

WELLNESS POLICY

**CLARK PUBLIC SCHOOLS
CLARK, SD 57225**

**Adopted
2016-2017**

Updated 2018-2019

Committee Members

Luanne Warren, Superintendent

Luanne Warren

Lonna DesLauriers, Food Service

Lonna DesLauriers

Heather Fuhrmann, Staff

Heather Fuhrmann

Sara Hoogheem, Staff

Sara Hoogheem

Jessica Jones, Staff

Jessica Jones

Landon Hammer, PE Teacher

Landon Hammer

Tammy Rusher, Parent

Tammy Rusher

Matt Streff, Student

Matt Streff

Note to district patrons:

If you would like to be on this committee or have any updates for this policy, please contact Luanne Warren at 605-532-3605 or Luanne.warren@k12.sd.us

Listed are the committee members responsible for the Wellness Policy.

Date: March 6, 2019

Vending Machines

- Vending machines with food and beverages will not be available in elementary schools. The school will provide healthy snacks as a part of the after-school care activities.
- No vending machine services will be available to middle school/high school students one hour before to an hour after each school provided meal.

Fundraising

- School fundraising activities will support healthy lifestyles. Such activities may include physical activity (walking challenges), school support (school spirit items), and /or academic achievement (spelling bee).
- The sale of food or beverages as a fund raiser must not interfere with serving lunch. One hour before and after school provided meals are off times for selling fundraising foods.
- Schools will encourage fundraising activities that promote physical activity.
- At least 50% fund raising activities will not involve the sale of food and/or beverages.

Other School-Based Activities

Clark Schools shall create an environment that provides consistent wellness messages, is conducive to healthy eating and being physically active, and contributes to forming health life long habits.

Professional Development

- Clark Schools will strive to provide ongoing professional development and education for foodservice professionals and educators.
- Clark Schools 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 break, 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 should 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. with input from student council.)
- 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 low-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.
- Carbonate beverages will not be sold in vending machines within the school to students. Alternative healthy drinks will be offered. Due to national school lunch program, competitive food (FROM LOCAL EATING ESTABLISHMENTS) is prohibited. Sack lunch from home is acceptable, however.

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. All schools will comply with USDA regulations and state policies.

- Clark Schools shall 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 needs (diabetes, celiac sprue, allergies, etc.) will be accommodated as required by USDA regulation.

Parties and Celebrations

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

Standards for Food and Beverages

1. Beverages:

- Provide 100% fruit and vegetables juices and limit portion sizes to 4-12 oz.
- Provide water-non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- Provide milk-skim or 1% in portion sizes of 8-16 oz.
Flavored milk (chocolate), low fat, or skim may be offered in up to 12 oz. serving sizes with no more than 36 grams of sugar in a 12 oz. portion.
- Eliminate the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee, and coffee-like beverages, and other items not included in allowable beverages listed above.
- Allow only water as a beverage in the classroom.

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 per day.
- Offer a variety of fruits and vegetables, especially colorful ones.

4. A la carte entrees and side dishes:

- Offer meat/meat substitutes in portions no greater than 3 oz. with 5 grams of fat per ounce or less (Except nut butters)
- 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.
- Limit ice cream and frozen desserts to portion sizes of 4 oz. or less with 5 grams or less of fat. Sugar should not be the first ingredient.
- 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.



Wellness Policy Information:

Did you know that all schools have to comply with state regulations regarding Healthy Snack options?

To assist parents with health snack options, here are the state recommended guidelines for healthy snacks in schools. Thanks for supporting our goal in complying with state regulations.

Healthy Snack Options:

BEST CHOICES:

