



Book	Policy Manual
Section	200 Pupils
Title	Student Wellness
Code	246
Status	Active
Legal	1. Pol. 808
Adopted	June 10, 2020
Last Revised	April 12, 2018
Last Reviewed	June 4, 2020

Purpose

Albert Gallatin School District recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

Authority

To ensure the health and well-being of all students, the Board establishes that the district shall provide to students:

A comprehensive nutrition program consistent with federal and state requirements.

Access at reasonable cost to foods and beverages that meet established nutritional guidelines (as set forth in the National School Lunch or School Breakfast Program).

Physical education courses and opportunities for developmentally appropriate physical activity during the school day for Grades K-12.

Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.

Delegation of Responsibility

The Superintendent or designee shall be responsible to monitor district schools, programs, and curriculum to ensure compliance with this policy, related policies and established guidelines or administrative regulations.

[1]

Each building principal or designee shall report to the Superintendent or designee regarding compliance in his/her school.

Staff members responsible for programs related to student wellness shall report to the Superintendent or designee regarding the status of such programs.

The Superintendent or designee shall annually report to the Board on the district's compliance with law and policies related to student wellness. The report may include:

Assessment of school environment regarding student wellness issues.

Assessment of the food services program as outlined in the wellness implementation plan.

Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.

Listing of activities and programs conducted to promote nutrition and physical activity.

Recommendations for policy and/or program revisions.

Suggestions for improvement in specific areas.

Feedback received from district staff, students, parents/guardians, community members and Wellness Committee.

An assurance that district guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually by the Food Service Director.

Guidelines

Wellness Committee

The Board shall appoint a Wellness Committee comprised of at least one (1) of the following: School Board member, district administrator, district food service representative, student, parent/guardian, a member of the public, physical education teacher, school nurse, and a dietician. In addition the committee may also include: **school counselor, coach, support staff, dietician, health professional, representative of local or county agency, representative of community organization, and other individuals chosen by the Board.**

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing, reviewing, and updating a Student Wellness Policy that complies with law to recommend to the Board for adoption.

The Wellness Committee will provide reports a minimum of 4 times per year to the Superintendent or designee regarding the status of its work, as required.

The Wellness Committee shall meet a minimum of 4 times per academic year

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and/or students; conduct community forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities, within the budget established for these purposes.

The Wellness Committee shall conduct an assessment at least once every three (3) years on the contents and implementation of this policy as part of a continuous improvement process to strengthen the policy and ensure implementation. This triennial assessment shall be made available to the public in an accessible and easily understood manner and include:

1. The extent to which each district school is in compliance with law and policies related to school wellness.
2. The extent to which this policy compares to model wellness policies.
3. A description of the progress made by the district in attaining the goals of this policy.

At least once every three (3) years, the district shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as district and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.

The Wellness Committee will annually review and revise the policy as needed.

An annual Wellness Report will provide a description of each school's activities and progress toward meeting district wellness goals, contact details for committee leadership and information on how to join the committee.

A progress report on compliance/implementation is available at www.agasd.org.

Wellness information is provided to parents through the district webpage, monthly newsletters, and student hand-outs.

Nutrition Education and Promotion

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.

Nutrition education will be provided within the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.

Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.

Nutrition education lessons and activities shall be age-appropriate.

Nutrition curriculum shall be behavior focused **and integrated into the larger school environment through media awareness, menu planning, and reading nutrition labels.**

School food service and nutrition education classes may cooperate to create an interactive learning experience.

Nutrition education shall be integrated into other subjects to complement but not replace academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development.

District staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated throughout the district, schools, classrooms, cafeterias, homes, community and media.

Nutrition education shall extend beyond the school environment by engaging and involving families and communities.

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Teachers, paraprofessionals, and other school partners, etc. are encouraged to creatively engage students in physical activity in the context of other classroom exercises, after school, and extended year experiences.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities, such as recess; before and after school; during lunch; clubs; and interscholastic athletics, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

All elementary school students are provided with at least 20 minutes of recess per day.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

Physical activity breaks shall be provided for all K-8 students throughout the school day.

Each school shall provide physical activity opportunities at the school to all students and staff.

After-school programs will be encouraged to provide developmentally appropriate physical activity for participating children.

District schools shall partner with parents/guardians and community members to institute programs that support physical activity.

School playgrounds and/or tracks should be available to students, staff, and community members before, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times. (Fees may apply).

All teachers are recommended to receive professional development specific to integration of physical activity content in to class time and/or curriculum.

Training is recommended for teachers on activities that incorporate physical activity throughout the school day.

Staff is encouraged to model physical activity in concrete ways.

Staff is discouraged to use food as a reward; rather encouraged to use physical activity as a reward.

Staff is encouraged to model healthy eating/drinking behaviors.

Staff is discouraged from consuming food/beverages that may not be sold to students during the school day.

Staff is discouraged from using physical activity as punishment.

Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, and resources shall be provided for physical education courses.

