

## Wellness Policy

### I. Purpose

The purpose of this policy is to ensure that the Prairie Creek Community School (PCCS) environment provides healthy foods and teaches students to make food choices and develop exercise habits that will promote and protect their health, well-being, and ability to learn.

### II. General Statement of Policy

A. The PCCS school board recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.

B. The PCCS environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.

C. PCCS encourages the involvement of students, parents, teachers, food service, and other interested persons in implementing, monitoring, and reviewing school district nutrition and physical activity policies.

D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.

E. All students in grades k-5 will have opportunities, support, and encouragement to be physically active on a regular basis.

### III. Guidelines

#### A. Foods and Beverages

1. Foods and beverages offered for reimbursable meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to the Child Nutrition Act (42 U.S.C. 1771 et seq.) and sections 9(f)(1), 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a) and Healthy Hunger Free Kids Act Reauthorization 2010, Public Law 111-296, as those regulations apply to schools. To the extent possible, reduced fat or sugar products, whole grain products and fiber-rich fruits and vegetables will be used to provide students a variety of choices to maintain a balanced diet.

2. Food and beverage providers at any district site are encouraged to provide a variety of nutritious choices consistent with the current USDA Dietary Guidelines for Americans. Portion sizes should be age-appropriate for elementary students.

3. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.

4. Food service personnel and others handling food shall adhere to all federal, state, and local food safety and security guidelines.
5. The 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-price school meals.
6. Drinking water and hand-washing facilities should be conveniently available for students at all times. Students will be encouraged to wash hands prior to eating.
7. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals (10 minutes for breakfast and 20 minutes for lunch).
8. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
9. Classroom snacks and celebrations should reinforce the importance of healthy choices and portion control. See Appendix A.
10. The district will encourage school sponsored events and programs, including fundraising activities, to be supportive of the wellness policy and guidelines.

#### B. Child Nutrition Program Personnel and Lunch Monitors

1. The school district will provide healthy and safe school meal programs that comply with all federal, state, and local statutes and regulations.

The Child Nutrition Director will implement and follow nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans. Child Nutrition will follow all USDA guidance on the selection of “Competitive Foods and Beverages” available throughout the school day.

2. Lunch monitors will assist students, as needed, with opening containers and packages and encourage them to try their food items.

#### C. Wellness Education and Promotion

1. The school district will encourage and support healthy eating by students and engage in nutrition promotion that is:

- a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;

b. part of health education classes as well as classroom instruction in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate; and

c. enjoyable, developmentally appropriate, culturally relevant, and includes participatory activities, such as contests, promotions, taste testing, and field trips.

2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages.

3. Wellness education will include reinforcement of the importance of physical activity and the health risks associated with a sedentary lifestyle.

4. The 4<sup>th</sup> and 5<sup>th</sup> graders will have a Puberty Education Curriculum offered each year.

#### D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities.

2. Opportunities for physical activity will be incorporated into other subject lessons, where appropriate.

3. Classroom teachers are strongly encouraged to provide short physical activity breaks between lessons or classes. See Appendix B for ideas.

4. Students have thirty minutes of daily physical activity at recess. Students participate in physical activity classes and there is an emphasis on physical activity-based field trips.

#### E. Communications with Parents

1. The school district recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and making decisions that align with their family values.

2. The school district will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

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3. The Wellness policy will be made available in the building and on the district website for parent review.

#### IV. IMPLEMENTATION AND MONITORING

A. After approval by the school board, the wellness policy will be implemented throughout PCCS.

B. The school district Wellness committee will meet a minimum of two times per school year.

#### V. STAFF PROFESSIONAL DEVELOPMENT

A. Staff participates in CPR and AED certification training every two years.

B. Licensed staff participates in mental health training within their licensure renewal period.