

2510 – R (Alternate 1)

INSTRUCTION

School Wellness

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

The development of the school wellness policy, at a minimum, will include:

1. *Community involvement*, including input from teachers of physical education and parents, students, school food service, the school Board, school administrators, educators, and the public. Training of this team of people on the components of a healthy school nutrition environment is recommended.
2. *Goals for nutrition education, nutrition promotion, physical activity, and other school-based activities* that are designed to promote student wellness in a manner that the local education agency determines appropriate.
3. *Implementation, Periodic Assessment, and Public Updates, including* expanding the purpose of the team of collaborators beyond the development of a local wellness policy to also include the implementation of the local wellness policy with periodic review and updates, inform and update the public **every 3 years, at a minimum**, (including parents, students, and others in the community) about the content and implementation of the local wellness policies, and to measure periodically and make available to the public an assessment of the local wellness policy, including:
  - The extent to which schools are in compliance with the local wellness policy;
  - The extent to which the LEA’s local wellness policy compares to model local school wellness policies; and
  - The progress made in attaining the goals of the local wellness policy.
4. *Nutrition guidelines* for all foods available on each school campus under the local education agency during the school day, with the objectives of promoting student health and nutrient-rich meals and snacks.
5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal programs with menus meeting the meal patterns and nutrition standards established by the U.S. Department of Agriculture.
6. *A plan for measuring implementation* of the local wellness policy, including designation of **one or more persons within** the local education agency or at each school, as appropriate, charged with **operational responsibility** for ensuring that each school fulfills the District’s local wellness policy. **These people are the Head Cook, Assistant cook, serve safe person, and staff.**

The suggested guidelines for developing the wellness policy include:

**Nutrition Education**

All students K-8 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the *Montana’s Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks*. Nutrition education shall be

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4 integrated into the curriculum. Nutrition information and education shall be offered throughout the school  
5 campus and based on the U.S. Dietary Guidelines for Americans.  
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7 **Health Enhancement and Physical Activity Opportunities**

8 The District shall offer health enhancement opportunities that include the components of an informal  
9 quality health enhancement program taught by a K-8 certified health enhancement specialist.

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11 Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong  
12 physical activity during PE with an instructor onsite counting as EDU hours.  
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14 All K-8 students of the District shall have the opportunity to participate regularly in supervised, organized  
15 or unstructured, physical activities, to maintain physical fitness, and to understand the short- and long-  
16 term benefits of a physically active and healthy lifestyle.  
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18 **Nutrition Standards**

19 The District shall ensure that reimbursable school meals meet the program requirements and nutrition  
20 standards found in federal regulations. The District shall encourage students to make nutritious food  
21 choices through accessibility and marketing efforts of healthful foods.  
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24 **Other School-Based Activities Designed to Promote Student Wellness**

25 The District may implement other appropriate programs that help create a school environment that  
26 conveys consistent wellness messages and is conducive to healthy eating and physical activity, such as  
27 staff wellness programs, non-food reward system and fundraising efforts.  
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29 **Maintaining Student Wellness**

30 The Board shall develop and implement administrative rules consistent with this policy. Input from  
31 teachers, parents/guardians, students, school food service program, the school Board, school  
32 administrators, and the public shall be considered before implementing such rules. A sustained effort is  
33 necessary to implement and enforce this policy. The Board Chair shall measure how well this policy is  
34 being implemented, managed, and enforced. The Board Chair shall report to the Board, as requested, on  
35 the District's programs and efforts to meet the purpose and intent of this policy.  
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37 Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004  
38 PL 111-296 The Healthy, Hunger-Free Kids Act of 2010  
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