



SECTION: PUPILS
 TITLE: SCHOOL WELLNESS
 ADOPTED: November 30, 2018
 REVISED:

<p>1. Purpose</p> <p>2. Authority SC 1422.1 42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p style="text-align: center;">246. SCHOOL WELLNESS</p> <p>Diakon’s TresslerCare Wilderness School (“the School”) recognizes that student wellness and proper nutrition are related to students’ physical well-being, growth, development and readiness to learn. The Diakon Wilderness Center leadership team (“the Leadership Team”) is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education and promotion, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.</p> <p>The Leadership Team adopts this policy based on the recommendations of the Wellness Committee and in accordance with federal and state laws and regulations.</p> <p>To ensure the health and well-being of all students, the Leadership Team establishes that the school shall provide to students:</p> <ol style="list-style-type: none"> 1. A comprehensive nutrition program consistent with federal and state requirements. 2. Access at reasonable cost to foods and beverages that meet established nutrition guidelines. 3. Physical education courses and opportunities for developmentally appropriate physical activity during the school day. 4. Curriculum and programs for grades K-12 that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education curriculum regulations and academic standards.
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<p>7 CFR Sec. 210.31</p>	<p>At least once every three (3) years, the school shall update or modify this policy as needed, based on the results of the most recent triennial assessment and/or as program and community needs and priorities change; wellness goals are met; new health science, information and technologies emerge; and new federal or state guidance or standards are issued.</p>
<p>42 U.S.C. Sec. 1758b 7 CFR Sec. 210.31</p>	<p>The school shall annually inform and update the public, including parents/guardians, students and others in the community, about the contents, updates and implementation of this policy via the Diakon website, student handbooks, text notification, posted notices and/or other efficient communication methods. This annual notification shall include information on how to access the School Wellness policy; information about the most recent triennial assessment; information on how to participate in the development, implementation and periodic review and update of the School Wellness policy; and a means of contacting Wellness Committee leadership.</p>
<p>4. Guidelines</p>	<p><u>Recordkeeping</u></p>
<p>7 CFR Sec. 210.15, 210.31</p>	<p>The school shall retain records documenting compliance with the requirements of the School Wellness policy, which shall include:</p> <ol style="list-style-type: none"> 1. The written School Wellness policy. 2. Documentation demonstrating that the school has informed the public, on an annual basis, about the contents of the School Wellness policy and any updates to the policy. 3. Documentation of efforts to review and update the School Wellness policy, including who is involved in the review and methods used by the school to inform the public of their ability to participate in the review. 4. Documentation demonstrating the most recent assessment on the implementation of the School Wellness policy and notification of the assessment results to the public.
<p>42 U.S.C. Sec. 1758b</p>	<p><u>Wellness Committee</u></p> <p>The school shall establish a Wellness Committee comprised of, but not necessarily limited to, at least one (1) of each of the following: Leadership team member, program administrator, food service representative, student, parent/guardian (parent will also represent a “member of the public”), school health professional, physical education teacher or program teacher. It shall be the goal that committee membership will include representatives from each school building and reflect the diversity of the community.</p>

<p>7 CFR Sec. 210.31</p> <p>SC 1513 Pol. 102, 105</p>	<p>The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing, implementing and periodically reviewing and updating a School Wellness policy that complies with law to recommend to the Leadership Team for adoption.</p> <p>The Wellness Committee shall review and consider evidence-based strategies and techniques in establishing goals for nutrition education and promotion, physical activity and other school based activities that promote student wellness as part of the policy development and revision process.</p> <p><u>Nutrition Education</u></p> <p>Nutrition education will be provided within the sequential, comprehensive health education program in accordance with curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family and Consumer Sciences.</p> <p>{ } Nutrition education in the district shall teach, model, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning and increases student achievement.</p> <p>{ } Nutrition education shall provide all students with the knowledge and skills needed to lead healthy lives.</p> <p>{ } Nutrition education lessons and activities shall be age-appropriate.</p> <p>{) Nutrition curriculum shall teach behavior-focused skills, which may include menu planning, reading nutrition labels and media awareness.</p> <p>{ } Lifelong lifestyle balance shall be reinforced by linking nutrition education and physical activity.</p> <p><u>Nutrition Promotion</u></p> <p>Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs.</p> <p>{ } The school shall promote nutrition through the implementation of Farm to School activities where possible. Activities may include, but not be limited to, the initiation/maintenance of school gardens, taste-testing of local products in the cafeteria and classroom, classroom education about local agriculture and nutrition, field trips to local farms and incorporation of local foods into school meal programs.</p>
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{ } Consistent nutrition messages shall be demonstrated by avoiding use of unhealthy food items in classroom lesson plans and school staff avoiding eating less healthy food items in front of students.

Physical Activity

{ } The School shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

{ } Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.

{ } A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

{ } Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

{ } Physical activity breaks shall be provided for students during classroom hours.

{ } Physical activity shall not be withheld as a form of punishment.

Physical Education

A sequential physical education program consistent with curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented. All district students must participate in physical education.

{ } Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

{ } Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

{ } A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health-enhancing physical activity shall be implemented.

