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3 **INSTRUCTION**

5 School Wellness

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7 The Belfry School District is committed to providing school environments that promote and protect
8 children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.
9 Therefore, it is the policy of the Belfry School District that:

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11 The local wellness policy, at a minimum, includes:

- 12 1. *Community involvement*, including input from teachers of physical education and school health
13 professionals, parents, students, school food service, the school Board, school administrators,
14 educators, and the public. Training of this team of people on the components of a healthy school
15 nutrition environment is recommended.
- 16 2. *Implementation, Periodic Assessment, and Public Updates, including* expanding the purpose of
17 the team of collaborators beyond the development of a local wellness policy to also include the
18 implementation of the local wellness policy with periodic review and updates, inform and update
19 the public every three years, at a minimum, (including parents, students, and others in the
20 community) about the content and implementation of the local wellness policies, and to measure
21 periodically and make available to the public an assessment of the local wellness policy,
22 including:
 - 23 • The extent to which schools are in compliance with the local wellness policy;
 - 24 • The extent to which the LEA’s local wellness policy compares to model local school
25 wellness policies; and
 - 26 • The progress made in attaining the goals of the local wellness policy.
- 27 3. *Goals for nutrition education, nutrition promotion, physical activity, and other school-*
28 *based activities* that are designed to promote student wellness in a manner that the local
29 education agency determines appropriate.
- 30 4. *Nutrition guidelines* for all foods available on each school campus under the local education
31 agency during the school day, with the objectives of promoting student health and nutrient-rich
32 meals and snacks. This includes food and beverages sold in a la carte sales, vending machines,
33 and student stores; and food and beverages used for classroom rewards and fundraising efforts.
- 34 5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal programs
35 with menus meeting the meal patterns and nutrition standards established by the U.S. Department
36 of Agriculture.
- 37 6. *A plan for measuring implementation* of the local wellness policy, including designation of one
38 or more persons within the local education agency or at each school, as appropriate, charged with
39 operational responsibility for ensuring that each school fulfills the District’s local wellness policy.

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41 * Belfry School will form a School Wellness Committee to create, implement, monitor, review and,
42 as necessary, recommend revisions to school nutrition physical and physical wellness policy.
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44 **Nutrition Education and Nutrition Promotion**

45 All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt
46 healthy eating behaviors and is aligned with the *Montana’s Health Enhancement Society of Health and*
47 *Physical Educators (SHAPE) Health Education and Physical Education Content Standards*. Nutrition
48 education shall be integrated into the curriculum. Nutrition information and education shall be offered and

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4 promoted throughout the school campus and based on the U.S. Dietary Guidelines for Americans. Staff
5 who provide nutrition education shall have the appropriate training, such as in health enhancement or family
6 and consumer sciences.
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8 **Nutrition Education, Health Enhancement, and Physical Activity**

9 The Belfry School District aims to teach, encourage, and support healthy eating by students. The school will
10 provide nutrition education and engage in nutrition promotion that:
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- 12 • Provides students with the knowledge and skills necessary to promote and protect their health;
- 13 • Is integrated into the health enhancement classes, but also may be included in regular classroom
14 instruction;
- 15 • Ensures staff who provide education shall have the appropriate training;
- 16 • Supports parents' efforts to help educate their children on healthy eating habits by providing
17 information concerning school breakfast and lunch programs.
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19 The Federal Dietary Guidelines for Americans recommend that children and teenagers be physically
20 active for an accumulation of at least sixty (60) minutes daily (USDHHS and USDA 2000, 12). Since
21 children spend the majority of their time at school during weekdays, it is logical that the school be the
22 mechanism for providing physical educational opportunities for better health of those children.
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24 The Belfry School District shall offer **health enhancement**, which includes physical, mental, and
25 emotional health taught by certified teachers. Health enhancement shall equip students with the
26 knowledge, skills, and values necessary for lifelong physical activity. Health Enhancement instruction
27 shall be aligned with the school's curriculum standards.
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29 The Belfry School District's Health Enhancement Program consists of at least the following:
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- 31 • Kindergarten students – 20 minutes per week
- 32 • First through Fourth Grade students – 50 minutes per week
- 33 • Fifth and Sixth Grade students – 125 minutes per week
- 34 • Seventh through Ninth Grade students – 215 minutes per week
- 35 • Tenth through Twelfth – 125 minutes per week (offered as an elective)
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37 In addition, all Belfry K-6 students will have at least thirty (30) minutes of supervised recess per day,
38 preferably outdoors, during which the school should encourage moderate to vigorous physical activity,
39 verbally and through the provision of space and equipment.
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41 Finally, the Belfry School District and Athletic Cooperatives Belfry School participates in, will offer
42 extracurricular activities and lend support to community based physical activities to offer a range of
43 activities that meet the needs, interests, and abilities of all students, including students with
44 disabilities and students with special health-care needs. At present the following extracurricular physical
45 activities are offered:
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- 47 • Track and Cross Country (grades 5-12)
- 48 • Basketball (grades 5-12)
- 49 • Football (grades 5-12)
- 50 • Volleyball (grades 5-12)

