

Wellness Policy

Nutrition Education and Promotion.

The Bismarck Public School District is dedicated to teaching, encouraging, and supporting healthy eating among students. Schools are encouraged to provide nutrition education and engage in promotion that:

- Is part of a comprehensive, sequential, standards-based program designed to equip students with the knowledge and skills necessary to promote and protect their health.
- Integrates nutrition education not only into health classes but also across subjects like math, science, language arts, social sciences, and electives.
- Promotes the consumption of fruits, vegetables, whole grains, low-fat and fat-free dairy products, and healthy food preparation methods while emphasizing health-enhancing nutrition practices.
- Highlights the importance of balancing food intake and physical activity.
- Connects with school meal programs, other school food offerings, and nutrition-related community services.

To further these efforts, the District aims to achieve the following nutrition goals in grades K-12:

1. Provide a health education aligned with state standards and requirements, delivered by well-prepared staff, that is age-appropriate and influences students' knowledge, attitudes, and eating habits.
2. Provide family members information regarding district nutrition standards.

The wellness policy committee may develop a list of activities to help the District achieve these goals, providing guidance to administrators for effective implementation.

Nutrition Standards

The Child Nutrition Department will engage students in selecting new, healthy, and appealing meal options through taste-tests and surveys. Nutritional information will be shared via menus, BPS website, cafeteria boards, or other materials. Meals served through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will comply with the USDA meal pattern regulations.

Competitive Foods Sold during School Day

For this policy, the school day is defined as the time period from midnight till 30 minutes after the last bell in accordance with USDA regulations. Competitive foods are any foods sold during the school day that do not qualify as part of a reimbursable meal.

Meals and drinks from competitive, commercial eating establishments will not be allowed in school cafeterias for consumption or sale. All foods sold during the school day, including vending machines, will comply with USDA regulations or be Smart Snack Compliant.

Fundraising

Foods sold for fundraising purposes shall not be sold while Food Service meals are being served. Fundraising projects sold during the school day must meet the Smart Snack Standards. Any fundraising items sold outside of school hours are exempt from USDA guidelines.

Exception to Fundraising

Each school year, each school within the district may hold up to three fundraisers that do not comply with federal nutrition standards for competitive food and beverage sales. The principal at each school shall develop rules for requesting, approving, and monitoring fundraisers under this exception. The fundraiser may occur during school hours, but not during school mealtimes.

School-Sponsored Events (such as, but not limited to, athletic events, dances, or performances) Foods and beverages offered or sold at school-sponsored events outside the school day are not restricted under this policy but will comply with any applicable federal law or regulations.

Snacks

Snacks served during the school day will focus on promoting healthier eating habits, prioritizing fruits, vegetables, 100% fruit/vegetable juice, milk, or water. Educators will determine if and when to offer snacks based on meal timing, student age, and other factors. It's recommended to avoid eating snacks too close to lunchtime, as this can reduce student appetite for a full, nutritious lunch.

Celebrations

Classrooms should generally limit food-based celebrations that don't follow the Dietary Guidelines for Americans to once per month. The district encourages choosing healthy options like fresh fruits and vegetables, low-fat dairy, lean proteins, and whole grains for these occasions.

Rewards

Schools should not use unhealthy foods or beverages as rewards for academic performance or good behavior and will not withhold food or beverages (including food served through school meals) as a punishment.

Food Marketing in Schools

School-based marketing will align with nutrition education, promoting only foods and beverages that meet established nutrition standards. Marketing of brands focused on low-nutrition products is prohibited, while the promotion of healthy options like fruits, vegetables, whole grains, and low-fat dairy is encouraged.

Physical Activity Education and Promotion

In addition to state standards and mandates related to physical education, the District should strive to make opportunities available for students to be physically active outside of physical education class time. The goals of physical activity programs are to:

- Develop students' knowledge and skills necessary to perform a variety of physical activities;
- Assess, maintain and improve personal fitness;
- Regularly participate in physical activity;
- Understand the short- and long-term benefits of physical activity; and

- Value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Students with disabilities and other special health needs may participate as fully as possible in physical education and other school physical activity programs. Teachers and other school personnel shall not withhold opportunities for physical activity (e.g., recess, physical education class) as punishment.

Daily Recess

All elementary school students will have at least 20 minutes a day of supervised recess. Weather permitting (follow district policy/special circumstances), it is preferred that recess be held outdoors, and schools should encourage moderate to vigorous physical activity and provide the space and equipment to do so.

Goals for Other School Based Physical Activity

The district will promote physical activity goals through practical activities that align with budgetary and statutory parameters.

Elementary, middle, and high schools are encouraged to offer extracurricular programs, such as clubs and intramural activities. High schools and middle schools will provide interscholastic sports programs that cater to the diverse needs and abilities of all students, including those with disabilities and special health-care needs.

After-school childcare and enrichment programs should encourage daily physical activity by providing supportive space, equipment, and activities.

Policy Development, Implementation, Review, and Dissemination

The district encourages parents, students, school food authority representatives, physical education teachers, health professionals, school board members, administrators, and the public to participate in the development, implementation, and review of the local school wellness policy. The district will determine the best methods for participation and communicate these processes effectively and efficiently as decided by the Superintendent.

The Board or designee will appoint a wellness committee to review the policy and oversee its implementation. Each building principal will be the individual responsible for monitoring compliance with the wellness policy and completing the triennial wellness assessment.

The wellness committee will meet at least annually to assess compliance with the wellness policy, compare it to model policies, and evaluate progress toward wellness goals. Any recommended amendments to the policy must be approved by the Superintendent.