

## **Health & Wellness**

## **EFA**

### **Intent**

It is Crook County School District's goal to promote student well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The district recognizes collaboration 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 essential for students to achieve full academic potential, as well as lifelong good health and well being.

### **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 well-being. 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, and 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.

Because students are in school for a substantial portion of the day, school districts should endeavor to help students establish and maintain lifelong, healthy, and enjoyable eating and physical activity patterns, while creating environments which reflect respect for body-size differences.

Increasing evidence suggests schools are more effective in preventing long-term health problems when they work together with students, parents, and the community. A school wellness council which includes parents, community leaders, health professionals, students, and school personnel can facilitate communication, efficient use of resources, and consistency in decision making.

### **Nutrition Education Component**

At selected grade levels, education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote good health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence eating behaviors of students. Guidelines are as follows:

1. Nutrition education teaches consistent, scientifically-based nutrition messages throughout the school, classroom, and cafeteria.
2. Nutrition education can be part of a health education classroom, family and consumer sciences classroom, and in core curriculum subjects where appropriate.
3. The school cafeteria, teachers, and other special resources offer a learning laboratory to link lessons from the classroom with the practice of making

- health-promoting food choices.
4. Nutrition education uses Wyoming Health Education Standards and progressively addresses nutrition concepts in grades K-12.
  5. Students receive consistent nutrition messages throughout the school, classroom, cafeteria, home, community, and local media.
  6. Nutrition information is available to families to encourage them to teach their children about health and nutrition.
  7. The school district will encourage awareness among teachers, food service staff, coaches, nurses, and other staff regarding the importance of nutrition, physical activity, and body size acceptance to academic success and lifelong wellness.
  8. Nutrition education will include nutrition education activities and promotions as suggested by the Wellness Committee.

### **Physical Activity Component**

The primary goal for the school's physical 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.

Guidelines are as follows:

1. State and district physical education curriculum standards and guidelines will be met or exceeded.
2. All students who are in physical education classes will receive behavior-focused physical education that actively engages all youth, regardless of skill level, and teaches the knowledge, attitudes, skills and behaviors students need to adopt and enjoy a physically active lifestyle.
3. The school district will provide on-going professional training and development for staff in the area of physical activity.
4. Physical activity programs will be carried out in environments which reflect respect for body-size differences and varying skill levels.
5. Physical activity opportunities will focus on individual activities, in addition to competitive and non-competitive team sports.
6. Students will be given opportunities for physical activity during the school day through daily recess periods, elective physical education (PE) classes, walking programs, and integration of physical activity into the academic curriculum.
7. The school district will provide an environment which encourages safe and enjoyable activity for all students, including those not athletically gifted.
8. It is important for all students to have an opportunity to participate in recess and physical education. Any restrictions for students in regard to recess or physical education must be on a limited basis.
9. A goal for all students in grades K-6, including students with disabilities, will be 60-90 minutes of physical education per week; students in grades 7-12, who are enrolled in physical education classes, will receive up to 200 minutes per week. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity. The physical education curriculum will demonstrate progression and sequence and be consistent with Wyoming and/or National Education Standards.
10. All physical education classes will be taught by qualified physical education teachers.

### **Nutrition Standards Component**

Life-long eating habits of students are greatly influenced by types of foods and beverages available to them. Foods of good nutritional content (fruits, vegetables, low-fat dairy foods, and low-fat grain products) will be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

#### **General Guidelines**

1. Food pricing strategies will be designed to encourage students to purchase nutritious items.
2. Procedures will be in place to provide information to families, upon request, about ingredients and nutritional values of food served.

#### **School Meal Program**

1. The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996. All schools will comply with the USDA regulations and state policies.
2. Schools will offer varied and nutritious food choices consistent with the federal government's Dietary Guidelines for Americans.
3. School food service will take into account cultural norms and preferences of students.
4. Students with special health care dietary needs will be accommodated, as required by USDA regulations.
5. Lunchrooms will offer whole grains, fresh fruits and vegetables, and healthy alternative choices as often as possible.

#### **Snacks, Parties and Celebrations**

1. Healthy snacks will be encouraged. Examples include, but are not limited to, fresh, dried, or canned fruits (in 100% juice only), vegetables, milk, and grains.
2. A healthy snack time will be incorporated into the school day where appropriate.
3. Each classroom party should include at least one healthy food choice.

### **Others School-Based Activities Component**

Schools will create an environment which provides a consistent wellness message, is conducive to healthy eating and physical activity, and contributes to forming healthy, life-long habits.

#### **Professional Development**

1. Schools will provide ongoing professional development and education for food service professionals, educators, administrators, and other staff.
2. Schools will provide nutrition and physical education information for students, staff, parents, and where appropriate, community members.

#### **Eating Environment**

1. Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled, as near to the middle of the day as possible, to eat, relax, and socialize.
2. Safe drinking water and convenient access to hand washing (or sanitizers) and oral hygiene will be available during all meal periods.
3. Consideration will be given for passing time, bathroom break, hand washing, and socializing, so as to allow fifteen minutes for breakfast and twenty-five minutes for lunch, once the student is seated.

### **Recess Before Lunch**

Schools will schedule recess for elementary grades before lunch, when possible, so children will come to lunch less distracted and ready to eat. Activity before lunch encourages nutrient intake.

### **Rewards, Incentives, and Consequences**

1. Rewards and incentives will be given careful consideration regarding the message they send to students. Food may not be used as a reward or incentive more than 50% of the time.
2. Scheduled meals will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.
3. The school will provide healthy snacks as part of elementary after-school study hall activities.

### **Vending Machines**

1. Vending machines with food and beverages will have a variety of healthy snacks available. The contents of the vending machine will be at least 50% healthy choices.
2. All pop in beverage vending machines will be removed in all district buildings by the fall of 2006.

### **Wellness Advisory Council**

The district will develop a Wellness Council/Committee comprised of school personnel, community members, and students to plan, implement, and assess ongoing activities which promote healthy lifestyles, particularly physical activity, for all age groups within the school community.

ADOPTED:                May 18, 2006  
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