School Wellness Policy

Mission Statement: The Lakota School District promotes healthy schools by supporting wellness, good nutrition, nutrition education, and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices.

Component 1: Nutrition Education

The primary goal of nutrition education, which may be defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being" (ADA 1996), is to influence students' eating behaviors. The following provide policy guidance for the nutrition education efforts of the district.

- Each school shall adopt a health education curriculum based upon state standards and benchmarks.
- Students in K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education will be offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
- Students will receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community, and media.
- Nutrition education will be integrated into all classes where applicable.

Component 2: Standards for USDA School Meals

Student's lifelong eating habits are greatly influenced by the types of food and beverages available in their daily environment. School meals will include a variety of health choices while accommodating special dietary needs and ethnic and cultural food preferences. Schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. Guidelines addressing these activities include:

- All reimbursable meals will meet nutrition standards mandated by the USDA, as well as any additional state nutrition standards that go beyond USDA requirements.
- The school district will provide a clean, safe, enjoyable meal environment for students.
- The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- The school district will make drinking fountains available in all schools, so that students can get water at meals and throughout the day.
- The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals by having by using an electronic punch system.
- A link is provided on the school website which describes in full the USDA National School Lunch Program Standards.
- The Lakota School Elementary students eat in the lunch room everyday but can bring lunches from home. They are encouraged to follow USDA guidelines. The Lakota High School students have an open lunch hour and are encouraged to participate in the National School Lunch program.
- The school district will ensure adequate time for students to enjoy eating healthy foods and socializing with friends in school.
- Staff members who provide nutrition education will receive appropriate training.
- Schools will be enrolled as Team Nutrition Schools, and they will conduct nutrition education activities and promotions that involve parents, students, and community.
- Nutrition information for school meals is available as a link on the school homepage website.
- The school district will encourage families to apply for free and reduced lunch services through the National School Lunch Program by sending a mailing in the fall to all parents.
- The school district will schedule recess for elementary students before lunch whenever possible so that children will come to lunch less distracted and ready to eat.
- The school district will provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education.
- The school district will set guidelines for all food and beverages sold in vending machines, snack bars, and school stores on school campuses.
- The school will turn off vending machines during the school day.
- The school will not allow drinking of pop during lunch.
- The school will offer healthy choices in the snack shack & concessions.

Component 3: Nutrition Standards for Competitive and Other Foods and Beverages

- The school will prepare healthy snacks for kindergarten snack time.
- The school will offer students in grades K-6 a milk break.
- The school will offer students in grades 7-12 an opportunity for a healthy snack.
- All food is in compliance with the USDA Smart Snacks Federal Nutrition Standards.
- All snacks and beverages sold during the extended day meet Smart Snacks nutrition standards.
- The district will regulate all food and beverages served during classroom activities.
- All beverages sold to students during the school day are required to meet or are in compliance with the USDA Smart Snacks Nutrition Standards.
- All beverages sold to students during the extended school day are required to meet or are in compliance with the USDA Smart Snacks Nutrition Standards.
- Lakota school will limit the sale with non-nutritive sweeteners.
- A link is provided on the Lakota homepage that describes in full the USDA Smart Snacks Standards.
- Lakota school provides access to free drinking water throughout the school day.
- The school will encourage the sale of healthy foods for fundraising.
Component 4: Physical Education and Physical Activity

Physical education and physical activity shall be an essential element of each school's instructional program. The primary goals for school's physical activity components are: to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short-and-long-term benefits of a physical active and healthful lifestyle. Accordingly, the following guidelines are established:

- Each school shall adopt a physical education program based upon state standards and benchmarks.
- The school district will have qualified teachers for physical education classes.
- Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods of 20 minutes for elementary school students, and the integration of physical activity into classroom curriculum.
- Students will meet all state requirements for physical education.
- The school will provide a minimum of 90 minutes of physical education class each week for students in grades K-6.
- Students in grades 7/8 receive 125 minutes per of physical education.
- High school students are provided an opportunity of a minimum of 100 minutes per week of physical education.
- The school district will strive to have a student/teacher ratio of no more than 25/1 in any of its physical education classes.
- All Physical education teachers will be provided educational opportunities for continued education.
- Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, interscholastic athletics and athletic clubs.
- Schools will work with the community to create ways for students to walk, bike, rollerblade or skateboard safely to and from school.
- Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Schools will provide physical activity information to parents/families through newsletters, handouts, presentations, and websites.
- Staff members will receive appropriate training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.
- The school district does provide for exemptions, waivers and substitutions of K-12 students in PE when warranted by a physical impairment.
- The school district used the Physical Education state standards for developing a CSPAP plan for each school.
- Schools will attempt to partner with fitness clubs allowing students and staff access to special rates.
- Staff members are encouraged to use schools facilities such as the gymnasium, weight room and equipment to further their physical activity.
- The school and city have a joint use agreement for the Lakota Community Center.
Component 5: Wellness Promotion and Marketing

- The school district will encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The staff members of the Lakota School District will refrain from modeling unhealthy eating and drinking behaviors.
- Staff members will receive appropriate training to enable teachers and other school staff to promote and model enjoyable, lifelong physical activity.
- The school district will recommend that students not stay in at recess to finish work or for punishment.
- The school district will not use food as a reward or punishment in school.
- The staff is encouraged to use physical activity as a reward.
- Physical activity will not be used as a punishment.
- The school district will promote healthy food and beverage choices through advertising promotions.
- Schools will provide physical activity information to parents/families through newsletters, handouts, presentations, and websites.
- Schools will encourage parents and guardians to support their children’s participation in physical activity, to be physically active role models, and to include physical activity in family events.
- Foods and beverages that cannot be sold to students during the school day are recommended to not be included on signs, scoreboards, sports equipment, textbooks, advertising, announcements, and on school internet sites.

Component 6: Implementation, Evaluation and Communication

- The district has a wellness committee that meets annually with a wide community representation and implements changes as needed towards achieving the wellness goals.
- The school Board designates building principals at each school with the operational responsibility for ensuring that each school fulfills this policy.
- The school will develop periodic reports on the plan’s progress and deliver these reports to parents, students, staff and community.
- A link is attached to the school website that contains the wellness plan and a progress report ensuring the schools progress to achieving wellness goals. Information will also be included that lists how you might join the committee.