

Policy Manual  
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Alliance for Wellness Policy

USDA Wellness Policy

Richard B. Russell National School Lunch Act

Wyoming Wellness Policy

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## **HEALTH AND WELLNESS**

Teton County School District No. 1 shall promote student well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The School District's primary goal is to help students develop positive attitudes, behaviors, and skills associated with lifelong healthful eating patterns as well as learn the short and long-term benefits of a physically active and healthful lifestyle.

The Superintendent or designee shall establish procedures that promote health and wellness for students and staff in accordance with state and federal law.

Throughout each school year, all students, Pre-K-12, in Teton County School District shall receive nutrition education that is aligned with the USDA Wellness Policy requirements. (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b))

### **WELLNESS RESOURCE AND GUIDANCE**

1. Regarding development, implementation, assessment and adjustments of the Wellness policy, Teton County School District Number One will utilize research-based models such as the Centers for Disease Control and Prevention's (CDC) Coordinated School Health Program and the USDA Local School Wellness Policy Outreach Toolkit.
2. Ongoing nutrition and food safety training will be provided to the Nutrition Services Administrator and staff through national, state, and local training to meet the annual USDA professional training requirements.

## **NUTRITION EDUCATION**

Throughout each school year, all students, Pre-K-12, in Teton County School District shall receive nutrition education that is aligned with the USDA Wellness Policy requirements, (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 11-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), Local School Wellness Policy Implementation) education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

### **Student Nutrition Education**

1. Nutrition lessons are integrated into the curriculum and the healthy education program.

a. Schools will teach skills to utilize research-based nutrition information, such as USDA MyPlate, in “real-life” practice such as reading nutrition fact labels, skills in purchasing and preparing healthy meals and snacks.

2. Nutrition education, healthy eating and physical activity will be actively promoted via positive modeling by staff, marketing materials (posters, table tents, brochures, flyers), and through the local media.

Nutrition education will be integrated into the broader curriculum, where appropriate.

1. The nutrition education program shall work with the Fresh Fruit and Vegetable Program and the Culinary Arts Program to use the cafeteria as a learning lab.
2. Nutrition education opportunities for parents/staff will be encouraged and will include a variety of activities/topics.

### **School Lunch/Breakfast**

1. Meals served through the district’s food services program shall comply with the National School Lunch and Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable.
2. Nutrition Services will limit marketing on the school campus to those products that are allowed to be sold according to the district’s nutrition standards.
3. Nutrition Services will solicit input from students on new and existing menu items through methods such as: taste testing, surveys, plate waste studies and focus groups.
4. A Nutrient analysis will be available for all breakfast and lunch items online.
5. Breakfast and lunch will be available at all LCSD1 schools with an enrollment of at least fifty (50) students.
6. The district shall take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way.
7. Schools and/or the Food Service Director will reach out to households with an unpaid balance to assess whether the child is eligible for free or reduced-price meals.

## **PHYSICAL EDUCATION**

1. State and School District physical education curriculum standards and guidelines shall be met or exceeded.
2. Students shall be given opportunities for physical activity during the school day through daily recess periods and elective and mandatory PE classes. Elementary students shall have at least twenty (20) minutes per day of supervised recess, during which moderate to vigorous physical activity shall be encouraged.
3. Outdoor recess will be offered when conducive to outdoor play, as defined by the district. Teachers and Staff shall follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.
4. The School District shall provide environments that encourage safe and enjoyable activity for all students.
5. The School District shall encourage families and community members to support programs outside of the school that encourage physical activity.
6. Physical activity programs shall be carried out in environments that reflect respect for body-size differences and varying skill levels.
7. The school administrator shall have the authority to determine if a student can participate in recess. The prohibition of recess may be an appropriate action depending on the individual needs of the student. Loss of recess may be considered when the safety and welfare of the student or others is a concern.

## **Food & Beverages Sold to Students Outside the National School Lunch, Breakfast, and Snack Programs**

1. All food and beverages sold to students outside the National School Lunch & Breakfast Programs, including but not limited to classrooms, vending machines, school stores and concession stands will follow the USDA Smart Snack guidelines during the USDA defined school day.
  - Nutrition Services will provide resources outlining current USDA guidelines which limit ingredients, calories, total fat, saturated fat, trans fat, and sugar.
  - USDA defined school day: midnight to 30 minutes after the end of the school day.
2. All food sold or provided to students during the defined school day shall be provided by Nutrition Services. Smart Snacks standards apply to all food and beverages sold or provided through district-sponsored fundraisers or events unless an exemption applies. A form must be filled out and returned to Nutrition Services for both fundraiser and exemption days.
3. Caffeine containing beverages sold to High School students during the school day will be evaluated based on the American Academy of Pediatric recommendations and limited to the amounts found naturally occurring in coffee and tea. High Schools will prohibit beverages where caffeine or stimulant substances are added to the beverage.
4. Vending machines and school stores selling competitive food and beverages to students will be prohibited in Elementary schools.
5. Classrooms, vending machines, school stores and concession stands will not compete with any USDA meal service for 30 minutes before, during, and 30 minutes after meal service times

## **OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS:**

1. Schools shall maintain a safe, clean, and pleasant eating environment.
2. Lunch periods shall be scheduled as near to the middle of the day as possible.
3. Safe drinking water shall be available throughout the school day.
4. Students will have adequate time to eat, relax and socialize at breakfast and lunch. Best practice is at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down for lunch.
5. Students will have convenient access to hand washing facilities (water, soap, hand sanitizer) for use prior to consuming meals.
6. Classroom parties will focus on activities rather than food. If food is part of the celebration, parents/staff will be provided with a list of suggested healthy snacks that could be used for classroom parties. Birthday celebration treats must be purchased from a commercialized distributor with a valid food license. Frosting is encouraged to be free of dye.
7. Schools will be encouraged to develop non-food fundraisers which promote physical activity. Schools will be provided with ideas for these fundraisers.

### **District Wellness Committee**

1. Teton County School District Number One will establish and utilize a District Wellness Committee. The Wellness Committee will meet a minimum of twice each school year.
2. The School District may utilize a District Wellness Committee that shall help with the monitoring and reviewing of the wellness policy each year to assess and implement any necessary changes to help make our District a healthy environment. The District Wellness Committee shall then report to the Board of Trustees its recommendations for improvements and goals for the next school year.
3. The District Wellness Committee shall conduct a quantitative assessment of policy implementation every three years. The triennial progress report will be posted on the district website.
4. It shall be recommended that the District Wellness Committee include: District employees and stakeholders from the community: administrative personnel, nurses, nutrition services, teachers, health and wellness coordinator, and representatives from the community to include parents, students, pediatricians, dietitians, medical professionals and interested community members.
5. Teton County School District One will keep the website current on upcoming meetings.
6. Information on the Wellness Policy will be made available to the public via the district website.

### **Implementation and Measurement**

The district with the Food Service Director shall implement this policy and measure how well it is being managed and enforced. This same person shall develop and implement administrative rules consistent with this policy. Input from the District Wellness Committee which are to include: teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Food Service Director shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.