

Custer School District	NEPN Code: AE (IGA)
Policy Manual	

WELLNESS POLICY

Nutrition Education and Promotion

The District will have a curriculum committee sets basic guidelines and standards that will guide classroom instruction. Students in grades K-8 receive nutrition education every year through the physical education wellness program supported through classroom instruction. Nutrition and wellness will be taught in physical education and health classes. Staff teaching related classes will coordinate with the physical education and health teachers to ensure coverage. The District may offer nutritional information to the community through various media methods using school staff or local patrons with extensive backgrounds in wellness and nutrition.

Physical Activity, Education and Promotion Component

The District will work to provide physical education activity as much as scheduling will allow so as not to negatively impact the overall learning process. Classroom teachers will look at ways to incorporate physical activity into their subject matter. Recess time will be scheduled to allow elementary students to have an opportunity for moderate to vigorous physical activity. Schools will look at ways to offer The use of physical activity for punishment is discouraged. Students' participation in physical activity will only be limited under special circumstances (special lessons, make-up test, etc.) The District will encourage students to walk or bicycle to school and will work to ensure that the likely routes are as safe as possible. The District will also develop plans for the use of school facilities by community members. after-school physical activity for those students not participating in any extra-curricular physical activity.

Wellness

Fundraising: Fundraising efforts are to be supportive of a healthy lifestyle such as those that include physical activity are encouraged. The district's goal of 50% of group fundraising activities will be activities other than involving the sale of food/beverages. Most foods and beverages that are sold as a fundraiser will be the type to be taken home and cooked/baked. The District will make available a list of ideas for acceptable fundraising activities. Concession stand fundraisers at school-sponsored events are encouraged to include healthy choices from the suggested snack list. See Appendix Z.

Fundraising activities involving food will comply with the Smart Snack regulations under the Healthy, Hunger-Free Kids Act of 2010, with the following exception:

Fundraisers selling foods that otherwise would not be allowed (called exempt fundraisers) will be allowed on a limited basis as follows: School-sponsored groups can each have one exempt fundraiser per year during the school day on the school campus. Each exempt fundraiser can only last for one day. Exempt fundraisers cannot be given to another group. If an organized group chooses not to have an exempt fundraiser, another group cannot use that day. Food cannot be ordered for delivery during the school day as a fundraiser unless that is the school-sponsored group's exempt fundraiser.

When provided by the District, or other organizations, snacks will meet the Standards for Food and Beverages listed in this document or follow the Snack Suggestions listed in this document. The District encourages healthy classroom snacks such as fruits, vegetables, 1% or **Snacks:** skim milk, nuts, grains, and those items meeting the Standards for Foods and Beverages in this document. See Appendix Z.

Parties/Celebrations/Rewards: Celebrations that involve food during the school day should be limited and, if possible, should occur only once per month. The District will disseminate a list of healthy party and reward ideas, including alternatives to food, to parents and teachers. Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day. (See Appendix Z.)

School Breakfast/Lunch Programs: The District food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable to the laws and regulation of the state of South Dakota. All schools will comply with USDA regulations and state policies. Schools shall offer varied and nutritious food choices that are consistent with the Healthy, Hunger-Free Act of 2010. Menus should be planned with input from students, family members, and other school personnel and should take into account students' cultural norms and preferences. Ala carte items available during the school day shall meet the above guidelines and/or Standards for Food and Beverages. (See Appendix Z.)

Vending Machines: Vending machines with food and beverages will not be available for students in elementary schools. In the event that healthy snacks are not provided by after-school care activities, the school may provide vending services with healthy choices. All foods and beverages sold in vending machines must meet the Standards for Food and Beverages or be approved by the Wellness Committee. (See Appendix Z.)

Wellness Council / Committee: The District will put in place Wellness Councils / Committees, either at the district level or building level, to plan, implement and assess on-going activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community, to be comprised of school personnel, community members, and students. The District will designate one or more persons with operational responsibility for ensuring the local agency meets the requirements of the local wellness policy and applicable federal requirements.

Legal References: 42 USC Chapter 13 (School lunch program)
42 USC Chapter 13A (Child nutrition)
7 CFR 210.1-210.31 (National school lunch program)
7 CFR 220.1-220.21 (School breakfast program)

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