

## BOARD POLICY

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**Section J****Students****File: JK-R**

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The Haakon Board of Education recognizes that a coordinated effort by the entire community including child nutrition professionals, school board member, parents, students, school administrators, teachers and business community is warranted. These efforts involve adults serving role models and community members being informed of the policies that improve the long-term health and well-being of students. We have a strategic role to play in improving the health and well-being of children.

The following four components will be addressed: Nutrition Education, Physical Activity, Nutrition Standards, and other School Based Activities.

**Nutrition Education Component**

At each grade level nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

**Nutrition Education:**

- Teaches consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media.
- Is part of health education classes and/or stand alone courses;
- Is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes the school cafeteria which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- Uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12;
- Provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g. contests, promotions, taste testing, farm visits, and school gardens);
- Offers information to families that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals for their families;
- Will be taught by staff who are adequately prepared and who participate in professional development activities in order to deliver an effective program;

**Physical Activity Component**

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.

**Physical Education Classes K-12**

- Students in Kindergarten will meet once a week for 30 minutes, 1<sup>st</sup> – 6<sup>th</sup> grade students will meet twice a week for 30 minutes, 7<sup>th</sup> – 8<sup>th</sup> grade students will meet twice a week for approximately 60 minutes, 9<sup>th</sup> – 12<sup>th</sup> grade students who register for PE will meet four times a week for approximately 60 minutes. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12.
- All physical education classes will be taught by highly qualified physical education teachers

- Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school.
- Student participation in other activities involving physical activity (e.g. interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

### **Physical Activity across the Curriculum**

- Opportunities for physical activity are regularly incorporated into other subject areas (e.g. math, language arts, science, and social studies.).

### **Daily Recess**

- All elementary students will have at least 20 minutes of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- 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 elementary, junior high and high schools will offer extracurricular physical activity programs such as elementary flag football, or intramural programs.
- All high schools and junior high schools as appropriate, will offer interscholastic sports programs.
- Schools will offer activities that meet the needs, interests, and abilities of all students, including boy's girls, student with disabilities, and students with special health care needs.
- 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, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) 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 assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for student to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.
- The school district will explore the availability of funding through the SD Department of Transportation
- 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**

- School space and facilities will be available to students, staff, and community members before, during, and after the school day; on weekends; and during school vacations.
- Schools will educate the community, including parents and staff, about utilizing the facility. 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.

### **Wellness Council/Committee**

- Schools will develop a Wellness Council/Committee comprised of school personnel, community members, and student to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.

### **Other School-Based Activities Component**

Schools will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits.

### **Professional Development**

- Schools will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.
- Schools will provide nutrition and physical education for students, staff, parents, and, where appropriate, community members.

### **Eating Environment**

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow twenty minutes for lunch once the student is seated.

### **Recess before Lunch**

- Schools will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

### **Rewards, Incentives, and Consequences**

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food will not be used as a reward or incentive in the classroom, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks.).
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
- Teachers and other school personnel will not prohibit or deny student participation in recess or other physical activity as a consequence for inappropriate behavior or poor academic performance; nor will they cancel recess or other physical activity for instructional make-up time.

### **Community Access to Facilities for Physical Activity**

- Schools will provide access to the school's physical activity facilities outside of the normal school day and/or form city-school partnerships to institute recreation programs utilizing school facilities when possible.

### **Vending Machines**

- Vending machines with food and beverages will not be available in elementary school. The school will make healthy snacks available throughout the day for student's k-12.
- There are no vending machines with snacks in the district and all vending machines with beverages will not be available one hour before and one hour after lunch.

## **Fundraising**

- School fundraising activities will support healthy lifestyles. Such activities may include physical activity (Jump Rope for Heart, Relay for Life), school support (e.g. selling school memorabilia) and /or academic achievement (e.g. spelling bee).
- The sale of food or beverages as a fund raiser will not take place from one hour before and one hour after the lunch period.
- Schools will encourage fundraising activities that promote physical activity.
- The school district will make available a list of ideas for acceptable fundraising activities.

## **Wellness Councils**

- Schools will organize local wellness councils comprised of parents, teachers, administrators, foodservice personnel, and students to plan, implement, and improve nutrition and physical activity within the school environment.

## **Nutrition's Standards Component**

Student's life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

## **General Guidelines**

- Food pricing strategies will be designed to encourage students to purchase nutritious items.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.

## **School Meal Program**

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. All schools will comply with USDA regulations and state policies.
- Schools will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies,) will be accommodated as required by USDA regulation.

## **A La Carte Offerings in the Food Service Program**

- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this document
- School food service departments will not sell extra portions of desserts, French fries, and/or ice cream

## **Fundraising**

- At least 50% of the fund raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered they will meet the Standards for Food and Beverages.

## **Parties and Celebrations**

- Schools should limit celebrations that involve food during the school day
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
- The district will disseminate a list of healthy party ideas to parents and teachers.

**School Sponsored Events (such as but not limited to athletic events, dances or performances)**

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

**Vending Machines**

- We do not have in our district.

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References

Adoption History

First Reading	4/17/06
Second Reading	5/15/06
Adoption	6/19/06