

# **JONES COUNTY WELLNESS POLICY**

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**JONES COUNTY SCHOOL DISTRICT 37-3**

**WELLNESS POLICY**

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# JONES COUNTY SCHOOL DISTRICT 37-3

## WELLNESS POLICY

### **Introduction**

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement that all school districts are required to develop and implement wellness policies that address nutrition and physical activity. The Wellness Policy of the Jones County School District (hereinafter “District”) will address the following components: Nutrition Education, Nutrition Standards, Physical Activity and Other District-Based Activities.

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. This promotion will occur by implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.

### **Nutrition Education and Promotion**

At each grade level nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students’ eating behaviors. Students will receive consistent nutrition messages throughout schools, classrooms, and cafeteria.

### **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 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 create 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.

\*\*\*This Wellness Policy and the progress reports on file in business office and on District website <https://jonesco.k12.sd.us>

### **Physical Activity Component**

The primary goal for the District’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. Encourage physical activity breaks during classroom hours. Use physical activity as a reward when applicable.

### **Physical Education Classes**

All students in grade K-12 will be offered the opportunity to receive physical education. Students will spend at least 50% of the 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 classes will be taught by qualified physical education teachers. Class teacher to student ratios should be equivalent to those of other subject areas classes in the school. Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

### **Daily Recess**

All students in Grades K-4 will have at least three (3) fifteen (15) 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. Students in Grades 5-6 will have outdoor recess at least once a day for twenty (20) minutes. Students in Grades K-6 walk to and from lunch each day, giving them an estimated fifty (50) minutes of walking each week. Students will be allowed

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outside for recess except when outdoor temperature is above/below District-set temperature, inclusive of wind chill factors, or during storms with lightening or thunder, or at the discretion of the building administrator based on his/her best judgment of safety condition.

Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory District-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

### **Physical Activity Opportunities Before and After School**

Students in Grades 7-12 will be offered interscholastic sports programs. The District will offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs. The District will educate and encourage participation in community or club activities.

### **Safe Routes to School**

The District will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the District will work together with local public works, public safety, and/or police departments in those efforts.

### **Use of District Facilities Outside of School Hours**

District spaces and facilities will be available to students, staff, and community members after the school day, on weekends, and during school vacations according to District policy. District policies concerning safety will apply at all times.

### **Wellness Council/Committee**

There is a Wellness Committee comprised of District personnel, parents, school food service and a Board member to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the District community. The committee is listed at the end of this document.

### **Parent Involvement**

Parents are encourage to promote physical activity and healthy foods at home through District correspondence such as the District website and/or District-wide communications.

### **Other District-Based Activities Component**

The District will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits. One way of doing this will be through menus and suggested healthy snack items that can be eaten at school. Teachers will send home a list of snacks that can be brought in to celebrate birthdays and other holidays.

### **Professional Development**

The District will provide ongoing professional development and education for food service professionals, educators, administrators and other staff by school health nurse.

### **Eating Environment**

Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize. Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods. Consideration will be given for passing time, bathroom break, hand washing, and socializing to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.

### **Community Access to Facilities for Physical Activity**

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The District will provide community access to the District's physical activity facilities outside of the normal school day and/or from city-District partnerships to institute recreation programs utilizing District facilities when possible according to District policy.

### **Tobacco Free School Grounds**

The District will promote a tobacco free environment for students, staff, and community members.

### **Vending Machines**

Vending machines (if available) will offer healthy snacks and beverages. Pop will not be sold in District vending machines. All products will USDA guidelines.

### **General Guidelines**

Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.

### **District Meal Program**

The District food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. The District will comply with USDA regulations and state policies.

The District will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.

Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.

### **A La Carte Offering in the Food Service Program**

A la Carte, items available during the school day will meet the Standards for Food and Beverages set forth in this document. A la carte offerings will only be sold after the purchase of a reimbursable meal. The reimbursable meal includes an "all you can eat" fruit and veggie bar.

### **Snacks**

Healthy snacks will include fresh, dried or canned fruits (in 100% juice only); vegetables; 1% or skim milk; and grains meeting the Standards for Food and Beverages set forth in this document. Teachers promote and monitor healthy snacks. A suggested list of snack items is sent home at the beginning of the school year by the school nurse. Teachers send home notes on what can be brought in for a healthy snack for birthdays and other holidays.

