

II. **POLICY DEVELOPMENT** – Steven R. Hengen

\_\_\_\_\_ moved and \_\_\_\_\_ seconded that the board of education approve the second reading of Policy – Student Wellness - District Code: EFBA. (Roll Call Vote)

A. Student Wellness – District Code: EFBA (Mr. Charles McLain)

District Code: EFBA

**Student Wellness**

I. Introduction

The Rapid City Area School District promotes healthy schools by supporting wellness, good nutrition, regular physical activity, mental health, and a healthy learning environment, as part of the total learning experience. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. A healthy, well nourished and physically active child is more likely to be academically successful.

II. Nutrition Standards

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. The district recognizes that all foods and beverages made available to students contribute to each student's total daily dietary intake. Foods and beverages made available on campus during the school day shall be consistent with the Dietary Guidelines for Americans.

III. Nutrition Education

At each grade level, nutrition education shall be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education shall be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors.

#### IV. Physical Activity

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.

#### V. Wellness Council

The Rapid City Area School District shall have an administrative designee or a local wellness council, comprised of parents, teachers, administrators, foodservice personnel, community members and students to plan, implement, improve wellness within the school environment and provide monitoring methods to assess student wellness.

#### Adopted

Legal Reference: Child Nutrition and WIC Reauthorization Act of 2004 – Public Law 108.265, section 204.  
National School Lunch Act  
Child Nutrition Act of 1996  
United States Department of Agriculture Laws and Regulations

Cross Reference: IAB, Instructional Standards  
IF, Curriculum Development  
IGA, Basic Instructional Program  
IGAGA, Teaching About Drugs, Alcohol, and Tobacco  
IGD, Co-curricular and Interscholastic Programs  
IGDG, Student Activities Funds Management  
JFCHA, Student Chemical Use and/or Abuse  
JFCK, Suicide Prevention and Intervention)  
KG, Community Use of School Facilities  
Elementary and Middle School Student Handbooks  
United States Department of Agriculture (USDA) Dietary Guidelines for Americans

Definition: Normal School Day: time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.

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The following procedures related to the Student Wellness Policy are submitted for information purposes only. The approval reading of procedures will be held at the regular board of education meeting on May 18, 2006.

- B. Student Wellness and Nutritional Standards – District Code: EFBA-P1  
(Mr. Charles McLain)

District Code: EFBA-P1

### Student Wellness and Nutrition Standards

#### I. Nutrition Standards

The Rapid City Area School District promotes healthy schools by supporting wellness, good nutrition, regular physical activity, mental health, and healthy learning environment, as part of the total learning experience. The district supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. A healthy, well nourished and physically active child is more likely to be academically successful.

#### II. Standards for Foods and Beverages

- A. The district strives to provide a consistent nutritional message to all children.
- B. Food pricing strategies shall be designed to encourage students to purchase nutritious items.
- C. Procedures shall be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- D. Menus may be planned with input from students, family members, and other school personnel.
- E. Food service personnel will evaluate annually nut and seed products in accordance with individual student food allergies. Students with special dietary needs shall be accommodated as required by United States Department of Agriculture (USDA) regulation.

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## F. Beverages

1. Allow water, milk, 100% fruit and vegetable juices as beverages in the classroom.
2. Provide milk: skim, 1% or 2% in serving sizes of 8-16 oz.; flavored milk: (chocolate or strawberry) 1% or skim may be offered in up to 16 oz. servings with no more than 36 grams of added sugar in a 16oz. serving.
3. Eliminate the sale of carbonated (soda) drinks.
4. Non-carbonated drinks under 20 grams of carbohydrates per 8 ounce serving may be offered.

## G. Grains

1. Strive to serve whole grains which contain at least 2 grams of fiber per 1 ounce serving. One half of all grains served should be whole grain.
2. Serving sizes 1-3 ounces.
3. Strive to limit total calories from fat to no more than 30-35%.
4. Strive to limit total calories from saturated fat to no more than 10%.
5. Limit sugar content to no more than 35% of calories by weight, excluding sugars naturally occurring in fruits, vegetables and dairy ingredients.
6. Strive to limit the amount of trans-fats.

