

## STUDENT WELLNESS PROGRAM

### Intent:

Lincoln County School District #2 shall promote student wellbeing and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The District's primary goal is to help students develop positive attitudes, behaviors, and skills associated with lifelong healthful eating patterns as well as learn the benefits of a physically active and healthful lifestyle.

### Rationale:

Healthy eating patterns, respect for body-size differences, and physical activity are essential for students to reach their academic potential, full physical and mental growth, and lifelong health and wellbeing. Because students are in school for a substantial portion of the day, school districts have a responsibility to help students establish and maintain lifelong, healthy eating and physical activity patterns.

### Component 1: Nutrition Education

1. Students in grades K-12 shall receive nutrition education according to State and District health education curriculum standards.
2. The district shall provide ongoing training for foodservice staff in the area of nutrition.

### Component 2: Physical Activity

1. Students in grades K-8 shall receive physical education that actively engages all youth. Students in grades 9-12 shall have the opportunity to participate in a variety of physical education courses that align with Wyoming Physical Education Content and Performance Standards.
2. Each school shall provide elementary students daily recess.
3. Teachers and other school personnel shall not withhold a child from recess and/or physical education on a regular basis or for an extended period of time, unless a parent of the child is informed.
4. Schools shall provide physical activity programs that feature a broad range of competitive and cooperative opportunities that allow students to have a choice of activities in which they can participate.

### Component 3: Nutrition Standards for All Food Available on Each School Campus During the School Day

1. During each school day the nutrition services program shall offer breakfast and lunch that meet the guidelines of the USDA's National School Lunch and Breakfast Programs.
2. The school district shall use the *Dietary Guidelines for Americans*, the USDA School Meal Program requirements, and the criteria for the USDA Healthier US School Challenge when deciding what foods and beverages will be available to students.
3. Menus are planned with input from students.
4. School personnel shall offer no competitive foods for sale during the school day without prior written permission from the building principal. Sale of food and beverage items by students is prohibited on school property except when the student is participating in a school-sponsored fundraiser or a school store that is operating under the supervision of a staff member and within the parameters established by this policy.
5. This policy does not limit or prohibit students and/or employees from bringing foods and beverages of choice with them to school. Each school may implement rules and procedure within the guidelines of this policy for dealing with foods and beverages that are brought on campus.

#### ***Policy for foods and beverages sold in vending machines, snack bars, school stores, and concession stands on school campuses.***

6. The principal in each school is responsible for monitoring the content of food and beverages for sale in vending machines, school stores, and fund raisers to ensure that only health-promoting foods are available to students during the school day.
7. Only foods and beverages outlined in USDA's "All Foods Sold in Schools" Standard (Smart Snacks in School) may be sold on school property during the school day

***Policy for refreshments served at parties, celebrations, and meetings during the school day.***

8. The school prohibits the distribution and service of food items including treats that are prepared in individual homes. Food for classroom parties, birthday celebrations, or any occasion must be purchased from a source that is subject to state food inspection regulations. All food to be shared with other students must be commercially prepared, pre-packaged, unopened and, when possible, individually wrapped.

***Food and Beverage Marketing in Schools***

9. The District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent of the District to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's wellness policy. Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

**Component 4: Other School-Based Activities Designed to Promote Student Wellness Goals**

1. School personnel will provide a clean, safe, enjoyable meal environment for students.
2. Students shall have adequate time to eat.
3. The school prohibits the use of food as a punishment. Schools are encouraged to limit the use of food for reinforcement.
4. Advertisements in the school shall be consistent with the goals of a healthy school nutrition environment.

**Component 5: Maintenance and Utilization of a District Wellness Advisory Council and Monitoring and Review of the Policy**

1. The school district shall utilize a District Wellness Council.
2. It is recommended that the District Wellness Council include: administrator, food service director/manager, school nurse, parent representative, student representative, teacher, PE/health teacher, and a family and consumer science teacher.
3. Each school's administrator shall ensure compliance with all federal, state, and local regulations pertaining to the wellness policy.
4. This policy will be renewed at least annually by the Wellness Committee.

***Involvement, Outreach, and Communications***

5. The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of District Wellness Council and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. The District will inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, or non-electronic mechanisms, such as newsletter, sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents. The District will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.

AMENDED: September 13, 2018

AMENDED: April 14, 2016

ADOPTED: June 22, 2006

Lincoln County School District #2, Wyoming