

## 5205-R Wellness

### **NUTRITION EDUCATION**

The District promotes a comprehensive learning environment for developing and practicing lifelong wellness behaviors.

- Students will receive interactive and behavior-focused nutrition education teaching the knowledge, attitudes, skills, and behaviors needed to adopt healthy and enjoyable lifetime eating habits.
- The District will promote awareness among students, teachers, nutrition services staff, coaches, nurses, and other school staff about the importance of nutrition and physical activity and its impact on academic success and lifelong wellness.

### **NUTRITION PROMOTION AND GUIDELINES**

Nutrition education and proper dietary habits contributing to a student's health status and academic performance will include easy access to food choices in appropriate portion sizes.

- This requirement will be implemented in accordance with the National School Lunch Program guidelines and nutritional criteria established by the USDA.
- The District will use Smarter Lunchroom techniques to ensure students have adequate time for meal periods, easy access to unlimited fruits and vegetables with purchase of a meal, and access to handwashing facilities prior to meal service. Appropriate signage will be visible to students depicting components offered and required for a complete meal.
- The District will provide accessible and easily understood information to students and their parents/guardians concerning the nutritional content of all food and beverage items available to them through the school nutrition program. The District will work with parents/guardians and school nurses to provide allergen information for available foods and beverages and make meal accommodations for students when required by doctor's notice.
- All food and beverage items offered for sale to students from any source, including but not limited to cafeterias, vending machines, school stores, and fundraising activities, will be in compliance with the Smart Snack in Schools regulations under the Healthy, Hunger Free Kids Act. These guidelines will follow the defined "regular school day" of one hour prior to the start of the first-class period to one-half hour after the end of the last class period. Any exemption to these guidelines will be approved by the Nutrition Services Supervisor in accordance with Wyoming Department of Education's All Food Sold In Schools Policy.
- Only food and beverages in compliance with USDA Smart Snacks in Schools regulations may be marketed and/or advertised at schools during the regular school day.
- Development of menus will include input from students, parents/guardians, and District staff.
- Schools are encouraged to use non-food-based incentives and rewards to recognize student achievements. Resources and ideas for non-food-based incentives are available from the Nutrition Services Department.
- Students will have access to functioning water fountains in accordance with governing law.

- Elementary schools will be encouraged to schedule recess before lunch.
- The District will utilize methods to encourage breakfast participation, including arranging bus schedules.
- The District's Nutrition Services staff will receive annual training in compliance with the Healthy, Hunger Free Kids Act.
- The District will implement and follow governmental guidelines in Hazard Analysis and Critical Control Points (HACCP).

### **PHYSICAL ACTIVITY AND PHYSICAL EDUCATION**

Physical education classes and physical activity opportunities will be available for all students.

- To pursue a lifetime of healthful physical activity, students will learn the skills necessary to participate in a variety of physical activities, know the implications and the benefits of involvement in various types of physical activities, participate regularly in physical activity, and promote physical activity and its contributions to a healthy lifestyle.
- Physical education will actively engage all youth, regardless of skill level, and will focus on lifetime and individual activities in addition to competitive and non-competitive sports teams.
- State and District physical education curriculum standards and guidelines will be implemented.
- Students (K-12) should strive to meet the current activity guidelines from Society of Health and Physical Educators (SHAPE)
- Students should accumulate at least 60 minutes of age-appropriate physical activity on all or most days of the week.
- Students should participate in several bouts of physical activity lasting 15 minutes or more each day.
- Students should participate in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.
- The District will provide suggested methods of incorporating movement/activity into the classroom.
- Teachers and other school personnel will not use physical activity (e.g., running, laps, push-ups) as discipline unless it is an approved District program.

### **HEALTH EDUCATION**

The goal of health education is to help students acquire the knowledge, attitudes, and skills needed for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting the health of others.

- Comprehensive school health education includes curriculum and instruction for students in pre-K through grade 12, addressing a variety of topics such as alcohol, tobacco/vaping, and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, and violence prevention.
- State and District health education curriculum standards and guidelines will be implemented.

## **OTHER SCHOOL-BASED WELLNESS STRATEGIES**

- The District will provide opportunities for employees to access wellness resources promoting good nutrition, physical activity, and mental health.
- Nutrition and physical education instructional techniques and strategies will promote the importance of body size acceptance.
- The District will provide an inclusive environment encouraging safe and enjoyable activity for all students.
- The District will provide ongoing professional training and development for staff teaching nutrition education, health education, and physical education, including instructional techniques and strategies designed to promote lifelong health and wellness.

The Wellness Advisory Council was created to support an encompassing wellness environment and to lead and enhance overall student wellness in Campbell County School District. Parents, students, school food authorities, physical education teachers, school health professionals, administrators, the general public, and the school board are invited to help review, develop, implement, and update the policy and corresponding regulations as needed and to be part of the Wellness Advisory Council.

Policy and Regulations are published via the district website.

ADOPTION DATE: Adopted August 28, 2006; Revised May 11, 2021; Minor Revisions November 14, 2023; Minor Revisions February 27, 2024

LEGAL REFERENCE(S): Hazard Analysis and Critical Control Points (HACCP), Healthy, Hunger-Free Kids Act, National School Lunch Program (NSLP)

CROSS-REFERENCE(S): District Strategic Plan ADMINISTRATIVE

REGULATION: