

## Billings School District

### NON-INSTRUCTIONAL OPERATIONS

#### School Wellness

The Billings Public School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Billings School District that:

The local wellness policy, at a minimum, includes:

1. Community involvement, including input from parents, students, school food service, the school board, school administrators, educators, and the public in the development of the school wellness policy. Training of this team of people on the components of a healthy school nutrition environment is recommended.
2. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines as appropriate.
3. Nutrition guidelines for all foods available on each school campus under the local education agency during the school day with the objectives of promoting student health and nutrient-rich meals and snacks. This includes food and beverages sold in a la carte sales, vending machines, and student stores; and food and beverages used for classroom rewards and fundraising efforts.
4. Guidelines for reimbursable school meals to ensure that the District offers school meal programs with menus meeting the meal patterns and nutrition standards established by the U.S. Department of Agriculture.
5. A plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local education agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the District's local wellness policy.
6. Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity.

#### Nutrition Education

All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the *Montana's Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks*. Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered throughout the school campus and based on the *U.S. Dietary Guidelines for Americans*. Staff who provides nutrition education shall have the appropriate training, such as in health enhancement or family and consumer sciences, or by attending nutrition education workshops

Health Enhancement and Physical Activity Opportunities

The District shall offer health enhancement opportunities that include the components of a quality health enhancement program taught by a K-12 certified health enhancement specialist. Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Health enhancement instruction shall be aligned with the *Montana's Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks*.

All K-12 students of the District shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities, to maintain physical fitness, and to understand the short-and long-term benefits of a physically active and healthy lifestyle.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods.

The District shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom rewards, fund raising efforts) in accordance with *USDA Smart Snacks Guidelines*. The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The Superintendent shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Other School-Based Activities Designed to Promote Student-Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity, such as staff wellness programs, non-food reward system and fundraising efforts.

Physical Activity During the School Day

It is recommended that physical activity be incorporated into the school day as one tool used to increase academic achievement.

As research has demonstrated, physical activity during the school day (including, but not limited to recess, physical activity breaks, or physical education) supports and improves academic achievement. It is recommended that physical activity not be withheld as disciplinary action.



This does not include participation on sports teams that have specific academic requirements. In addition, it is recommended that excessive exercise should not be used as a form of discipline for students.

The intent of this recommendation is to promote more physical activity for students during the school day. Notwithstanding this recommendation, occasions will arise when students must be removed from recess, lunch or other physical activity opportunities for reasons of health, safety, time-critical academic issues, and other exceptional circumstances deemed reasonable by staff and faculty.

In addition, using physical activity as a reward for positive behavior or achievement is strongly encouraged.

The provisions of the Policy are not to diminish or modify the discretion of and authority granted to the Superintendent, teachers and/or principals as outlined in District Policies.

Maintaining Student Wellness

The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall measure how well this policy is being implemented, managed, and enforced. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Cross Reference: 8230 Nutrition

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004 43

Policy History: First Reading: Second Reading: Third Reading: Adopted on: Effective on: Revised on: Revised on: First Reading: Second Reading: Third Reading: Adopted on: Effective on:

February 16, 2006 – Board of Trustees  
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School/Community Committee June  
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April 20, 2015  
November 28, 2017  
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26, 2018

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