

# ***Dell Rapids School District #49-3***

## **Policies and Regulations Code: EFEA-R – Support Services**



### **SCHOOL WELLNESS REGULATIONS**

The Dell Rapids School District is committed to creating a healthy school environment that promotes healthy eating and physical activity in support of student achievement and the development of lifelong wellness practices.

To accomplish these goals:

#### **Nutrition Standards Component**

Child and adolescent obesity have reached epidemic levels in the United States. Healthful eating helps to prevent childhood obesity and is demonstrably linked to reduced risk for mortality and development of many chronic diseases such as diabetes. Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them and are positively influenced by well-planned and well-implemented school nutrition programs. Food choices of good nutritional content will be available in school meal programs, vending machines, and concessions.

#### **1. School Meal Program**

- Child Nutrition programs comply with federal, state, and local requirements. Child Nutrition programs are accessible to all children.
- Water will be available to students at no charge and will be located in the lunch room near the serving lines.
- Menus will be planned with input from students, family members, and other school personnel and will take into account students' cultural norms and preferences.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.
- Nutritional menu analysis data will be visible to parents, staff, and students.
- Schedules should allow at least 10 minutes for students to eat breakfast and 20 minutes for students to eat lunch. When possible, recess will take place prior to lunch to ensure appropriate healthful food intake.

#### **2. A La Carte Offerings in the Food Service Program**

- All a la carte items will meet the USDA Healthy Hunger Free Kids Act of 2010, specifically, the Smart Snacks Standards.
- Parents will be notified of procedures available for limiting student a la carte purchases.

#### **3. Snacks in the Classroom**

- If teachers allow snacks in the classroom for any reason (ex: rewards, parties, celebrations), healthful snacks will be expected at all grade levels.
  - Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food should not be used as a reward or incentive in the classroom, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks).

- The district will distribute information on healthful snacks to teachers and parents annually.

#### 4. Nutrition Education

- 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.
- Sequential and interdisciplinary nutrition education is provided and promoted through the health education curriculum

### **Physical Activity 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.

#### 1. Physical Education Classes K-12

- All students in grades K-8 will receive physical education during the school year. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Beginning with the class of 2010, all students in grades 9-12 must take ½ unit of physical education to meet graduation requirements. All students in grades 9-12 will be offered the opportunity to take physical education electives.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- All physical education classes will be taught by highly qualified physical education teachers.
- Teacher-to-student ratios for physical education classes should be equivalent to those of other subject area classes in the school.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

#### 2. Daily Recess

- At least 20 minutes a day of supervised recess, preferably outdoors, is encouraged for all K-6 students.
- Opportunities for physical activity (e.g., recess, physical education) will not be withheld as punishment for inappropriate behavior or poor academic performance, with the exception of in-school suspension or consequences for infractions during recess or physical education class.
- Elementary students will not be denied physical activity for purposes of make-up work, testing, etc. that will reduce their daily activity time below 20 minutes per day.
- Middle school students will not be denied physical activity for purposes of make-up work, testing, etc. more than once per week.

### **Other School-Based Activities Component**

Schools 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.

- Schools will provide nutrition and physical education information for students and staff, and, where appropriate, parents and community members.
- 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.

- All fundraisers held within the District must meet the State of South Dakota Fundraiser Policy implemented in July 1, 2014. Staff will get any food-associated fund raisers approved by the superintendent to assure compliance with the “one time per year for one day” stipulation.

### **District Committee and Accountability**

The District will have a Wellness Committee whose goal is to assess and improve nutrition and physical activity within the school environment and to promote healthy lifestyles.

- The Committee will meet on an annual basis. Individuals from the following groups will be invited to participate: school personnel, food service personnel, BOE members, community members, and students.
- The superintendent or designee will conduct an assessment every school year to assess compliance of the local school wellness policy. This will be a culmination of the building principal’s assessment of compliance in their individual buildings. Final assessment information will be shared with the public via newsletter and the school web site.
- Prior to each new school year, the superintendent will assure the wellness policy and accompanying information is provided to school personnel for appropriate distribution.

LEGAL REF.: PL 108-265, Section 204

Adopted: June 28, 2006  
Revised: December 12, 2016