Physical education shall be taught by certified health and physical education teachers.

Appropriate professional development shall be provided for **all** staff.

Physical education classes shall make every effort possible to strive for a student/teacher ratio of 30:1.

Physical education shall not be used as a form of punishment.

The school district does not waiver state physical education requirements for K-12 students.

Students are not allowed to receive an exemption from physical education class time or credit unless under the supervision of a licensed physician.

Students are prohibited from substituting other school or community activities for physical education class time or credit.

Other School Based Activities

District schools shall provide adequate space for eating and serving school meals.

Students shall be provided a clean and safe meal environment.

Students shall be provided adequate time to eat during their designated breakfast and lunch times.

Free drinking water shall be available at all meal periods and throughout the school day.

Students shall have access to hand washing or sanitizing before meals and snacks.

Students are prohibited from leaving campus for lunch.

Qualified professionals shall administer the school meals program.

All school nutritional program staff will meet or exceed hiring and annual continuing education requirements in the USDA Professional Standards for Nutritional Professionals.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and parents/ guardians upon request.

Food sold during fundraising is recommended to meet Smart Snack nutrition standards.

Students and parents/guardians may be involved in menu selections through various means.

Community Eligibility Provision (CEP) is provided to parents printed material and is posted on the district website.

To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.

The district will implement the Growth Screening Program and utilize established community based referral sources in order to aid in educating the community at large on the Body Mass Index and other health related disparities.

The district shall make effective use of the Student Assistance Program in order to identify and refer students who have displayed questionable behaviors. Educational interventions shall discuss topics including, but not limited to: Promotion of physical activity, healthy eating, prevention of Alcohol, Tobacco and Other Drug use, violence and suicide

Through the Student Assistance Program, the district shall make effective use of community-based providers in order to offer services pertaining to the death and grieving process, abuse or neglect, violence, learning or emotional disabilities, anger management training, service pertaining to the overall mental health including depression

The district shall provide appropriate training to all staff on student wellness.

Goals of the Student Wellness Policy shall be considered in planning all school based activities.

Administrators, teachers, food service personnel, students, parents/guardians, and community members shall be encouraged to serve as positive role models through district programs, communications and outreach efforts.

The district shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

Nutrition Guidelines

All foods available in district schools during the school day shall be offered to students **during their regularly scheduled lunch period (where only Smart Snacks are offered)** with consideration for promoting student health and reducing childhood obesity

Meals provided through the National School Lunch or Breakfast Programs shall comply with federal nutrition standards.

All competitive foods available to students in district schools shall comply with the established nutrition guidelines, as listed in the District Wellness Plan.

USDA Smart Snacks in School nutrition standards are described in full at Smart Snacks nutrition standards

All beverages sold to students during the school day are required to meet or are in compliance with USDA Smart Snacks nutrition standards.

Any foods sold during the extended school day meet or exceed Smart Snacks nutrition standards.

Beverages served to children participating in after-school programs will meet USDA Smart Snacks nutrition standards.

Any foods or beverages served to students in aftercare meet or exceed CACFP or Smart Snacks nutrition standards.

Schools are encouraged to limit the sale of beverage to water 100% juice and milk.

High school principals are encouraged to limit the sale of beverages to those that meet USDA Smart Snack nutrition standards for middle schools.

A list of specific, healthy food items to be served/distributed/available at class parties or at all times is provided.

Teachers and parents will be encouraged to provide healthy options for school parties, celebrations and events. A recommended list of items will be provided by the wellness committee for parents and teachers each school year.

Foods of Minimal Nutritional Value will not be used as rewards. Teachers will be permitted to provide rewards for special events/accomplishments. A list of recommended food rewards will be provided for teachers.

A district-wide, computerized POS system prevents overt identification.

Cafeteria Advisory Committee comprised of secondary students will review and discuss menu planning, and nutritional components about the food service program.

Wellness, Promotion, and Marketing

A district newsletter, signage in the cafeteria, and taste tests shall be used to promote healthy food/beverage choices and physical activity.

Schools will provide nutrition/PA promotion activities for families or community use of school facilities for nutrition/PA related activities is guaranteed.

Advertising of food and beverages will be considered in the selection of curricular/educational materials.

An effort will be made to remove advertising from the cafeteria that does not meet Smart Snacks nutrition standards or prohibits this advertising on food displays, vending machines, food and beverage containers and coolers.

All advertising of food and beverages that cannot be sold to students during the school day/do not meet Smart Snacks nutrition standards is discouraged including school media.

All advertising of food and beverages that cannot be sold to students during the school day/do not meet Smart Snacks nutrition standards is discouraged during school participation in fundraising programs or promoting brands or food and beverage companies.

Safe Routes to School

The district shall assess and, to the extent possible, implement improvements to make walking to school safer and easier for students.

The district shall cooperate with local municipalities, public safety agency, police departments, and community organizations to develop and maintain safe routes to school.

District administrators shall seek and utilize available federal and state funding for safe routes to school, when appropriate.

