

1 Great Falls School District

2
3 **INSTRUCTION**

2510

4
5 School Wellness

6
7 The District is committed to providing a school environment that promotes and protects students’
8 health, well-being, and ability to learn. The District fosters healthy eating, physical activity, and
9 mental health. Therefore, it is the policy of the District that:

10
11 Nutrition Education

12
13 The District shall offer nutrition education that teaches the knowledge and skills needed to adopt
14 healthy eating behaviors and that takes into consideration Montana’s Health Enhancement
15 Content Standards and Benchmarks. Nutrition education shall be integrated into the curriculum.
16 Nutrition information and education shall be offered throughout the school campus and based on
17 the U.S. Dietary Guidelines for Americans. Staff who provide nutrition education shall have the
18 appropriate training, such as in health enhancement or family and consumer sciences.

19
20 Health Enhancement and Physical Activity Opportunities

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22 The District shall offer health enhancement opportunities that include the components of a
23 quality health enhancement program taught by certified health enhancement specialists. Health
24 enhancement shall equip students with the knowledge, skills, and habits necessary for lifelong
25 physical activity. Health enhancement instruction is based on the Montana’s Health Enhancement
26 Content Standards and Benchmarks.

27
28 All K-12 students of the District shall have the opportunity to participate regularly in physical
29 activities, to maintain physical fitness, and to understand the benefits of a physically active and
30 healthy lifestyle.

31
32 Nutrition Standards in School Meals

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

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38 Competitive Foods and Beverages in Schools

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40 The District shall ensure all foods and beverages available on each school campus under the
41 local education agency during the school day meet the USDA Smart Snacks in School nutrition
42 standards. “School Day” is defined as the time between midnight the night before to thirty (30)
43 minutes after the end of the official school day. “School Campus” is defined as all areas of the
44 property under the jurisdiction of the school that are accessible to students during the school day.
45 The District shall monitor all food and beverages sold or served to schools, including those
46 available outside the federally regulated child nutrition programs (i.e., ala carte, vending, student

1 stores, classroom rewards, fundraising efforts). The District shall consider nutrient density and
2 portion size before permitting food and beverages to be sold or served to students. The
3 Superintendent or designee shall evaluate vending policies and contracts. Vending contracts that
4 do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.
5 Community partners will comply with the District's school wellness policy when providing
6 services to students during school hours.

7 8 Other School-Based Activities Designed to Promote Student-Wellness

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10 The District may implement other appropriate programs that help create a school environment
11 that conveys consistent wellness messages and are conducive to health, physical activity, and
12 mental health, such as student and staff wellness programs, non-food reward systems and
13 fundraising efforts. The District will foster relationships with community partners in support of
14 this wellness policy's implementation.

15 16 Policy, Monitoring and Implementation

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18 The District will convene a District wellness committee that meets to establish goals for and
19 oversee school health and wellness policies, procedures, and programs, including development,
20 implementation, and periodic review and updates. The wellness committee membership will
21 represent all school levels and include but not be limited to: parents, guardians, students, school
22 foodservice, health enhancement teachers, school health professionals, the public, school board,
23 and school administrators. The wellness policy, committee roster, meeting minutes, and triennial
24 assessments and reports can be found on the District website.

25
26 The appointed District Wellness Coordinator(s) will ensure that the District retains records to
27 demonstrate compliance with this Policy. The requirements of the applicable federal regulations,
28 including the Fundraising Food and Beverages Approval forms documentation of promotional
29 activities, must be accessible and located at each school building and with the District Wellness
30 Coordinator(s) for the Administrative Review by the Office of Public Instruction.

31
32 Before any changes are made to approve vending machine products, the proposed new items
33 must go through the appointed District Wellness Coordinator(s). The Wellness Coordinator(s)
34 will keep a list of approved items on file.

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36 Each school's Principal or designee is charged with the operational responsibility for ensuring
37 that each school fulfills the District's local wellness policy for measuring implementation of the
38 local wellness policy.

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40 As necessary, the Superintendent shall develop and implement administrative regulations
41 consistent with this policy. Input from teachers, school staff, parents, and the public shall be
42 solicited before implementing such rules. The Superintendent shall monitor how well this policy
43 is being implemented, managed, and enforced. The Superintendent shall report to the Board, as
44 requested, on the District's programs and efforts to meet the purpose and intent of this policy.

45 46 Responsibility for Implementation

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2 The Superintendent is responsible for the implementation of this policy.
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4 Legal References:

5 PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004

6 PL 111-296 The Healthy Hunger-Free Kids Act of 2010
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8 Policy History:

9 Adopted on: June 12, 2006

10 Revised on: March 27, 2017

11 Revised on: January 13, 2025