

# Parkston School District

## Wellness Policy

To support its mission, the 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. To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports lifelong healthy habits. Decisions made in all school programming need to reflect and encourage healthy lifestyle choices. Ways in which this district will encourage a healthy lifestyle include:

### Nutritional Education:

The Parkston schools will adopt a program designed to provide students with the knowledge and skills necessary to promote health. Students in pre-school through grade 12 will be exposed to nutrition education and a variety of ways. Some of these ways could be but not limited to bulletin boards, posters, handouts, presentations, classroom discussions and discussions with health or kitchen personnel. This is designed to give the students information that allows them to make healthy nutritional choices in school and for the rest of their lives.

### 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.

- Opportunities for physical activity are regularly incorporated into other subject areas (e.g. science, English, math, social studies, etc.). The district will look into possible programs that will help teachers incorporate this into their classrooms.
- All elementary students will have at least 20 minutes a day of supervised recess, preferable outdoors, during which students are encouraged (verbally and through the provisions of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- 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.
- All high school and junior high school students will be given the opportunity to participate in interscholastic sports programs.
  - 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.
    - » Schools will educate and encourage participation in community and club activities.
  - Teachers and other school personnel will not use physical activity or withhold opportunities for physical activity (recess, physical education) as punishment.
    - » Students will not be denied physical activity for purposes of make-up work, testing, etc.
  - The school district will assess and, if necessary and the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.
  - School spaces and facilities will be available to students, staff and community members before, and after the school day; on weekends and during school vacations.
  - Schools will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
  - School policy concerning safety will apply at all times.
  - Schools will develop a Wellness Council/Committee comprised of school personnel, community members, and students to plan, implement, and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups with the school community.

## Other School-Based Activities Component

Schools will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity, and contributes to forming healthy life long habits.

- School will provide ongoing professional development and education for foodservice professionals, educators, administrators and other staff.
- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

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

Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food will not be used as a reward or incentive in the classroom, but other more appropriate rewards may be used. Food will not be withheld from students as a consequence for inappropriate behaviors or poor academic performance.

## Nutrition Standards Component

Students' life-long 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 will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations and school sponsored events.

- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of foods served.
- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the state of South Dakota. All schools will comply with USDA regulations and state policies.
- School will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.
- Menus will be planned with input from students, family members, and other school personnel and will take into account students' cultural norms and preferences.
- Students with special dietary needs will be accommodated as required by USDA regulations.
- Healthy snacks will include fresh, dried, or canned fruits, vegetables, 1% or skim milk, and grains.
- Schools should limit celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

## Standards for Food and Beverages

### 1. Beverages:

- a. Provide 100% fruit and vegetable juices and limit portion sizes to 4-12 ounces.
- b. Provide water - non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- c. Provide milk-skim or 1 % in portion sizes of 8-16 ounces.
  1. Flavored milk (chocolate or strawberry), low fat, or skim may be offered in up to 12 ounce serving sizes with no more than 36 grams of sugar in a 12 ounce portion.
- d. Allow only water as a beverage in the classroom, excluding school provided snack time and approved classroom celebrations.

### 2. Grains:

- a. Serve whole grains which contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain.
- b. Limit portion sizes to 1.25 ounces - 2 ounces with most being 1.25 ounces, c. Limit total calories from fat to no more than 30%.
- d. Limit total calories from saturated fat to no more than 10%.
- e. Limit sugar content to no more than 35% of calories by weight, or less than 6 grams from sugar per serving.
- f. Limit the amount of trans fats.

### 3. Fruits and Vegetables:

- a. Offer fruits and vegetables prepared/packaged 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.
- b. Offer ½ cup serving sizes of fruits and vegetables. Offer additional fruits and
- c. Offer a variety of fruits and vegetables, especially colorful ones.

### 4. A la carte entrees and side dishes:

- a. Offer meat/meat substitutes in portions no greater than 3 ounces with 5 grams of fat per ounce or less (except nut butters).
- b. Offer nuts and seeds in portion sizes no greater than 1.25 ounces.
- c. Offer nut butters in portion sizes of 2 - 4 Tbsp.
- d. Offer non-fat and low-fat yogurt in portion sizes of 8 ounces or less. Sugar should not be the first ingredient on the label.
- e. Limit ice cream and frozen desserts to portion sizes of 4 ounces or less with 5 grams or less of fat. Sugar should not be the first ingredient.
- f. Offer cheeses in portion sizes of 1 - 2 ounces.

### 5. Condiments and miscellaneous:

- a. Offer salad dressing containing no more than 6 - 12 grams of fat per ounce.
- b. Remove salt shakers from tables.

## Healthy Snack Options

### **Best Choices:**

Granola bars, whole-grain fruit bars  
Nut mix  
Fresh fruit of all varieties  
Beef jerky (or buffalo jerky)  
String cheese  
1% or skim milk  
Dry roasted peanuts, tree nuts, or soy nuts  
Frozen fruit juice bars (no sugar or high fructose corn syrup)  
Nuts and seeds-plain or with spices  
Trail mix-plain  
Dried fruit  
Yogurt, low fat and no sugars added  
Fruit/Vegetable juice (100% juice)  
Plain water  
Fruit bars

### **Good Choices:**

Nuts with light sugar covering, honey-roasted  
Individually packed fruit in natural juices only  
Animal crackers and graham crackers  
Low fat ice cream and sherbet bars  
Low-fat pudding  
Popcorn without hydrogenated fats  
Fruit leather  
Pretzels  
Peanut butter and crackers  
Baked chips, corn nuts