

Castlewood School District Wellness Policy

A healthy school environment goes beyond school meals in the cafeteria. Living a healthy lifestyle and maintaining a healthy weight requires a combination of healthy food choices, knowledge of nutrition, and appropriate amounts of physical activity. All foods made available on school campuses should offer children nutritious choices. Nutrition education and physical activity should be incorporated into the school day as often as possible. The healthy, nutritionally astute, and physically active child is more likely to be academically successful.

Thus, the Castlewood School 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 Castlewood School that:

The Castlewood School will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district nutrition and physical activity policies.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school must meet the nutrition recommendations of the U. S. Dietary Guidelines for Americans.
- To the maximum extent practicable, Castlewood School will participate in available federal school meal programs such as the School Breakfast Program, the Nation School Lunch Program, Summer Food Service Program, and the Fresh Fruits and Vegetable Program.
- The Castlewood School will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and school meal programs, and with related community services.

School Wellness Committee

The Castlewood School will strengthen the existing school health councils to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies. The committee also will serve as resources to school sites for implementing those policies. (A school health wellness committee consists of a group of individuals representing the school and community, and includes parents, the High School student council president, the District Food Service Manager, school administrators, teachers, and school nurse.

The Superintendent or designee(s) will convene the local wellness committee and facilitate development of and updates to the wellness policy, and will ensure each school's compliance with the policy.

The designated official for oversight is Peter Books, superintendent.

The members of the District Wellness Committee are:

Peter Books, Superintendent	peter.books@k12.sd.us
Dawn Wiersma, Business Manager	dawn.wiersma@k12.sd.us
Kerri Ruesink, Food Service Director	kerri.ruesink@k12.sd.us
Angela Keszler, K-12 Principal	angela.keszler@k12.sd.us
Doug Ruesink, PE/Health teacher	doug.ruesink@k12.sd.us
Tamra Ching, School Nurse	tamra.ching@k12.sd.us
Sandra Everson, Teacher/Parent	sandra.everson@k12.sd.us
Jessica Little, Teacher/Parent	jessica.l.little@k12.sd.us
Student Council President	

Nutrition

School Meals: Meals served through the National School Lunch, Breakfast Program, Summer Food Service Program, and Fresh Fruit and Vegetable Program should:

- Be appealing and attractive to children;
- Be accessible to all students;
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables
- The District will make drinking water available where school meals are served during mealtimes.
- Serve only low-fat 1%, fat-free, and fat-free chocolate milk

Eating Environment:

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled.
- Safe drinking water and convenient access to facilities for hand washing or hand sanitizing and oral hygiene will be available.
- Consideration should be taken for passing time, bathroom break, hand washing and socializing so as to allow adequate eating time for breakfast and lunch once the student is seated.

Staff Qualifications and Professional Development: Qualified nutrition professionals will administer the school meal programs. As part of the school district's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools. Staff development programs should include appropriate certification and/or training programs for child nutrition directors, school nutrition managers, and cafeteria workers, according to their levels of responsibility.

Competitive Foods and Beverages: Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day shall meet the Dietary Guidelines for Americans and the Standards for Food and Beverages as set forth in this document.

Nutrition Standards: Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products, should be available whenever food is sold or otherwise offered at school during the normal school day.

Nutrition Education and Promotion: The District will teach, model, encourage and support healthy eating by all students. Marketing and advertising of foods and beverages will meet nutritional standards. Schools will provide nutrition education and engage in nutrition promotion that:

- It is designed to provide students with the knowledge and skills necessary to promote and protect their health
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise)

Physical Activity

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.

Daily Physical Education Classes K-12:

- All students in grades K-6 will receive weekly physical education. Students in grades 7-8 receive a semester of physical education. Students with disabilities, special healthcare needs and in alternative educational settings will be included. High School students will be provided physical education opportunities as permitted by staffing, physical facilities,

and funding resources.

- All physical education will be taught by highly qualified physical education teachers.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

Daily Recess:

- All elementary school students will have at least 15 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity Opportunities Before and After School:

- All high schools and middle schools as appropriate, will offer interscholastic sports programs.
- Castlewood Schools will offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.
- Castlewood Schools will educate and encourage participation in community or club activities.

Rewards/Incentives/Consequences:

- Teachers and other school and community personnel will not use physical activity (*e.g.*, running laps, pushups) or withhold as punishment.
- Students will not be denied physical activity for purposes of make-up work, testing, etc.

Safe Routes to School:

- The school district will work with State, County, and local agencies to assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school.
- The school district will encourage students to use public transportation when available and appropriate for travel to school.

Use of School Facilities Outside of School Hours:

- Castlewood School will attempt to make school spaces and facilities available to students, staff, and community members before and after the school day, on weekends and during school vacations.
- These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

Monitoring and Policy Review

Monitoring: The designee will ensure compliance with established district-wide nutrition and physical activity wellness policies. The principal of each school is the designee and will ensure compliance with those policies in his/her school and will report on the school's compliance to the Castlewood School superintendent annually.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the food service director. In addition, the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

Recordkeeping: The District will retain records to document compliance with the requirements of the wellness policy at the District's Administrative Offices for three years past the current year. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware annually of their ability to participate on the local wellness committee;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy: The District will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The District will make this information available via the district website and/or district-wide communications.

Triennial Progress Assessments: At least once every three years, the Castlewood School will evaluate compliance with the wellness policy to assess the implementation of the policy for all sites under district jurisdiction and include:

- The extent to which schools under the jurisdiction of the District are in compliance with the local wellness policy;
- The extent to which the District's wellness policy compares to a model policy
- A description of the progress made in attaining the goals of the District's wellness policy.

The person responsible for managing the triennial assessment and contact information is Superintendent, Peter Books.

The local wellness committee, in collaboration with the Castlewood School, will monitor the District's compliance with this wellness policy.

The Castlewood School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy: The local wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. Documentation of update will be maintained, such as attendance sheet, meeting minutes, etc.