



**Northwest Wyoming BOCES  
Big Horn Basin Children's Center  
Health & Wellness Policy**



**Intent:**

Northwest Wyoming Board of Cooperative Educational Services shall promote student wellbeing and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. NWBOCES 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.

NWBOCES believes for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the year.

**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, schools 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.

### **Nutrition Education:**

**Goal:** Students in grades K-8 will receive nutrition promotion (surveys, taste tests, posting nutrition posters) nutrition education that is interactive and teaches the knowledge, attitudes, skills and behaviors they need to adopt healthy and enjoyable eating habits that last a lifetime.

- 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 is integrated into a variety of school and residential classes and activities.
- The school cafeteria offers students opportunities to practice making health-promoting food choices.
- Students receive consistent nutrition messages throughout the school, classroom, cafeteria, residence, home, and community.
- NWBOCES will build awareness among teachers, food-service staff, nurses and other staff about the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness.
- NWBOCES will encourage parents, NWBOCES personnel, and students to serve as role models in practicing healthy eating and being physically active.
- The "Healthy Eaters" instead of "dieting" program began in March 2015 to assist students with medication related weight issues. Students are weighed on a monthly basis
- Students will demonstrate knowledge of health-enhancing behaviors through classroom performance @ 90%. Objective: Student will identify 4/5 health concepts related to injury, safety, and disease prevention, personal health and nutrition.

### **Physical & Health Education:**

State and district physical education and health education curriculum standards and guidelines are met or exceeded at learning level. Student's skills are formally assessed during the evaluation period and assessed quarterly using the President's Physical Fitness assessment for score improvement in the areas of curl-ups, pull-ups, flexed arm hang, sit and reach, shuttle run, and mile run.

**Goal:** Students in grades K-8 will receive behavior-focused 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.

- NWBOCES will provide ongoing professional training and development for staff in the area of physical activity.
- All physical education classes have a student/teacher ratio comparable to other classes.
- NWBOCES does not allow courses or activities to be substituted for physical education.

**Goal:** All students in grades K-8 will have the opportunity to receive daily physical education of up to 225 minutes per week. Physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.

- NWBOCES shall provide elementary students an opportunity for daily recess of at least 20 minutes. Recess will be scheduled before lunch for grades K-5.
- NWBOCES shall provide students with an opportunity for 30 minutes of outside play per day at the residences (weather dependent).
- Physical activity opportunities will focus on individual activities in addition to competitive and non-competitive team sports.

- Students will be given opportunities for physical activity during the day through daily recess periods and residential play periods, physical education (PE) classes, walking programs during token spending time and the integration of physical activity into the academic curriculum.
- NWBOCES provides an environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Teachers and other school personnel will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.
- NWBOCES will encourage families and community members to support programs outside of the school that encourage physical activity.
- Students will be given the opportunity to receive Health Education regarding the importance of physical activity for: physical, psychological, and social benefits; healthy weight; improvement of the academic learning process; how an inactive lifestyle contributes to chronic disease; decreasing sedentary activities; and the opportunities for physical activity in the community.

### **Nutrition Standards for All Foods Available on the School Campus During the School Day:**

- NWBOCES is committed to serving healthy meals to all students, with plenty of vegetables, whole grains, and fat-free and low-fat milk; moderate sodium, low saturated fat, and zero grams trans fat per serving (nutrition label or manufacture's specifications); and to meet the nutrition needs of students with their calorie requirements. The NWBOCES meal programs aim to improve the diet and health of students, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.
- NWBOCES shall use the USDA's My Plate, the USDA School Meal Program requirements, and the criteria for the USDA Healthier US School Challenge when deciding what foods and beverages will be available to students through:
  - Vending machines---removed from campus June 2015
  - Snacks---feature healthy choices
  - Token stores---no food or beverage items are in the token stores
  - School parties/celebrations
  - There are no food sales to students at NWBOCES
- During each school day the nutrition services program will offer breakfast and lunch that meet the guidelines of the USDA's National School Lunch and Breakfast Programs.
- NWBOCES students will be provided meals that are accessible to all students; are appealing and attractive to children; are served in clean and pleasant settings; and meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Providing students foods of minimal nutritional value shall be prohibited.
- NWBOCES shall provide appealing and attractive meals to children that offer a variety of fruits and vegetables and ensure that of the grains served, 51% or greater are whole grain.
- Menus are planned with input from students and include local, cultural, and ethnic favorites of the students.
- Menus will be posted in the school lunchroom & residential dining rooms.
- NWBOCES will arrange bus schedules and utilize methods that encourage breakfast participation.

