

WELLNESS POLICY

Platte County School District #2 will promote student wellbeing and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The District recognizes that collaborating with parents, students, school personnel, health professionals and community members is an effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits. 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 wellbeing.

Nutrition Education:

Students in grades K-12 will receive nutrition education that teaches the knowledge, attitudes, skills and behaviors they need to adopt healthy and enjoyable eating habits that last a lifetime. Posters on bulletin boards in the lunchroom and around the school encourage students to make healthy choices.

The staff teaching nutrition is encouraged to pursue professional development in the areas of nutrition education.

Whenever possible, the school cafeteria will expose students to healthy foods that may be unfamiliar to them.

The School District will build awareness among staff about the importance of nutrition, physical activity and body-size acceptance to the academic success and lifelong wellness of students. This is done through community education and the parks and recs sponsored activities.

The School District will encourage parents, teachers, school personnel and students to serve as role models in practicing healthy eating and being physically active.

Physical Education:

Students will receive physical education that actively engages all youth, regardless of skill level and that teaches the knowledge, attitudes, skills and behaviors that students need to adopt and enjoy a physically active lifestyle.

Staff members teaching PE are encouraged to seek professional training and development in the area of physical activity.

Physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.

The School District will provide elementary students a daily recess of at least 20 minutes.

K-3 grade get three recesses a day for 15 minutes each. Fourth-sixth grade get at least two recess a day for 15 minutes each.

The seventh and eighth grades get PE class every day for 50 minutes. The option of an extra, elective PE class will be offered at the high school. A golden Viking award is given to one boy and one girl in junior high and high school for outstanding participation in PE.

Physical activity opportunities will focus on individual activities in addition to competitive and non-competitive team sports.

Students are given opportunities of physical activity during the school day through daily recess periods, elective and mandatory PE classes and the integration of physical activity into the academic curriculum.

The School District provides an environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.

Teachers and other school personnel are discouraged from either using physical activity or withholding physical activity as punishment.

The school will encourage families and community members to support programs outside of the school that encourage physical activity. Parks and recreation, which sponsors youth basketball, volley ball, football, soccer, and baseball, has their office at the school. Most of these activities take place at the school.

Nutrition Standards for all Foods Available on School Campus During the School Day:

The School District will use the Healthy, Hungry-Free Kids Act of 2010 to help decide what foods and beverages are available to students during the school day.

A school authority is responsible for monitoring the content of food and beverages in vending machines and school stores.

During each school day, the nutrition services program will offer lunch that meets the guidelines of the USDA's National School Lunch Program.

Classroom snacks will feature healthy choices. The school nurse sends letters home with students expressing the schools wish that healthy snacks are provided for birthdays and parties. This is done several times during the year.

The sale of foods of minimal nutritional value will not be allowed throughout the School District during the school day.

The building where the district-wide school lunch is served may not sell any food (in vending machines, school stores or otherwise) that competes with the School Meal

Program from 7:45 A.M. until the end of the last lunch period. Schools may, however, sell 100% juice, water, and milk throughout the entire school day. These drinks also have to meet the criteria for Smart Snacks per federal guidelines. This is in accordance with the federal regulations in schools that receive federal lunch money.

The School District will provide appealing and attractive meals to children that offer a variety of fruits and vegetables and whole grains, low fat dairy and a lean meat or meat alternative.

The promotion of healthy foods – including fruits, vegetables, whole grains and low fat dairy products is encouraged.

Menus are planned to meet the Healthy, Hunger-Free Kids Act of 2010.

Parents and staff-members are encouraged to model healthy eating habits while on school property.

Other School-Based Activities Designed to Promote Student Wellness:

School personnel are discouraged from denying a student participation in more than one recess or other physical activity in any given day as a form of discipline or for instructional make-up time, unless an alternative avenue for physical activity is provided.

Dining room supervisory staff will maintain a safe, clean and pleasant eating environment.

Lunch periods are scheduled as near to the middle of the day as possible.

Students will have adequate time to eat, relax and socialize; at least 20 minutes after sitting down for lunch.

The district will provide enough space and serving areas to ensure student access to school meals with a minimum of wait time. There is a rest room right outside the lunchroom for convenient access to facilities for hand washing.

Safe drinking water is available throughout the school day. All students are allowed to have water bottles with them in the classroom. There is a water fountain in the dining area and disposable cups are furnished for students.

The School District promotes healthy eating, enjoyable physical activity and respect for body-size differences.

The district encourages fundraising efforts that are supportive of healthy eating and physical activity.

The high school students will be encouraged to assist parks and rec with sports activities

held for elementary students participating in the activities. The Parks and Recreation give a Viking medal to the outstanding upper classman that gives the most to their program.

Maintain a District Wellness Advisory Council:

The School District will utilize a District Wellness Advisory Council. It is recommended that the wellness advisory council include: food service director, school nurse, parent representative, student representative, teacher(s), School Board member, PE/health teacher, family and consumer science teacher, an administrator or other School District staff member(s) and community members.

Each school's administrator will ensure compliance with all federal, state and local regulations pertaining to the wellness policy.

The Wellness Council will, during the final quarter of each school year, set goals to be worked toward during the following school year and evaluated during the final quarter of the next school year. The council will send a report to the school board with its' recommendations for improvements and goals for the next school year. The council will meet in September, December, and April. It will evaluate and set goals at the April meeting.

The wellness policy itself will be reviewed through the same (rotating review) process that is used in review of all Board policies. A record of members attending the meetings and minutes of each meeting will be kept in a folder for future reviews.

Adopted: 05/08/06
Revised: 10/11/10 (formerly GBCC)
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