### **Celebrations and Rewards**

The District will limit celebrations that involve food during the school day. Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages. The District will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.

The District will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards.

### **Rewards and Incentives**

Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

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### **Competitive Foods and Beverages**

The District is committed to ensuring that all foods and beverages available to students on the District campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at <https://foodplanner.healthiergeneration.org/>.

### **Fundraising**

The Nutrition Standards for All Foods Sold in School as required by the Healthy, Hunger-Free Kids Act of 2010 regulations (commonly referred to as Smart Snack regulations) require that states establish a policy regarding the number of fundraisers selling foods that otherwise would not be allowed (called exempt fundraisers) that can be held in the District. The regulation states that they should be infrequent.

- District-sponsored groups can each have one exempt fundraiser per year during the school day on the school campus;
- Non District-sponsored groups cannot have fundraisers involving unallowable foods during the school day;
- 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; and
- Food cannot be ordered for delivery during the school day as a fundraiser, unless that is the District-sponsored group’s exempt fundraiser. This would include any food ordered at any time and delivered to the student(s) during the school day.

The following areas are not affected by the federal regulation but can be restricted by the District:

- Fundraising activities involving foods that happen outside of school;
- Groups other than District-sponsored groups selling allowable foods or nonfood items during the school day;
- Concession stands operating outside of school hours or in areas not available to students during the school day;
- Treats brought in to give away to students such as classroom parties;
- Foods not intended for consumption at school (such as frozen pizza, bread dough, cookie dough);
- Foods sold in areas not accessible to students;
- Food given to students at no charge by others, such as booster groups; and
- Foods that are not part of fundraisers ordered by individual students to be delivered to them.

It should be noted that many fund raising opportunities exist that do not involve food. There are no limits imposed by this policy on those fund raising activities.

### **District Meals**

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet, minimum, nutrition requirements established by local/state/ federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low-fat (2%) and fat free milk and nutritionally-equivalent nondairy alternatives; and
- Ensure that half of the served grains are whole grain.

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The District will engage students and parents, through taste-tests of new entrees and surveys, in selecting food sold through the school meal programs in order to identify new, healthful, and appealing food choices. In addition, the District will share information about the nutritional content of meals with parents and students, when requested.

### **Breakfast**

To ensure all children have breakfast, either at home or at school and in order to meet their nutritional need and enhance their ability to learn:

- The District will operate a School Breakfast Program;
- The District will notify parents and students of the availability of the School Breakfast Program.

### **Meal Times and Scheduling**

The School District:

- Will provide students 10-15 minutes to eat breakfast after they sit down and 20-25 minutes after they sit down for lunch;
- Will schedule meal periods at appropriate times between 11:15 and 12:30;
- Will not schedule tutoring, club, or organizational meeting or activities during meal times, unless students may eat during such activities;
- Will provide students access to hand washing or hand sanitizing before they eat meals or snack; and
- Will take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs.

### **Sharing of Foods and Beverages**

The District will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

### **Qualifications of District Food Service Staff**

Qualified nutrition professionals will administer the District meal programs. The District will operate a food service program; we will provide continuing professional development for all nutrition professional in our school. Staff development programs will include appropriate certification and/or training programs for the school nutrition managers, and cafeteria workers, according to their levels of responsibility.

### **Free and Reduced-Priced Meals**

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

### **Schools Nutrition Standard**

The Institute of Medicine's nutrition standards for competitive foods/beverages in schools has been adopted by the District. A summary of the standards is below.

### **Foods**

Only fruits, vegetables, nuts and seeds, whole grains, low-fat dairy and combination products may be sold, following the standards below:

- Packaged items shall not exceed one serving per package/200 calories;
- Items shall contain no more than 35% of total calories from fat, less than 10% of total calories from saturated fats and zero Trans fats. Exception: The fat content of nuts and seeds will not count against the total fat content of packaged products;
- Items shall contain no more than 35% of calories from total sugars. Exception: Yogurt, may contain up to 30 grams of total sugars per 8 oz serving;
- Items shall contain less than or equal to 200 mg of sodium per packaged portion;

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- Combination items must contain at least one serving of whole grains, fruit or vegetable, per portion as packaged, in any combination (e.g., half (½) serving of fruit and half (½) serving of whole grain in one portion).
- A la carte items in the cafeteria must be USDA school meal components (200 calorie limit does not apply) AND meet the above fat and sugar limits. A la carte items cannot exceed 480 mg of sodium.
- Whole fruits, vegetables, nuts and seeds are preferable to processed food items.

