

CONVERSE COUNTY SCHOOL DISTRICT #2

Health and Wellness Plan

Intent: Converse County School District #2 shall promote student wellbeing and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. Converse County School District #2 recognizes that collaborating with parents, students, school personnel, health professionals, and community members is the most effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits that are essential for them to achieve their full academic potential, as well as lifelong good health and wellbeing.

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. Recent studies have shown a strong link among nutrition, physical activity and learning. Positive correlations have been made regarding academic performance as measured by test scores, concentration, tardiness, attendance rates, and discipline.

Healthy eating and physical activity are also clearly linked to the reduced risk for mortality and development of many chronic diseases. Over the past 20 years the percentage of overweight children has doubled and the percentage of overweight adolescents has tripled. Being overweight increases the risk of children developing Type 2 diabetes, asthma, and cardiovascular problems such as high blood pressure, elevated cholesterol levels, as well as some forms of cancer. Overweight children often experience low self-esteem and even depression. In economic terms, the effects of students' poor nutrition and physical activity patterns can potentially cost vital dollars to schools each year.

The District will adopt a philosophy encouraging students to establish and maintain lifelong, healthy and enjoyable eating and physical activity patterns, while creating environments that reflect respect for body-size differences.

Increasing evidence suggests that schools are more effective in educating for the prevention of long-term health problems when they work together with students, parents, and the community. A school wellness council that includes parents, community leaders, health professionals, students, and school personnel can facilitate communications, efficiently use resources, and provide consistency in decision making.

Component 1 – Nutrition Education:

Students in Converse County School District #2 will receive behavior focused nutrition education that meets or exceeds state and district health education curriculum standards and that is interactive and teaches the knowledge, attitudes, skills, and behaviors students need to adopt healthy and enjoyable eating habits that last a lifetime

- The Food Service Director will provide on-going professional training for foodservice staff and teachers in the area of nutrition that includes instructional strategies that promote healthy eating patterns.
- Staff providing nutrition education will not advocate dieting behaviors or any specific eating regiment to students, other staff members, or parents.
- The district will build awareness among the staff, parents, and community concerning the importance of nutrition, physical activity and body-size acceptance to academic success and lifelong wellness and encourage them to be role models for these behaviors.

Component 2 – Physical Activity:

Students in grades K-10 will receive physical education that actively engages all youth regardless of skill level and teaches the knowledge, attitudes, skills and behaviors that students need to adapt and enjoy a physically active lifestyle. Students in grades 11 and 12 have the opportunity take physical education if desired.

- State and district physical education curriculum standards and guidelines will be met or exceeded.
- The District will provide ongoing professional training and development for staff in the area of physical activity.
- Physical activity opportunities will focus on individual activities in addition to competitive and non-competitive team sports.
- The District will work to support the community in its effort to coordinate and enhance opportunities available to students for after school physical activities.

- The District will ensure that adequate spaces, facilities, equipment, supplies and operational budgets are available to achieve the objectives of the physical education program.

Component 3 – Nutrition Standards for All Foods Available on Each School Campus during the School Day:

- Students' lifelong eating habits are greatly influenced by the types of food and beverages available. Converse County School District #2 is committed to making healthy options available to students for food and beverages sold outside of the school lunch program.
- School lunch and breakfast programs will meet the USDA requirements for Federal School Meal Programs.
- The District will continue to support the K-12 breakfast program.
- All schools shall provide information on the nutritional content of foods vended during the school day, if requested.
- The District shall use the Dietary Guidelines for Americans and the USDA **All Foods Sold in Schools standards** (Smart Snacks in Schools requirements) (<http://www.cnpp.usda.gov/DietaryGuidelines.htm>) when reviewing the foods and beverages being sold to students by the district during the school day (midnight until half hour after the last bell) through:
 - Vending Machines
 - A la carte
 - Snacks
 - Fundraisers
 - Student stores
- All schools shall provide a copy of the wellness policy, if requested.
- The District will prohibit the distribution and service of food items, including treats, prepared in individual homes. Foods 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. This action is taken in order to protect food safety and prevent the spread of germs and disease.

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

- The district will promote healthy eating and enjoyable physical activity using tools such as posters, special promotions, media events, newsletters, and health fairs throughout the school year.
- Teachers are discouraged from giving food as a reward or denying food or recess as a punishment.
- The district has been working with the insurance program to increase the wellness of staff. This leads to less absences, more productivity, and healthier outlook on life. With staff setting an example of living a healthier life style it will encourage the students to do the same.
- Safe drinking water shall be available throughout the day and convenient access to hand washing facilities.
- Staff will maintain a safe, clean, and pleasant eating environment.
- There will be adequate time for eating, relaxing and socializing with adequate space to eat with a minimum amount of time waiting in line.

Component 5 – Maintain a District Wellness Advisory Council and Monitor and Review the Policy.

- The District will utilize a District Wellness Advisory Committee.
 - It is recommended by the Healthy Hunger-Free Kids Act of 2010 that the committee includes: parents, students, school food service director, school nurse, administrator, PE/Health teacher, school board member, and the community members to review, implement, and measure the effectiveness of the wellness plan.
- The district will ensure compliance with all federal, state, and local regulations pertaining to the wellness policy.
 - The wellness committee will evaluate the wellness document each school year in compliance with the USDA regulations and will make recommendations to the board for any plan changes.
- The wellness committee will build awareness among education and health leaders, administrators, teachers, food-staff, coaches, nurses and other school staff as well as community and business leaders and the media. This awareness will include the contribution of proper nutrition and physical activity in maintaining a lifelong healthy lifestyle.