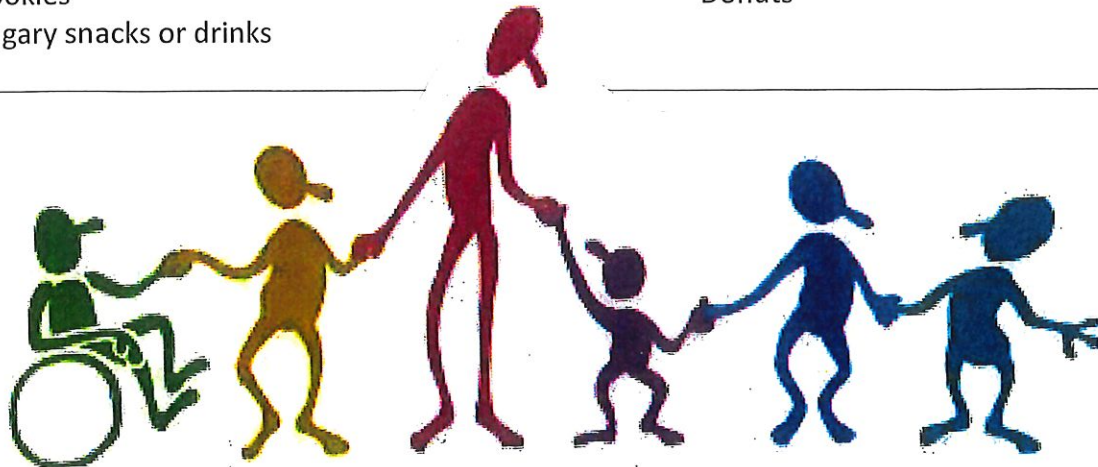
- | | |
|--|--|
| Granola bars | Nuts and seeds, plain or with spices |
| Nut or trail mix | Whole grain fruit or Rice Krispie bars |
| Fresh fruit | Dried fruit |
| Beef jerky | Yogurt, low or no sugar added |
| String Cheese | 100% fruit or vegetable juices |
| 1% or skim milk | Plain water |
| Dry roasted peanuts, tree nuts, soy nuts | Fruit bar |
| Frozen fruit juice bar | Rice cakes |

GOOD CHOICES:

- | | |
|--|----------------------------------|
| Nuts with light sugar covering; honey roaster | Popcorn without fats |
| Individually packed fruit in natural juices only | Fruit leather |
| Animal or graham crackers | Pretzels |
| Low fat ice cream or sherbet | Peanut butter and crackers |
| Low fat pudding | 100 calorie or less packed items |
| Baked chips, corn nuts | |

POOR CHOICES: (Do NOT meet the "Smart Snack" guidelines)

- | | |
|-------------------------|--------------------------|
| Cupcakes | Pre-packaged snack cakes |
| Cookies | Donuts |
| Sugary snacks or drinks | |



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 encourage 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.

Daily Physical Education Classes K-12

- All students in grades PreK-8 will receive physical education at least twice a week for the entire school year. Students with disabilities, special health-care needs and in alternative educational settings will be included. Students in grades 9-12 will be provided physical education opportunities as permitted by staffing, physical facilities, and funding resources.
- All physical education will be taught by highly qualified physical education teachers.
- Student involvement in other activities involving physical activity will not be substituted for meeting the physical education requirement.

Daily Recess

- All PreK-6 school students will have at least 20 minutes a day of supervised recess, preferably outdoors, 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 appropriate, will offer interscholastic sports programs.
- Clark Schools will offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.
- Clark Schools will educate and encourage participation in community or club activities.
- After-school child care and enrichment programs will provide and encourage daily periods of physical activity for all participants.
- **Whole school 2-3 minute warm-ups to start each day**

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.
- **Food will not be offered as an award.**

Use of School Facilities Outside of School Hours

- Clark Schools will attempt to make school spaces and facilities available to students, staff and community members before, during, and after the school day, on weekends and during school vacations.
- 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.

PHYSICAL ACTIVITIES

Preschool PE: 2 times a week for 20 minutes

Kindergarten PE: 3 times a week for 30 minutes

5th through 8th grade PE: 2 times a week for 40 minutes

High School PE: 5 times a week for 50 minutes

At the start of school in August, The HS PE class may utilize the swimming, weather permitting, and in the winter some use the bowling alley for activities.

Recess: 2 – 15 minute recesses 5 times a week

Pre-4 grade: 3 minute warm up every morning before classes

MS-HS: 3 minute walk every morning before classes

Teachers also give brain breaks in the middle of class.

COMMUNITY ACTIVITIES:

We also have a Community Ed Program for a Volleyball League in the winter. The Community Ed Committee will also offer a variety of other physical activities throughout the year.

Every May there is a whole day committed to a track and field day for the K – 4th grade. Our Middle School and High School students help out with that. Right behind the High School, more track and field events

With a new track and football facility right behind the High School, more events are encouraged and taking place at our facility.