

Scobey K-12 Schools

Adopted on: 06/19/06

Reviewed on:

2510 – R

INSTRUCTION

Revised on: 1/23/17, 08/19/19

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School Wellness

Scobey School District (hereto referred to as the District) is committed to providing school environments that promote and protect children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. This policy outlines the District’s approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school; and
- The District will conduct an annual review of the policy and its established goals and objectives.

Therefore it is the policy of the Scobey School District that:

1. School Wellness Committee

Committee Role and Membership

The Superintendent or designee(s) will convene the school wellness committee (hereinafter SWC), facilitate development of and updates to the wellness policy, and will ensure each school’s compliance with the policy. The SWC will meet at a minimum of three times per year to establish goals for and oversee school health and safety policies and programs.

The SWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible): parents and caregivers; students; representatives of the school nutrition program; physical education teachers; health education teachers; school health professionals; school administrators; school board members; health professionals; and the general public.

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and

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4 school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition
5 lessons into math class).

6 7 **Training**

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9 School Wellness committee members will share training opportunities with all members, attend
10 when able, and pass on any relative information to the rest of the committee.

11 12 **2. Wellness Policy Review**

13 14 **Revisions and Updating the Policy**

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16 The Committee will update or modify the wellness policy based on the results of assessments
17 and/or as District priorities change; community needs change; wellness goals are met; new health
18 science, information, and technology emerges; and new Federal or state guidance or standards
19 are issued.

20 21 **Community Involvement, Outreach and Communications**

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23 The District is committed to being responsive to community input, which begins with awareness
24 of the wellness policy. The District will actively notify the public about the content of or any
25 updates to the wellness policy annually, at a minimum.

26 27 **3. Nutrition**

28 29 **School Meals**

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31 Our school district is committed to serving healthy meals and meeting the nutrition needs of
32 school children within their calorie requirements. The school participates in USDA child
33 nutrition programs, including the National School Lunch Program (NSLP).

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35 All schools within the District are committed to offering school meals that:

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- 37 ▪ Are accessible to all students;
 - 38 ▪ Are appealing to children and served in clean and pleasant settings;
 - 39 ▪ Meet or exceed current nutrition requirements established by local, state, and Federal statutes
40 and regulations.
 - 41 ▪ Promote healthy food and beverage choices using [Smarter Lunchroom techniques](https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies)
42 (<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>)
 - 43 ▪ Students will be allowed at least 20 minutes to eat lunch, counting from the time they have
44 received their meal and are seated (meets Healthy Schools Program Gold-level criteria).
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46 **Staff Qualifications and Professional Development**

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4 All school nutrition program directors and staff will meet or exceed hiring and annual continuing
5 education/training requirements in the [USDA professional standards for child nutrition](https://professionalstandards.fns.usda.gov/content/nutrition-1000)
6 [professionals](https://professionalstandards.fns.usda.gov/content/nutrition-1000) (https://professionalstandards.fns.usda.gov/content/nutrition-1000). These school
7 nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards](https://professionalstandards.fns.usda.gov/)
8 [website](https://professionalstandards.fns.usda.gov/) (https://professionalstandards.fns.usda.gov/) to search for training that meets their
9 learning needs.

10 **Water**

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13 To promote hydration, free, safe, unflavored drinking water will be available to all students
14 throughout the school day* and throughout every school campus*. Students can bring and carry
15 water bottles, filled with only water, with them throughout the day.

16 **Nutrition Promotion and Marketing**

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19 The District will promote healthy food and beverage choices for all students throughout the
20 school campus, as well as encourage participation in school meal programs-

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22 *Exceptions for fundraiser foods not intended for consumption in schools.* Fundraising activities
23 that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the
24 nutrition standards. Distribution of order forms and foods not intended for consumption at school
25 may continue.