- Wrestling (grades 5-12)

Nutrition Guidelines

The Belfry School District has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds and at school functions and activities.

Concessions – Provide a balance of healthy and non-healthy foods and snacks during concessions.

Concessions Supervisors – Will be encouraged to consider the inclusion of additional nutrient dense foods to be included for sale such as low fat dairy products, fruits and vegetables, whole grains, and lean protein entrees/foods.

Carbonated beverages will not be provided by the school on school from 7:30 a.m. to 3:35 p.m. Current USDA policy prohibits the sale or serving of carbonated beverages during a meal service period in the area where reimbursable meals are served and/or eaten. A school's failure to comply with this policy can result in its receiving no reimbursement for any meals for the day or period in which there was noncompliance (USDA 001b).

School Parties, Student Rewards, Classroom Snacks and Celebrations

Teachers should encourage parents to provide healthy snacks for classroom parties. There will be no classroom parties before the lunch period and teachers are encouraged not to use food as an individual reward system in the classroom unless this is allowed by the student's individual education plan (IEP). Belfry Public School will not withhold food or beverages (including food served through school meals) as a punishment. Parents will be encouraged to send healthy snacks and lunches with their children. Birthday treats sent to school will be at the discretion of the parent.

Guidelines for Reimbursable School Meals

The Belfry Public School District shall ensure that reimbursable school meals (breakfast and lunch programs) meet the program requirements and nutrition standards established by local, state, and federal regulations. The District shall consider nutrient density and portion size before permitting food and beverages to be sold or served to students. The District shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthy foods. The Belfry School District will offer meals through the National School Lunch and Breakfast Programs which include:

- Service in a clean and pleasant setting;
- Offering of a variety of fruits, vegetables, and whole grains and plan menus based upon USDA's My Pyramid;
- Serving 1% chocolate milk, 1% white milk, and skim milk;
- Sharing nutritional content of meals and the availability of the breakfast program with parents and students through the school newsletter;
- Arranging bus schedules to accommodate breakfast serving time, which is 7:30 a.m. to 8:00 a.m. and scheduling meal periods at appropriate times, lunch is scheduled between 11:00 to 11:20 for elementary, and 11:20-11:46 for jr. high and high school;
- Making every effort to eliminate any social stigma attached to, and preventing the overt identification of, students who are eligible or free and reduced priced meals;
- Providing students with at least ten (10) minutes to eat after sitting for breakfast and twenty (20) minutes after sitt

- Discouraging students from sharing their foods or beverages with one another during meal times, giving concerns about allergies and other restrictions on some children's diets;
- Assuring that qualified nutrition professionals will administer the school meal programs. The school district's responsibility to operate a food service program will include the supporting continued professional development for all nutrition professions in the school. Staff development programs should include appropriate certification and/or training programs for child nutrition workers, according to their levels of responsibility, as recommended by the School Nutrition Association.

Plan for Measuring Implementation

The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the School Board, school administrator, and the public has been developed through the forming of the School Health Council and shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent and the School Wellness Committee shall measure, formally, how well this policy is being implemented, managed and enforced once a year. An informal measurement will be ongoing throughout the year. The Superintendent and the School Health Council will report to the Board, as requested (at least an annual report, oral or written), on the District's programs and efforts to meet the purpose and intent of this policy. All certified and classified staff will receive a copy of the school's "Wellness Policy on Nutrition and Physical Activity." It is their responsibility to monitor their classrooms, classroom parties, and if involved with concessions they will encourage a good balance of healthy and non-healthy food items. School food service staff, at the school, will ensure compliance with nutrition policies with school food service areas. The food service is reviewed from a state agency once every five (5) years.

Additionally, the school highly values the health and well-being of every staff member and will offer educational activities that support personal efforts by staff to maintain a healthy lifestyle.

The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004
 PL 111-296 The Healthy, Hunger-Free Kids Act of 2010

Policy History:

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