

## Divide County School District Wellness Policy 2006

### Purpose and Goal:

The link between nutrition and learning is well documented. Good nutrition and improved health optimizes student performance and ensures that no child is left behind. Healthy eating patterns are essential for students to achieve their full physical and mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reducing the risk of developing many chronic diseases in both children and adults.

Schools have a responsibility to help students and staff establish and maintain life long, healthy eating patterns. A healthy school environment has been shown to positively influence students eating habits. All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, the staff is encouraged to model healthy eating and physical activity as a valuable part of daily life.

The Divide County School District promotes a healthy school environment. The District supports and promotes:

### Divide County School District Wellness Policy Component 1: Nutrition Education

#### North Dakota State Requirements

Grades 1-6: Students in grades 1 through grade 6 (kindergarten is optional) will receive nutrition education that is sequential, interactive and integrated with the core curriculum. The curriculum shall teach skills they need to adopt healthy eating behaviors.

Grades 7-12: Students in middle/junior high school and students in high school will receive nutrition/health education that is interactive and teaches the skills they need to adopt healthy behaviors. Students will receive instruction consistent with or above the North Dakota state requirements.

Nutrition Education: Nutrition education will be offered in the school cafeteria and in the classrooms with coordination between school foodservice staff and teachers.  
Suggested resources: USDA posters, etc.

Positive Message: Students will receive positive, motivating messages about healthy eating and physical activity. School personnel will reinforce these positive messages.

Student Input in Planning: Divide County School District will consider student need in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys and attention be given to their comments. Ex. School sponsored students groups.

Teacher Qualifications: Nutrition/health classes will be taught by teachers with ESPB standards. Continuing education in nutrition/health education should be promoted/supported by the school's administration.

## Divide County School District #1 Wellness Policy Component 2: Physical Activity Goals

The primary goal for Divide County School District'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.

**Curriculum:** The physical education curriculum should demonstrate progression and sequence and be consistent with North Dakota and/or national physical education standards for Pre-K through grade 12.

**Teacher Qualifications:** Physical education teachers will meet ESPB standards.

**Lunch Sequence:** When feasible, recess and/or physical education will occur prior to lunch to ensure appropriate healthful food intake.

**Daily Physical Activity:** Students will be given opportunities for physical activity during the school day through daily recess periods, elective physical education classes and the integration of physical activity into the academic curriculum.

**School-Wide Testing:** 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.

**After School Programs:** Students will be given opportunities for physical activity through interscholastic athletics.

**Safety:** Provide a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.

**Denial of Physical Activity:** Students will not be denied physical activity for purposes of make-up work, testing, punishment, etc.

**Environment:** Divide County School District should work with the community to create an environment that is safe and supportive of students' physically active commute to and from school.

**Parent Support:** Divide County School District will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

**Staff Training:** Divide County School District will provide training to enable teachers and other school staff to promote enjoyable, lifelong physical activity among students.

### Divide County School District Policy Component 3: Nutritional Quality of foods and Beverages Sold and Served on Campus

School Meals: Meals served through the National School Lunch and Breakfast Program will:

- be appealing and attractive to children
- 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
- serve only low-fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA)
- ensure that half of the served grains are whole grain

The school should encourage new, healthful, and appealing food choices. In addition, the school will provide menus and should share information about the nutritional content of meals with parents and students. Such information could be made available on request.

**Breakfast:** To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- Divide County School District will operate the School Breakfast Program
- Divide County School District will, to the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation
- Divide County School District will notify parents and students of the availability of the School Breakfast Program

**Free and Reduced Priced Meals:** Divide County School District will make every effort to eliminate any social stigma attached to and prevent the overt identification of students who are eligible for free and reduced meals.

**Meal Times and Scheduling:** Divide County School District:

- To the best of the school's ability, will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- Should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities

**Qualifications of School Food Service Staff:** Qualified Foodservice Personnel 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 Food Service Personnel 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.

**Sharing of Foods and Beverages:** Divide County School District should discourage students from sharing foods or beverages, given concerns about health issues, allergies and other restrictions on some children's diets.

**Fundraising Activities:** To support children's health and school nutrition-education efforts, school fundraising activities, each group will be encouraged to have only one food related fundraising activity per year. The school district will make available a list of ideas for fundraising activities. The administration of Divide County School District will approve fundraisers.

**Snacks:** Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

**Celebrations:** Divide County School District should try to limit celebrations that involve food during the school day to no more than one party per class per month.

**The administration of Divide County School District will approve all food and beverage sales to students, K-12.**

#### **Divide County School District Wellness Policy Component 4: School-Based Activities**

The policies described here are to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

**Sanitary Habits:** School personnel will assist students in developing healthy practice of washing hands before eating.

**Cafeteria Atmosphere:** Schools will encourage socializing among students and between students and adults. Adults will properly supervise dining rooms and serve as role models to students by demonstrating proper conduct and voice level.

**Role Modeling:** Teachers, school administrators, staff, and other community members will be encouraged to model healthy eating and being physically active.

#### **Divide County School District Wellness Policy Component 5: Assurances for Reimbursable School Meals**

Divide County School District will ensure that reimbursable meals meet the program requirements and nutrition standards set forth under the 7 CFR part 210 and part 220. Guidelines for reimbursable meals must not be less restrictive than regulations and guidance issued by the Secretary of Agriculture.

### Divide County Policy Component 6 & 7: Plan for Measuring Implementation and Community Involvement

The Divide County School District will designate a wellness committee made up of a school administrator, a school board member, a representative of the school food authority, staff members at both buildings, a student representative, and a parent representative to evaluate the school wellness policy on a yearly basis.

#### Marketing of the Wellness Program

- Promote healthy eating to students, teachers and administrators
- Give students positive, motivating messages about healthy eating and physical activity throughout the school setting
- Reduce or eventually eliminate advertising that promotes less nutritious food choices

#### Monitoring, Measuring, and Evaluating the Policy

- \* The Administrator of the District will appoint themselves and/or a designee(s) to ensure compliance with the established district-wide nutrition and physical activity wellness policy.
- The Wellness Committee will need to meet annually and review the Wellness Policy and report findings to the School Board.
- This appointee(s) will ensure compliance with the policy within the school food service area and will report on this compliance with regards to the School Meals Initiate (SMI) review which is conducted by the State every five (5) years.

#### Assurance

Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Department of Agriculture. This District ensures that the reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

## District Nutrition Standards:

### Beverages

Beginning August of 2006, the vending machines will only be stocked with beverages that meet the guidelines of the American Beverage Association.

### Foods

- A majority (75%) of food items sold individually:

Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined

Reasonable portion sizes are encouraged

Additionally, it is recognized that there may be RARE special occasions when the school principal may allow a school group to deviate from these standards.