26 **Nutrition Education**

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29 All students K-10 shall receive nutrition education that teaches the knowledge and skills needed
30 to adopt healthy eating behaviors and is aligned with the *Montana's Health Enhancement and*
31 *National Association of Sport and Physical Activity/American Alliance of Health, Physical*
32 *Education, Recreation and Dance Physical Education Content Standards and Benchmarks.*

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34 Nutrition information and education shall be based on the U.S. Dietary Guidelines for
35 Americans. Staff who provide nutrition education shall have the appropriate training, such as
36 health enhancement or family and consumer sciences.

37 **4. Physical Activity**

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40 Children and adolescents should participate in at least 60 minutes of physical activity every day.
41 The district shall offer health enhancement opportunities that include the components of a quality
42 health enhancement program taught by a K-12 certified health enhancement specialist. Health
43 enhancement instruction shall be aligned with the *Montana's Health Enhancement and National*
44 *Association of Sport and Physical Activity/American Alliance of Health, Physical Education,*
45 *Recreation and Dance Physical Education Content Standards and Benchmarks.* Schools will
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4 ensure that these varied physical activity opportunities are in addition to, and not as a substitute
5 for, physical education.
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7 To the extent practicable, the District will ensure that its grounds and facilities are safe and that
8 equipment is available to students to be active. The District will conduct necessary inspections
9 and repairs.
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11 **Physical Education**

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13 The District will provide students with physical education, using an age-appropriate, sequential
14 physical education curriculum consistent with national and state standards for physical
15 education. The physical education curriculum will promote the benefits of a physically active
16 lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as
17 incorporate essential health education concepts.
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19 All District **elementary students** in each grade will receive physical education for at least 60
20 minutes per week throughout the school year.
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22 All **secondary students** (middle and high school) are required to take the equivalent of two
23 academic semesters of physical education.
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25 ***Recess (Elementary)***

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27 All K-4th grade students will receive at least **30 minutes of recess** and 5th – 6th grade students
28 will receive **15 minutes** on all days during the school year (*This policy may be waived on early*
29 *dismissal or late arrival days*).
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31 **Outdoor recess** will be offered when weather is feasible for outdoor play. Recess monitors or
32 teachers will encourage students to be active, and will serve as role models by being physically
33 active alongside the students whenever feasible. During indoor activities, the elementary will use
34 lesson plans for structured play when applicable.
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36 **Classroom Physical Activity Breaks (Elementary)**

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38 The District recognizes that students are more attentive and ready to learn if provided with
39 periodic breaks when they can be physically active or stretch. Thus, K-5 students will be offered
40 **periodic opportunities** to be active or to stretch throughout the day on all or most days during a
41 typical school week. The District recommends teachers provide short (3-5-minute) physical
42 activity breaks to students during and between classroom time at least three days per week.
43 These physical activity breaks will complement, not substitute, for physical education class,
44 recess, and class transition periods.
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The District will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA \(https://healthymeals.fns.usda.gov/activities-and-tools-1\)](https://healthymeals.fns.usda.gov/activities-and-tools-1) and the [Alliance for a Healthier Generation. \(https://www.healthiergeneration.org/take_action/schools/physical_activity/classroom_physical_activity/\)](https://www.healthiergeneration.org/take_action/schools/physical_activity/classroom_physical_activity/)

Before and After School

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District encourages active students by offering: early morning recess, interscholastic sports, intramurals, etc. Through a formal joint- or shared-use agreement, indoor and outdoor physical activity facilities and spaces will be open to students, their families, and the community outside of school hours.

PHYSICAL ACTIVITY GOALS

- The district will encourage staff to provide active “brain breaks” by offering training and resources to all K-12 educators.

5. Other Activities that Promote Student Wellness

The District may coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Community Health Promotion and Family Engagement

The District will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

COMMUNITY HEALTH PROMOTION + FAMILY ENGAGEMENT GOAL

- The district will promote nutrition and wellness to parents, families, and the community by sharing information via social media and/or at family events/activities.

Glossary:

Extended School Day – the time during, before and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

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School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act
of 2004