

WELLNESS POLICY

HENRY PUBLIC SCHOOLS

HENRY, SD 57243

Adopted 2017-2018

Committee Members

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INTRODUCTION AND RATIONALE

Introduction:

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 105-268, the U.S. Congress established a new requirement for all local agencies with a federally-funded National School Lunch program. School districts are encouraged to establish and maintain a coordinated school health program that addresses all components of school health.

Rationale

The increasing rates of overweight and obesity among youth threaten to jeopardize the future health and productivity of our children. Will academic success become more and more difficult for students to attain as lifestyle choices diminish a child's ability to learn? Will the students of today be the first generation to have a shorter life expectancy than their parents? Do over nourished and malnourished children face similar adversities?

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.

NUTRITION EDUCATION

The main goal of nutrition education is to impact student eating behaviors. We will utilize the new school counselor to integrate knowledge of healthy choices in guidance lessons throughout our building. In Middle School we will use our health/pe teacher to education MS age children on healthy choices. In High School we will integrate this in their health class. We will also use our core curriculum teachers to integrate the message of healthy choices in our core curriculum.

Nutrition Education:

- Will teach science proven nutrition messages throughout our school.
- Will be included in the scope and sequence of the curriculum of core subjects and elective subjects.
- The school cafeteria will give healthy options and promote student choices through our salad bar.
- Will offer opportunities to teach families about childhood/adolescent nutrition.

PHYSICAL ACTIVITY

The main goal for the school's physical activity component is to develop a love for life long physical fitness. The school will provide opportunities for students to build knowledge on physical fitness and the opportunity for students to practice physical fitness on a daily basis. The goal of this program is to teach students how to lead a healthy life style.

- All students grades K-8 will have daily physical fitness/health. All students will have this access. Grades. Students 9-12 will have a fitness class offered and grades 9 must have a PE/Health class on their schedule for that year.
- Physical Education courses are taught with a certified instructor.
- We will not substitute participation in sports as a physical education credit.

DAILY RECESS

All elementary students will have 3 designated recess periods. The times are to be determined at the start of the school year. There will be one in the morning, one after lunch, and one in the afternoon. Students are encouraged to have a moderate to vigorous physical activity at this time.

Students are encouraged to stay active throughout the day, whether it is brain breaks, or random activity in the classroom.

PHYSICAL ACTIVITY BEFORE AND AFTER SCHOOL

All high school and middle school students are offered interscholastic opportunities for sport programs.

Henry School District will encourage all students regardless of ability level, including those with disabilities to participate in activities.

Rewards/Incentives/Consequences

Teachers and other school and community personnel will not use physical activity, or withhold opportunity as a punishment.

Students will not be denied physical activity due to make up work or testing.

Use of school Facilities outside of school hours

The school is available for physical activity as long as it is approved by administration or school staff. There must be a monitor present at all times.

School policies apply when using facilities.

VENDING MACHINES

Vending machines with food and beverages are not available during lunch and breakfast times.

FUND RAISING

School fundraising will attempt to portray healthy lifestyles,

Selling food or beverages for fundraisers must not interfere with the school day.

Schools will encourage fundraising to promote physical wellness.

At least 50% of fundraising will not involve sale of food.

PROFFESIONAL DEVELOPMENT

Henry School District will strive to provide education for all food service personnel and educators.

Henry will strive to provide education and nutrition for lifelong health for students, staff, and stakeholders of the school.

EATING ENVIRONMENT

Students and staff will have acceptable space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled.

Drinking water that is safe is available during all meals, as well as the bathroom which is located near the lunchroom for any hygiene issues that need to be tended to.

Ample enough time is granted for eating time.

NUTRITION STANDARDS

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. We ensure that we only sell food that is in compliance with good nutritional benefits during the school day.

GENERAL GUIDELINES

Procedures are in place for providing families, on request, information about the ingredients and nutritional values of the foods served.

Soda and energy drinks are not sold in vending machines.

SCHOOL MEAL PROGRAM

The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and applicable laws and regulation of the state of South Dakota. The Henry School District complies with all USDA regulations and state/federal policies.

Students with special dietary needs will be accommodated as required by USDA regulation.

PARTIES AND CELEBRATIONS

Schools will limit celebrations that involve food during school hours.

STANDARDS FOR FOOD AND BEVERAGES

1. BEVERAGES

Provide 100% fruit and vegetable juices and limit portion sizes to 4-12oz.

Provide regular drinking water.

Provide milk 1% in portion sizes of 8-16 oz.

Provide Low-Fat Chocolate milk in up to 12 oz. servings.

Eliminate sale of other drinks not listed above.

2. Grains:

Serve whole grains which contain at least 2 grams of fiber per 1 oz.

Limit portion sizes to 1.25 oz-2 oz with most being 1.25 oz.

Limit total calories from fat to no more than 30%

Limit total calories from saturated fat to no more than 10%

Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving.

Limit the amount of trans fats.

3. FRUITS AND VEGETABLES

Offer fruits and vegetables prepared/packages without added fat, sugar, or sodium. Low-fat dips and sauces on the side may be served in small portions to make foods more appealing.

Offer ½ cup serving sizes of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5-9 servings a day.

Offer a variety of fruits and vegetables.

4. A LA CARTE ENTREES AND SIDE DISHES:

Offer meat/meat substitutes in portions no greater than 3 oz. with 5 grams of fat. (except for peanut butter).

Offer nuts and seeds in portion sizes no greater than 1.25 oz.

Offer nut butters in portion sizes of 2-4 TBSP.

Offer non-fat and low-fat yogurt in portion sizes of 8 oz. or less. Sugar should not be the first ingredient on the label.

Offer cheese in portion sizes of 1-2 oz.

5. CONDIMENTS AND MISCELLANEOUS

Offer salad dressing containing no more than 6-23 grams of fat per ounce.

Remove salt shakers from tables.