### **Beverages**

The only beverages allowed to be sold outside of District meals include:

- Low-fat (1%), non-fat or non-dairy milk in 8 oz portions (plain or flavored with no more than 22 grams of total sugars per 8 oz);
- 100% fruit/vegetable juice in 4 oz portions for elementary and middle school, and 8 oz. portions for high school; and
- Plain water.

### **Recordkeeping**

The District will retain records to document compliance with the requirements of the wellness policy at high school office and/or on school website. Documentation maintained in this location will include but will not be limited to:

- The written Wellness Policy;
- Documentation demonstrating that the Wellness Policy has been made available to the public;
- Documentation of efforts to review and update the 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 policy;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local District Wellness Policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local District Wellness Policy has been made available to the public.

### **Annual Notification of Wellness Policy**

The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the District website and/or District-wide communications. The District will provide as much information as possible about the District nutrition environment. This will include a summary of the District's events or activities related to Wellness Policy implementation. Annually, the District will also publicize the name and contact information of the District school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### **Triennial Progress Assessments**

At least once every three (3) years, the District will evaluate compliance with the Wellness Policy to assess the implementation of the Wellness Policy and includes:

- The extent to which the District is in compliance with the Wellness Policy;
- The extent to which the District's Wellness Policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the District's Wellness Policy.

### **Definitions**

- **A La Carte:** additional and separately priced foods sold in the lunch line.



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- **Dietary Guidelines for Americans:** dietary recommendations for healthy Americans age two (2) years and over about food choices that promote health, specifically with respect to prevention or delay of chronic diseases.
- **Physical Activity:** the Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that result in an expenditure of energy.
- **Normal School Day:** time spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.
- **Vending Machine:** a coin operated machine for the sale of merchandise.

**Committee Member List**

Kari Harter—Parent

Bev Ball—Physical Ed. Teacher

Jed McNaughton—Physical Ed. Teacher

Lorrie Esmay—Administrator

Missy Valburg—Administrator

Chad Whitney—School Board Member

Dylan Iwan—Student

Sage Waldron—Student

Lea Glaze—School Nurse

Ann Geisler—Fitness Coach

Katie Hunt—FSMC Head Cook

Committee will meet the third Wednesday in September, January, and April to participate in the review, development, and updates to the Wellness Policy. The District has designated, Lorrie Esmay, Jones County Superintendent, who has the authority and responsibility to ensure our District complies with the policy.

Data from Lunchtime Solutions Inc. (LSI) on meals, data from classroom teachers on healthy snacks and treats from birthday and other holiday parties, as well as time spent at recess and physical education will be reviewed and information sent home to parents in the form of a newsletter and posted to District web page. The school nurse will provide data on overall weights and heights of students.

**References:**

South Dakota Department of Education Model Wellness Policy, September 2012

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**Non-Discrimination Notice (Annual)**

It is the policy of the Board of the District to comply with Federal and State Laws prohibiting discrimination and all requirements imposed by or pursuant to regulations issued thereto, to the end that no person shall, on the grounds of race, color, national origin, creed, religion, sex, marital status, status with regard to public assistance, age or disability, be excluded from participation in, be denied the benefit of, or be otherwise subjected to discrimination under any educational program or in employment, or recruitment, consideration, or selection.

The District has implemented a management system to comply with the provisions the Federal Anti-Discrimination Laws pertaining to schools. The District will evaluate on a continuous basis the District's operation in terms of the requirements of Federal and State Law prohibiting discrimination and will modify any aspects of the district's operation not in conformance. Remedial steps will be taken to eliminate the present effects of past discrimination and data will be maintained of any modifications made and upon request this data will be forwarded to the U.S. Department of Education.

The District has appointed a Title IX Coordinator who has responsibility for the implementation of provisions of Civil Rights the general public and others.

\*\*\*On file in business office and on District website <https://jonesco.k12.sd.us>