- Hazard Analysis and Critical Control Points (HACCP) guidelines are implemented.
- Parents and staff will be encouraged to model healthy eating habits while on school property.
- Advertising messages are consistent with and reinforce the objectives of the education and nutrition environment goals of the school.

**Other School-Based Activities Designed to Promote Student Wellness Goals:**

- Recess is scheduled for grades K-5 before lunch so that children will come to lunch less distracted and ready to eat.
- Recess participation will follow the NWBOCES behavior management procedures which allows for alternate recess and physical activities based upon student behaviors.
- Dining room supervisory staff shall receive training in how to maintain a safe, clean, and pleasant eating environment.
- Lunch periods are scheduled as near the middle of the day as possible.
- Students shall have adequate time to eat, relax, and socialize: at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
- NWBOCES will provide enough space and serving areas to ensure student access to school meals with a minimum of wait time.
- Convenient access to facilities for hand washing shall be available.
- Safe unflavored drinking water will be available throughout the school and residences.
- NWBOCES prohibits the use of food as a reward or punishment.

**Maintain a District Wellness Advisory Council and Monitor and Review the Policy:**

- NWBOCES shall utilize a Wellness Advisory Council which will meet annually to assess the policy.
- Members shall be the NWBOCES Advisory Council in collaboration with dietitians, medical professionals, parents, board members, and community members as needed. Committee members with their contact information shall be posted to the website.
- Administration shall ensure compliance with all federal, state, and local regulations pertaining to the wellness policy.
- NWBOCES shall prepare an annual report for the school board on the progress toward meeting policy goals. The report will be posted to the NWBOCES website and shared with parents of enrolled students. The report shall provide a description of NWBOCES's progress in meeting the wellness policy goals.
- The Wellness Council shall evaluate the school's healthy school nutrition environment annually. The council will then report to the school board its recommendations for improvements during the next school year.
- The NWBOCES Wellness Council will educate education leaders, administrators, teachers, staff and parents about the importance of school physical education and nutrition programs and policies.
- The NWBOCES Wellness Council will develop strategies for parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The NWBOCES Wellness Council will educate students, teachers, staff and parents about the importance of body-size acceptance and the dangers of unhealthy weight-control practices.
- The person responsible for managing the annual progress report is the Administrative Director or a designee.

## **Staff Wellness and Health Promotion**

NWBOCES will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

- Use of the bike path and school gymnasium before or after work hours
- Membership opportunities are the local swimming pools; Gottsche and Days Inn health clubs
- Annual health fair wellness screening
- Annual free flu shots offered to all staff
- Professional Development to increase staff knowledge and skills about promoting healthy behaviors and to understand the connections between academics and health.

3/2016 Update information for the board:

- ❖ Wellness Policy updated per recent Federal guidelines
- ❖ All goals have been met.
- ❖ Committee members list updated
- ❖ Soda machine removed from all campus locations
- ❖ No food used as reinforcers. No food used in token stores or available for students to purchase
- ❖ Morning, afternoon, and evening nutritious snacks
- ❖ Physical Education 5 X 45
- ❖ Recess 30 minutes per day @ school and outside time at the cottages
- ❖ Summer walking program 30 Minutes each morning
- ❖ Health class 30 minutes per week
- ❖ Health & Nutrition posters @ school & residences
- ❖ Recreational Therapy teachers provide healthy activity choices
- ❖ Eating at restaurants encourages the use of manners, healthy foods, mealtime conversation
- ❖ HACCP & Food Safe training for all school and residential cooks
- ❖ Food Service inservice for all staff and memos regarding germs prevention, cleanliness, food preparation, food temperatures, and food storage
- ❖ Outside options for students on safety watch 15 minutes per day individual time
- ❖ Hand sanitizer station front of lunch line
- ❖ Water coolers purchased for school and cottages 2015

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