

ED: Wellness Policy

Colome Consolidated School District

Wellness Policy

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Students must attend school with minds and bodies ready to learn. The Colome Consolidated School District will provide an environment that cultivates maximum student potential. Nutrition and physical activity influence a child's development, health, well-being and potential for learning. The district-wide wellness policy encourages all members of the school community to create an atmosphere that supports lifelong, healthy eating habits and promotes healthy regular physical activity.

The policy of the Colome Consolidated School District is to provide:

1. Nutrition Education

Provide a positive environment and appropriate knowledge regarding food through the following:

- Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime
- Ensure that all students have access to healthy food choices during school.
- Provide a pleasant eating environment for students and staff.
- Allow a minimum of 20 minutes for students to eat lunch and socialize in the cafeteria.
- When using food as part of student incentive programs or as a curricular-based food experience, staff and students are encourage to utilize healthy, nutritious food choices.

2. School lunch nutritional guidelines

In keeping with contractual obligations to the National School Lunch program, ensure the integrity of the school lunch program by:

- Encouraging the practice of good nutrition by reducing the distribution of foods of minimal nutritional value by:
 - Providing appealing and attractive meals to children that offer a variety of fruits, vegetables, and whole grains.
 - Reducing access to non-nutritional foods
 - Educating students about healthy foods
 - Discouraging food and beverage sales that are in conflict with national nutritional standards.

3. Physical Activity

Physical Education curriculum will demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards.

- Elementary students will receive a minimum weekly average of 200 minutes of physical activity.
- Secondary students enrolled in physical education will receive a weekly average of 260 minutes of physical activity.
- Physical activity opportunities will focus on individual activities in addition to competitive and non-competitive team sports.
- The district will provide an environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
- Teachers and other school personnel are discouraged from withholding recess or physical activity opportunities from students and will not use physical activity or withhold physical education as punishment.

5. To accomplish these goals

- Child Nutrition Programs comply with federal, state, and local requirements. Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Encourage physical activity instruction encompassing students' lives outside of formal physical education.
- All school-based activities are consistent with local wellness policy goals.
- All food provided during the school day and available on campus, including vending machines, adhere to food safety and health guidelines.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- The District may provide a list of healthy party ideas or food and beverage alternatives to parents, teachers, and students for classroom parties, rewards and incentives, or classroom snacks.
- The district discourages the use of food and beverages as a reward or incentive for performance or behavior. Withholding food as a punishment is prohibited.
- The District shall utilize a district Wellness Advisory Council.
 - District Wellness Advisory Council will include: Nutrition Service Director, Administrator, Physical Education/Health Teacher, School Board Member, a student, and a community member.
 - Wellness Advisory will meet a minimum of four times a year to monitor and review wellness policy.