

**South Range Local School District
K-12 District Wellness Policy
Policy # 8510 Revised June 2021**



As required by law, South Range Board of Education establishes the following wellness policy for South Range Local School District as part of the comprehensive wellness initiative.

The board recognizes that good nutrition, regular physical activity, and the psychological and emotional wellbeing affect the health of the district's students and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health habits by providing nutritious meals through the school's meal program, teaching good eating habits, and promoting increased physical activity both in and out of school.

Schools alone cannot develop in student's healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the South Range staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits. As our commitment to improving and supporting the wellness of the district, the following will outline the standards for which we will observe.

5 Key Elements of this Wellness Policy:

- I. Physical Education & Activity
 - II. Food And Beverages Available on Campus
 - III. Nutrition Promotion & Education
 - IV. Community Health & Wellness Promotion
 - V. Wellness Policy Evaluation
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- I. Physical Education & Activity
 - a. The sequential, comprehensive physical education curriculum shall provide students K-12 with the opportunities to learn, practice, and be assessed on developmentally appropriate knowledge and skills necessary to engage in lifelong, health enhancing physical activity.
 - b. Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks by the State as well as promoting physical activity outside the regular school day.
 - c. The physical education curriculum shall stress the importance of remaining physically active for life.
 - d. The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports.
 - e. Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent of the scheduled class time.
 - f. Physical education teachers shall remove any student from class who exhibits signs, symptoms, or behaviors consistent with having a concussion or head injury. The principal and or teacher will notify the parent or guardian immediately about the injury. The student who has been removed due to the injury shall not be permitted to return to physical education class until he/she is assessed by a physician with a written clearance that it is safe for the student to return to class.

- g. Physical activity and movement shall be integrated, when possible, across the curriculum throughout the school day and never be used as a form of punishment or discipline.
 - h. Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home or participation in sports. Activities may include things like walking, bowling, swimming, or tennis, etc.
 - i. The school shall provide students in grades 9-12 with the opportunity to use physical activity in which they participate outside the regular school day (other than organized interscholastic athletics) to satisfy physical activity requirements.
 - j. All students in grades 7-12 shall have the opportunity to participate in interscholastic sports programs.
- II. Food and Beverages Available on Campus
- a. With regard to other school-based activities, free drinking water shall be available to students during designated meal times and throughout the school day.
 - b. The school shall schedule mealtimes so there is minimum disruption by bus schedules, recess, or any other special program or event.
 - c. The school shall provide an attractive and clean environment for the students to eat.
 - d. Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies.
 - e. In accordance with Policy 8500, entitled Food Service, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages including the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in school nutrition standards.
 - f. As set forth in Policy 8531, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the UDA.
 - g. The sale of foods and beverages to students that do not meet the USDA Dietary Guidelines for Americans and the USDA Smart Snacks in school nutrition standards to be consumed on the school campus during the school day is prohibited.
 - h. All food items and beverages available for sale to students for consumption on the school campus between midnight and 30 minutes after the close of the regular school day shall comply with the current USDA Dietary Guidelines for Americans and USDA Smart Snacks.
 - i. All foods and beverages sold to students during the school day will comply with the U.S. Healthy Hunger- Free Kids Act of 2010 and USDA Smart Snack guidelines.
 - j. The food service program will strive to be financially self-supporting; however if it is necessary to subsidize the operation, it will not be through the sale of foods with minimal nutritional value.
 - k. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well regardless of unpaid meal balances without stigma.
 - l. Nutrition information for foods available during the school day shall be available through the food service director.
 - m. The food service program shall be administered by a director who is properly qualified, certified, licensed, or credentialed, according to current professional standards.

- n. All food service personnel shall receive pre-service training in food service operations. Continuing professional development shall be provided for all staff of the food service program.

III. Nutrition Promotion and Education

- a. The district shall encourage students to increase their consumption of healthful foods during the school day.
- b. The district shall create an environment that reinforces the development of healthy eating habits, including offering a variety of fresh produce, to include prepared foods without adding of fats, refined sugars, and sodium that comply with the USDA Dietary Guidelines for Americans and USDA Smart Snacks.
- c. Students are required to select a fruit and/or vegetable as part of a complete reimbursable meal.
- d. Provide opportunities for students to develop the knowledge and skills for consuming healthful foods.
- e. The district nutrition department will promote and encourage Farm to School efforts in order to provide healthy foods.
- f. Nutrition education shall be a part of the comprehensive health curriculum throughout the district in accordance with state standards.
- g. The food service department will survey and have taste testing opportunities for students and staff to have input on the food service menus.
- h. The food service department will participate in offer versus serve where students can make informed choices about the components of their meal at school.
- i. All marketing of foods and beverages on campus will promote healthy choices.
- j. Hydration will be supported with accessible water fountains in general areas of the school.

IV. Community Health and Wellness Promotion

- a. The superintendent shall appoint a district-wide wellness committee that includes parents, students, representatives of the school food authority, educational staff, school health professionals, members of the public, and school administrators to oversee development, implementation, and evaluation of this policy. School level health advisory teams may assist in planning and implementation of these wellness initiatives.
- b. The wellness committee shall be responsible for assessment of the current school environment, review of district's wellness policy, presentation of the policy for board approval, measurement of the implementation of the policy, and recommendation for policy revision if necessary.
- c. The school district strives to partner with community and government organizations to support school and community wellness.

V. Wellness Policy Evaluation

- a. Before the end of the school year; the Wellness Committee shall recommend to the Superintendent any revisions to the policy it deems necessary.
- b. The superintendent shall report annually to the Board on the wellness committee's progress and on its evaluation of the policy's implementation for improvement, including status of compliance by individual schools and progress made in attaining policy's goals.

- c. The superintendent is also responsible for informing the public, including parents, students, and community members on the content and implementation of the policy. The policy will be posted on the district's website.
- d. The committee will meet to review the policy annually and update as needed.
- e. Evaluation of the policy and the district's compliance will be shared annually with the public.