

Wellness Policy

Introduction:

The Board recognizes that the increasing rates of overweight and obesity among youth threaten the future health and productivity of our children. Overweight children may be at higher risk for developing severe long-term health problems. Research indicates that many diseases are largely preventable through healthy eating habits and regular physical activity. All adults and children benefit from both healthy food choices and increased physical activity.

Although the primary mission of schools is education, the present and future health, safety, and wellbeing of students is also a concern of Bon Homme School District. Bon Homme School District shares with families and the community the responsibility for the physical, mental, and social wellbeing of its students.

Nutrition Education Component:

The primary goal of nutrition education is to influence students eating behaviors.

Nutrition education will be incorporated into the school day as much as possible.

All instructional staff is encouraged to integrate the benefits of good health, nutrition, and physical activity into daily lessons as appropriate, including core subjects such as math, science, language arts, and social sciences.

Nutrition and health education will be provided to parents in the form of handouts, postings, and links on the district web site, monthly newsletter, and presentations.

The District Wellness Committee will work together with the School Nutrition/Health Team, such as Team Nutrition, or Coordinated School Health, to conduct nutrition education activities and promotions that involve staff, students, parents, and the community.

Physical Activity Component:

The primary goal of the physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, participate in physical activity, and understand the health benefits of being physically active.

Physical Education Classes

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.

Physical Activity across the Curriculum

It is encouraged that opportunities for physical activity are regularly incorporated into other subject areas (math, language arts, science, and social studies).

- Recess
 - All elementary students will have at least 30 minutes daily of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity.
 - When feasible, recess will occur prior to lunch so that children will come to lunch less distracted and ready to eat.
- Opportunities for Physical Activity Before and After School
 - All elementary, middle, and high school students will be offered the opportunity to participate in extracurricular activities, activity clubs, or intramural programs.
 - After school and enrichment programs will encourage daily periods of moderate to vigorous physical activity for all participants.

- Rewards/Incentives/Consequences
 - Teachers and other school personnel will not use physical activity (e.g. running laps) or withhold opportunities for physical activity (e.g. recess, physical education) as a punishment.
 - It is strongly encouraged that students will not be denied physical activity for the purpose of make-up work and/or testing.

Other School-based Activities Component:

Schools will provide consistent messages to foster lifelong habits of healthy eating and physical activity.

- Rewards, Incentives, and Consequences
 - Rewards and incentives will be given careful consideration as to the messages they send to students. Other options in addition to food will not be used as rewards or incentives in the classroom.
 - Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
- Fundraising
 - School fundraising activities will promote healthy lifestyles.
 - Schools will encourage fundraising activities that promote physical activity, such as car washes, fun-runs, walk-a-thon, golf tournaments, and basketball tournaments.
 - The District will make available a list of healthy fundraising ideas.

Nutrition Standards Component:

Student's eating habits are greatly influenced by the types of foods and beverages available to them. Foods that meet the Standards for Foods and Beverages set forth in this document will be offered wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte items, snacks, vending machines, fundraising activities, parties, celebrations, and school sponsored events.

- School Food Service
 - The School 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. All foods and beverages sold in the School Food Service will meet the USDA guidelines of foods of minimal nutritional value.
 - Schools will offer food choices consistent with the Federal Government's Dietary Guidelines for Americans. These guidelines are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
- A La Carte Offering in School Food Service
 - Students must purchase a reimbursable meal before purchasing a la carte items. A la carte items are not available to elementary students.
 - School food service will not encourage the sale of extra portions of desserts, French fries, and/or ice cream. A second a la carte item is not permitted.
 - The District's Wellness Committee will review the listing of foods and beverages sold in the schools' food service on an annual basis.
- Parties and Celebrations
 - Parties and celebrations 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.
- School Sponsored Events (such as but not limited to athletic events, dances, and performances)
 - Healthy choices of food and beverages that meet the Standards of Food and Beverages will be offered at school-sponsored events outside the school day.

- Vending Machines
 - All foods and beverages sold in school vending machines must meet the USDA guidelines for vending machines.

Definitions

Dietary Guidelines for Americans: dietary recommendations for healthy Americans age 2 years and over about food choices that promote health, specifically with respect to prevention or delay of chronic diseases.

A La Carte items: additional and separately priced food and beverages sold by the school food service during the breakfast and lunch established serving times.

School Vending Machines: a coin operated machine for the sale of foods and beverages.

Foods of minimal nutritional value: in the case of artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intake (RDI) for each of eight specified nutrients per serving; and in the case of all other foods, a food which provides less than five percent of the RDI for each of eight specified nutrients per 100 calories and less than five percent of the RDI for each of eight specified nutrients per serving. The eight nutrients to be assessed for this purpose are-protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron.

Legal References: 42 USC 1751-1769; 42 USC 1771-1791; 7 CFR 210.1-210.31; 7 CFR 220.1-220.21

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