

## INTRODUCTION

### 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:

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

#### **Training**

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

### **II. Wellness Policy Review**

#### **Revisions and Updating the Policy**

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

#### **Community Involvement, Outreach and Communications**

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

### **III. Nutrition**

#### **School Meals**

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

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

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

#### **Nutrition Standards**

The District shall ensure that reimbursable school meals and snacks meet the program requirements and nutrition standards found in federal regulations including but not limited to Smart Snacks in School Nutrition Standards. The District shall encourage students to make nutritious food choices through accessibility, advertising and marketing efforts of healthful foods.

The District shall monitor all food and beverages sold or served to students during the normal school day, including those available outside the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom rewards, fundraising efforts). The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

#### **Staff Qualifications and Professional Development**

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

#### **Water**

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

#### **Nutrition Promotion and Marketing**

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

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

#### **Nutrition Education**

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

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

#### **IV. Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. The district shall offer health enhancement opportunities that include the components of a quality health enhancement program taught by a K-12 certified health enhancement specialist. Health enhancement instruction shall be aligned with the *Montana's Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks*. Schools will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education.

To the extent practicable, the District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

#### **Physical Education**

The District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.

All District **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.

All **secondary students** (middle and high school) are required to take the equivalent of two academic semesters of physical education.

#### ***Recess (Elementary)***

All K-4<sup>th</sup> grade students will receive at least **30 minutes of recess** and 5<sup>th</sup> – 6<sup>th</sup> grade students will receive **15 minutes** on all days during the school year (*This policy may be waived on early dismissal or late arrival days*).

**Outdoor recess** will be offered when weather is feasible for outdoor play. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible. During indoor activities, the elementary will use lesson plans for structured play when applicable.

#### **Classroom Physical Activity Breaks (Elementary)**

The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, K-5 students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The District recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

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/](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.

#### **V. 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.

**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

#### **Policy History:**