{ } A varied and comprehensive curriculum that promotes both team and individual activities and leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

SC 1512.1
Pol. 102, 105

<p>7 CFR Sec. 210.10, 220.8 SC 701, 742</p> <p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec 210.30 Pol. 808</p> <p>7 CFR Sec. 210.10</p>	<p>{ } Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.</p> <p>{ } Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.</p> <p>{ } Safe and adequate equipment, facilities and resources shall be provided for physical education courses.</p> <p>{ } Physical education shall be taught by certified health and physical education teachers.</p> <p>{ } Appropriate professional development shall be provided for physical education staff.</p> <p>{ } Physical activity shall not be used or withheld solely as a form of punishment.</p> <p><u>Other School Based Activities</u></p> <p>Safe drinking water shall be available and accessible to students, without restriction and at no cost to the student, at all meal periods and throughout the school day.</p> <p>Nutrition professionals who meet hiring criteria established by the program/school and in compliance with federal regulations shall administer the school meals program. Professional development and continuing education shall be provided for district nutrition staff, as required by federal regulations.</p> <p>{ } Students shall be provided a clean and safe meal environment.</p> <p>{ } Meal periods shall be scheduled at appropriate hours, as required by federal regulations and as defined by the school.</p> <p>{ } Students shall have access to hand washing or sanitizing before meals and snacks.</p> <p>{ } Access to the food service operation shall be limited to authorized staff.</p> <p>{ } Nutrition content of school meals shall be available to students and parents/guardians.</p>
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<p>42 U.S.C. Sec. 1751 et seq, 1773 7 CFR Sec. 210.10, 220.8</p> <p>7 CFR Sec. 210.11, 220.12, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>7 CFR Sec. 210.11, 210.31</p> <p>7 CFR Sec. 210.11</p>	<p>{ } Students and parents/guardians may be involved in menu selections through various means, such as taste testing and surveys.</p> <p>{ } To the extent possible, the district shall utilize available funding and outside programs to enhance student wellness.</p> <p>{ } The district shall provide appropriate training to all staff on the components of the School Wellness policy.</p> <p>{ } Goals of the School Wellness policy shall be considered in planning all school based activities.</p> <p><u>Nutrition Guidelines for All Foods/Beverages at School</u></p> <p>All foods and beverages available in the school during the school day shall be offered to students with consideration for promoting student health and reducing obesity.</p> <p>Foods and beverages provided through the National School Lunch or School Breakfast Programs shall comply with established federal nutrition standards.</p> <p>The Wilderness School does not offer or sell foods and beverages at school-sponsored events outside the school day, such as athletic events and dances.</p> <p><i>Competitive Foods –</i></p> <p>Competitive foods are not available for sale.</p> <p>Competitive foods are defined as foods and beverages offered or sold to students on school campus during the school day, which are not part of the reimbursable school breakfast or lunch.</p> <p>For purposes of this policy, school campus means any area of property under the jurisdiction of the school that students may access during the school day.</p> <p>For purposes of this policy, school day means the period from midnight before school begins until thirty (30) minutes after the end of the official school day.</p> <p>The school may impose additional restrictions on competitive foods, provided that the restrictions are not inconsistent with federal requirements.</p>
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Pol. 229

Fundraiser Exemptions –

Fundraising activities **are not** held during the school day involving the sale of competitive foods at the Wilderness School.

Non-Sold Competitive Foods –

Non-sold competitive foods available to students, which may include but are not limited to foods and beverages offered as rewards and incentives, at classroom parties and celebrations, or as shared classroom snacks, shall meet or exceed the standards established by the district.

If the offered competitive foods do not meet or exceed the Smart Snacks in School nutrition standards, the following standards shall apply:

1. Rewards and Incentives:

- a. { } Foods and beverages shall not be used as a reward for classroom or school activities unless the reward is an activity that promotes a positive nutrition message (e.g., guest chef, field trip to a farm or farmers market, etc.).

2. Classroom Parties and Celebrations:

- a. { } Classroom parties/celebrations with food/beverages shall be limited to no more than one (1) per month in each classroom.
- b. { } Classroom parties shall offer a minimal amount of foods (maximum 2-3 items) containing added sugar as the primary ingredient (e.g., cupcakes, cookies) and will provide the following:
 - Fresh fruits/vegetables; and
 - Water, 100 percent juice, 100 percent juice diluted with water, low-fat milk or nonfat milk.
- c. { } When possible, foods/beverages for parties and celebrations shall be provided by the food service department to help prevent food safety and allergy concerns.
- d. { } Food celebrations shall not occur until thirty (30) minutes after the end of the last lunch period.

3. Shared Classroom Snacks:

- a. { } Shared classroom snacks are not permitted.

<p>7 CFR Sec. 210.11, 210.31</p> <p>SC 504.1</p> <p>Pol. 209.1</p>	<p><i>Marketing/Contracting –</i></p> <p>No foods and beverages will be marketed or promoted to students on the school campus during the school day.</p> <p>The Wilderness School shall have no exclusive competitive food and/or beverage contracts.</p> <p><u>Management of Food Allergies in District Schools</u></p> <p>The district shall establish school/program policy and administrative regulations to address food allergy management in the school in order to:</p> <ol style="list-style-type: none"> 1. Reduce and/or eliminate the likelihood of severe or potentially life-threatening allergic reactions. 2. Ensure a rapid and effective response in case of a severe or potentially life-threatening allergic reaction. 3. Protect the rights of students by providing them, through necessary accommodations when required, the opportunity to participate fully in all school programs and activities. <p><u>Safe Routes to School</u></p> <p>{ } All school students are bussed to the Wilderness Center due to its distance from enrolled students’ residences.</p> <p>References:</p> <p>School Code – 24 P.S. Sec. 504.1, 701, 742, 1337.1, 1422, 1422.1, 1422.3, 1512.1, 1513</p> <p>National School Lunch Program – 42 U.S.C. Sec. 1751 et seq.</p> <p>School Breakfast Program – 42 U.S.C. Sec. 1773</p> <p>Healthy, Hunger-Free Kids Act of 2010 – P.L. 111-296</p> <p>National Food Service Programs, Title 7, Code of Federal Regulations – 7 CFR Part 210, Part 220</p> <p>Board Policy – 102, 103, 103.1, 105, 209.1, 229, 808</p>
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