

DISTRICT WELLNESS POLICY

The Harding County School District will provide all students with a strong foundation of knowledge, fitness, nutrition, and healthy choices in a challenging and changing world. The District will provide an environment that promotes, protects, and preserves health. Effective health education is a shared responsibility that begins in the home and is reinforced in the community by its citizens, health agencies, and schools.

Wellness Council/Committee

The School District will develop of a Wellness Council/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 with the school community.

Committee Members

- Administrator
- Physical Education/Health teacher
- Elementary Classroom teacher
- School Board Member
- Food Service Representative
- Community Member/Parent
- Student

Implementation of Wellness Policy

The local agency is required to inform (website) and update the public (including parents, students, staff, and others in the community) about the content and implementations of the Wellness Policy. The Wellness Policy should be reviewed, updated, and reported to community biennially at minimum.

Implement and Designees

The Food Service Director, Principal, Physical education staff, and Wellness Committee members will ensure each school complies with the District's wellness policy.

Triennial Progress Assessments

At least once every three years the District will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under jurisdiction of the District follow the Wellness Policy;
- The extent to which the District's Wellness Policy compares to model Wellness Policies;
- A description of the progress made in attaining the goals of the District's Wellness policy.

Recordkeeping

The District will retain records to document compliance with the requirements of the Wellness Policy at the District Administrative Offices. Documentation maintained in this location will include, but not limited to:

- The written Wellness Policy
- Documentation demonstrating that the policy has been made available to the public.
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the District Wellness Committee.
- The most recent assessment on the implementation of the local school Wellness Policy.

Nutrition Education & Promotion Component

The primary goal of nutrition promotion is to influence students' lifelong eating behaviors. Nutrition promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotions will be incorporated into the school day as often as possible.

Nutrition Education

Nutrition Education and Nutrition Promotion are part of health education classes. Nutrition Education follows the SD K-12 Health Education Standards to include health knowledge and skills. Nutrition education and nutrition promotion will be provided by staff who are adequately prepared and who participate in professional development activities in order to deliver effective programming. Nutrition promotion creates environments that inspire healthy nutrition choices. Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.

Physical Activity, Education and Promotion Component

The primary goal for the school's 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.

Physical Education Classes K-12

All students in grades K-12 will be offered opportunities to receive physical education. Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity. The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12. All physical education will be taught by highly qualified physical education teachers. Class teacher to follow student ratios should be equivalent to those of other subject area classes in the school. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

Physical Activity Across the Curriculum

Encourage physical activity breaks during classroom hours. Use physical activity as a reward when applicable. Designated physical activity time should not be used for the purpose of individual lessons, class, and/or therapies.

Daily Recess

All elementary school students will be encouraged to participate in at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity. Extended periods of inactivity, two 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 should be given periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School

All middle and high schools shall offer extra-curricular physical activity programs. Schools may encourage participation in community or club activities. After-school childcare and enrichment programs will encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous activity for all participants.

Withholding or Punishing

The School District will not use foods or beverages (including foods served through meals) as a punishment for academic performance or bad behavior. The District will not withhold foods or require consumption of foods. Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity unless such action has been approved by administration as an appropriate action to take. Withholding mealtime will not be used as a punishment.

Use of School Facilities Outside of School Hours

The District will support facility usage by students and community members for fitness and/or athletic activities. Schools will educate the community, including parents and staff, about utilized facilities. School policies concerning safety will apply at all times.

Other School Based Activities Component

The K-12 school-based activities component will provide opportunities for students and staff to engage in lifetime wellness activities and screenings throughout their schools and community. The District will provide nutrition education and physical education to students, staff, parents, and when appropriate, community members. The District personnel will encourage healthy eating and physical activities. Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy lifelong habits for students, staff, and community.

Professional Development

Ongoing professional development and education for foodservice professionals and educators will be provided on an as-needed basis.

Employee Wellness

Staff members are provided opportunities to participate in physical activities and healthy eating programs. School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Eating Environment

Students and staff meals will be served in clean, safe, pleasant surroundings and will have time scheduled as near the middle of the school day as possible to eat, relax, and socialize. Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

Rewards, Incentives, and Consequences

Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. When foods are used as an incentive, healthy options will be presented.

Fundraising

Refer to Policies and Procedures for fundraisers. The sale of food or beverage as a fundraiser will not take place from one hour before and one hour after the lunch service.

Safe Routes to School

The School District will assess and make improvements if necessary to make sure it is both safe and easy for students to walk and bike to school if appropriate. When appropriate, the District will work together with local public works, public safety and/or police departments in those efforts.

Nutrition Standards Component

Students' life-long eating habits are greatly influenced by the types of food and beverages available to them. Foods of good nutritional content will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. An example would be the school lunch program, which follows USDA requirements and the Dietary Guidelines for Americans. Other examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events. The Board recognizes that changes to food offerings, menus, and a la carte pricing will have an effect on revenues and the financial outcome of the food service fund. The board may establish a program whereby school meals may be provided to anyone other than students of the district at the greatest price charged any student plus an amount representing the portion of the lunch cost paid for from state and federal assistance. The School Food Service shall aim to be self-supportive.

School Meals

Meals served through the National School Lunch Program will:

- Be appealing and attractive to children
- Be served in clean and pleasant settings
- Meet, at a minimum, nutrition requirements established by state and federal law
- Offer a variety of fruits and vegetables, legumes, and whole grains
- Meals will be planned to encourage consumption of nutrient dense foods by providing a variety of healthy options each day on the self-serve fruit & veggies bar
- Serve only low-fat and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)

Free and Reduced-Price Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

Toward this end, the school district may:

- Use electronic identification and payment systems
- Promote the availability of meals to all students
- The District will provide free and reduced-price meals to students according to the terms of the National school Lunch program, federal law, and the rules of the state
- The District will inform parents of the eligibility standards for free or reduced priced meals

Meal Times and Scheduling

The School District:

- Will attempt to provide students with at least 20 minutes to eat after sitting down for lunch
- Should schedule meal periods at appropriate times
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes unless students may eat during such activities
- Will provide students access to hand washing or hand sanitizing before they eat meals and snacks

A la Carte and Vending Machines

During lunch service, only milk and extra salad bar will be available to purchase as a la carte items in addition to the reimbursable meal. The reimbursable meal includes an “all you can eat” fruit and veggie bar and students can return to the salad bar as many times as they like. Vending machines will be off during lunch serving times. At a minimum, all products will meet USDA guidelines.

Food and Beverage Marketing in Schools

The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity. These efforts will be weakened if students are subjected to advertising on District property that contains messages inconsistent

with the health promotion efforts. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's Wellness Policy.

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References:

SD Dept of Education Model Wellness Policy