WELLNESS POLICY

Waverly/South Shore School
Waverly School District 14-5
Waverly, SD 57201
2015-2016
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.

The federal government recognizes that a coordinated effort by the entire community including child nutrition professionals, school board members, parents, students, school administrators, and members being informed of the policies that improve the long-term health and well being of students. The local agency has a strategic role to play in improving the health and well being of children.
Committee Members

Tricia Eschen  Food Service
Jody Bush  Food Service
John Bjorkman  Administrator
Misty Hemmingson  Business Manager
Brenda Guthmiller  Staff Member
Nathan Lamb  Staff Member
Sara Carpenter  Staff Member
Staci Buchholz  Parent
Austin Buchholz  Student
Allen Heuer  School Board Member
**Nutrition Education**

The primary goal of nutrition education is to influence students’ eating behaviors. At each grade level, nutrition education will be integrated into existing curriculums and designed to provide students with the knowledge and skills necessary to promote their health.

**Nutrition Education**
- Teaches consistent scientifically-based nutrition messages throughout the School, classroom, cafeteria, home, community and media;
- 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;
- 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 provide nutritious meals for their families.
Physical Activity
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

- All students in grades K-8 will receive physical education for the entire school year. Students with disabilities, special health-care needs and in alternative educational settings will be included. Students in grade 9 will be enrolled in health/physical education as per the new state requirements for graduation. Additional physical education courses for grades 10 – 12 will be offered to students based on need and availability of staff and facilities.

- Highly qualified physical education teachers will teach all physical education.

- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

Daily Recess

- All elementary school students in grades K-5 will have a 30 minute supervised recess following lunch or before lunch during which students are encouraged to engage in moderate to vigorous physical activity.

- 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 high schools and middle schools as appropriated, will offer inter-scholastic sports programs.

- Waverly/South Shore School will offer activities that meet the needs, interest, and abilities of all students, including boys, girls, and students with disabilities and/or special health-care needs.

- Waverly/South Shore School will educate and encourage participation in community or club activities sponsored by local and/or area communities.

- Waverly/South Shore School offers an elementary basketball program for grades 5-6 and all boys and girls are encouraged to participate.
Rewards/Incentives/Consequences

- Teachers and other school and community personnel will not use physical activity (e.g. running laps, pushups) 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 encourage students to use public transportation when available and appropriate for travel to school.

Use of School Facilities Outside of School Hours

- Waverly/South Shore School will attempt to make the school gymnasium and/or facilities available to members of the community outside of the school day whenever appropriate and available.

- 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.
Other School-Based Activities
Waverly/South Shore School shall create an environment that provides consistent wellness messages, is conductive to healthy eating and being physically active, and contributes to forming healthy life long habits.

Professional Development

- Waverly/South Shore School will strive to provide ongoing professional development and education for foodservice professionals and educators.

- Waverly/South Shore School will strive to provide nutrition and physical education for students, staff, parents, and where appropriate, for 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.

- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

- Consideration should be taken for passing time, bathroom breaks, hand washing and socializing so as to allow adequate eating time for breakfast and lunch once the student is seated.

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, etc.)

- Food will not be withheld from students as a consequence for inappropriate behavior and poor academic performance.
Nutrition Standards

Students’ lifelong 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 lo-fat grain products, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

General Guidelines

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

- Food and beverages sold or served on school grounds or at school sponsored events during the normal school day shall meet the Dietary Guideline for Americans and the Standards for Food and Beverages as set forth in this document.

School Meal Program

- The Waverly/South Shore 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. All schools will comply with the USDA regulations and state policies.

- Waverly/South Shore School will offer varied and nutritious food choices that are consistent with the federal government’s Dietary Guidelines for Americans.

- Menus should be planned with input from students, family members and other school personnel and should take into account students’ cultural norms and preferences.

- Students with special dietary need (diabetes, celiac sprue, allergies, etc.) will be accommodated as required by USDA regulation.

- The Waverly/South Shore School has a Breakfast program.

Parties and Celebrations

- Schools should limit celebrations that involve food during the school day.
Wellness

- The Waverly School District has strict training rules for all student athletes prohibiting the use of alcohol, tobacco and narcotics. Both suspension and treatment for addiction are consequences for violations of the policy.

- The student handbook also addresses alcohol, tobacco and narcotic violations for all students regardless of their participation in extra curricular activities. Violators are suspended and encouraged to receive treatment and close contact is maintained between the school, counselor and the parents.

- The Waverly/South Shore School Student Handbook addresses a wide variety of illnesses that can occur with educational information about each. Staff, parents, and community members are encouraged to report any illness or symptoms to school personnel so that parents and students can receive the proper medical attention that is needed.

- Students and staff who are ill are encouraged to stay home in order to prevent the spreading of communicable diseases and seek immediate treatment.

Wellness and Safety

- Fire drills are held each semester as required by law with appropriate escape routes available in all classrooms. Fire Extinguishers and equipment are inspected annually.

- Tornado drills are also conducted annually with warning signals and procedures in place to ensure safety in case of an emergency.

- The Waverly School District has implemented a procedure dealing with incidents of violence and terrorism.

- The Waverly/South Shore School has a Video Surveillance System with video cameras at entrances throughout the building to help prevent and deter criminal activity in the building.