended periods of inactivity, three 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

- ❖ Our elementary, middle and high school will offer extracurricular physical activity programs, such as physical activity clubs or intramural sports.
- ❖ Our high school and middle school as appropriate, will offer interscholastic sports programs.
- ❖ Our school district will offer activities that encourage participation in community or club activities.

Safe Routes to and from School

- ❖ Our school district will access and, if necessary to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to and from school. When appropriate, the district will work together with local public works, public safety and /or police departments in these efforts.

- ❖ Our school district will encourage student to use school transportation when available and appropriate for travel to and from school.

Use of School Facilities Outside of School Hours

- ❖ School spaces and facilities will be available to students, staff and community members before, during and after the school day; on weekends; and during school vacations.
- ❖ Our school district will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- ❖ Our school district policies concerning safety will apply at all times.

Wellness Council/Committee

- ❖ Our school district will develop a Wellness Committee comprised of school personnel, community members, and students to plan, implement and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

OTHER SCHOOL-BASED ACTIVITIES COMPENENT

Our school district will create an environment that provides consistent wellness messages, is conducive to health eating and physical activity and contributes to forming healthy life long habits.

Professional Development

- ❖ Our school will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.
- ❖ Our school will provide nutrition and physical education for students, staff parents and where appropriate, 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 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 ten minutes for breakfast and twenty minutes for lunch once the student is seated.

Recess Before Lunch

- ❖ Our school will schedule recess for elementary grades before lunch when possible so that children come to lunch less distracted and ready to eat. Activity before lunch also encourage nutrient intake.

Rewards, Incentives and Consequences

- ❖ Rewards and incentives will be given careful consideration as to the messages they send to the student receiving them. Careful consideration will be used before offering food as a reward or incentive.
- ❖ Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

Community Access to Facilities for Physical Activity

- ❖ Our school will provide community access to the school's physical activity facilities outside of the normal school day.

Vending Machines

- ❖ No vending services will be available one hour before breakfast and lunch services.

Fundraising

- ❖ Our school fundraising will include activities that support healthy lifestyles. Such activities may include physical activity (e.g. walk-a-thon), school support (e.g. selling school memorabilia) and/or academic achievement (e.g. spelling bee).
- ❖ The sale of food and beverage as a fund raiser will not take place one hour before the breakfast and lunch service.
- ❖ Our school will encourage fundraising activities that promote physical activity.

Wellness Councils

- ❖ Our school will organize a local wellness council comprised of administration, teachers, parents, food service personnel and students to plan, implement, and improve nutrition and physical activity within the school environment.

NUTRITION STANDARDS

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 whenever food is sold at school during the normal school day.

General Guidelines

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

School Meal Program

- ❖ Our school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. Our school will comply with USDA regulations and state policies.
- ❖ Our school will offer a variety of nutritional 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 heart disease risks.
- ❖ Menus will be planned with input from students, family members, and other school personnel and will take into account students' cultural norms and preferences.
- ❖ Students with special dietary needs (e.g. diabetes, celiac sprue, allergies) will be accommodated as required by USDA regulations.