## H. Fruits and Vegetables

1. Offer fruits and vegetables prepared/packaged without added fat, sugar or sodium. Low fat dips and sauces on the side may be served in small servings to make foods more appealing.
2. Offer half cup serving of fruits and vegetables. Offer additional fruits and vegetables to help students reach the recommended 5-9 servings per day.

I. A la carte entrees and side dishes

1. Strive to offer meat/meat substitutes in servings no greater than 3 ounces with 5 grams of fat per ounce or less.
2. Offer non-fat and low-fat yogurt in serving sizes of 8 ounces or less. Sugar should not be the first ingredient on the label.
3. Limit ice cream and frozen desserts to serving sizes of 4 ounces or less with 5 grams or less of fat. Sugar should not be the first ingredient.
4. Offer cheese in serving sizes of 1-2 oz.

III. Nutrition Education Component

A. Nutrition Education

1. Teach consistent scientifically-based nutrition messages throughout the school, classroom, and cafeteria.
2. Use the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12.
3. Offer information to families that encourage them to teach their children about health and nutrition.

B. Eating Environment

1. Students shall have adequate time and space to eat meals in a clean and safe environment.
2. Meal menus, presentation, and environment shall be designed to promote complete meal intake and to reduce food waste.

C. Guidelines for Celebrations, Rewards and Incentives

1. School should limit celebrations that involve food during the school day. Each celebration should include no more than one food and beverage that does not meet Standards for Foods and Beverages.

2. Rewards and incentives shall be given careful consideration as to the messages they convey. The district shall disseminate a list of healthy snacks and treats to parents and teachers.
3. Classroom Treats: Only foods that are commercially prepared will be allowed in classrooms (Elementary and Middle School Student Handbooks).

D. Vending Machines

1. The installation and use of student vending machines in the schools shall be controlled so that they shall not offer competition to the school meal program.
2. Product contents of student vending machines shall adhere to the standards for foods and beverages and content guidelines as outlined in the Standards for Foods and Beverages component of this policy.
3. The sale of vending products shall not take place from one hour before and one hour after the breakfast and lunch service.
4. Vending machines shall not be available to students in the elementary schools.

F. Fundraising

1. The sale of food or beverages as a fund raiser shall not take place from one hour before and one hour after the breakfast and lunch service.
2. The school district shall make available a list of suggestions for fundraising activities.

Adopted

Cross Reference: IAB, Instructional Standards  
IF, Curriculum Development  
IGA, Basic Instructional Program  
IGAGA, Teaching About Drugs, Alcohol, and Tobacco  
IGD, Co-curricular and Interscholastic Programs  
IGDG, Student Activities Funds Management  
JFCHA, Student Chemical Use and/or Abuse  
JFCK, Suicide Prevention and Intervention)  
KG, Community Use of School Facilities  
Elementary and Middle School Student Handbooks

Definitions: **A La Carte:** additional and separately priced foods sold in the lunch line.

**Dietary Guidelines for Americans:** dietary recommendations for healthy Americans age 2 years and over about food choices that promote health, specifically with respect to prevention or delay of chronic diseases.

**Physical Activity:** the Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that result in an expenditure of energy.

**Normal School Day:** time period spanning from the first bell of the day that begins the first class period to the last bell of the day ending the final class period.

**Vending Machine:** a coin operated machine for the sale of merchandise.

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### C. Student Wellness and Physical Activity – District Code: EFBA-P2 (Mr. Charles McLain)

District Code: EFBA-P2

#### Student Wellness and Physical Activity

##### A. Physical Education Classes K-12

1. Physical education classes and physical activity opportunities shall be available for all students.
2. Physical activity opportunities may be offered before school, during school, recess or after school.
3. Ensure that all physical education classes be taught by a physical education instructor.
4. Increase physical education class time within the parameter of human and space resources available in grades K-8.
5. One unit of high school physical education in grades 9-12 shall be required. Students shall be encouraged to take physical education classes as electives after completing the required physical education credit.
6. Students should spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
7. Provide information to parents to help them encourage students to engage in daily physical activity.
8. Health related physical fitness testing may be integrated into the curriculum. Tests shall be appropriate to the students developed levels and physical abilities. Such testing shall be used to teach students to assess their fitness levels, set goals for improvement and monitor progress in reaching their goals.

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9. Provide a physical and social environment that encourages safe and enjoyable activity for all students, including those who are not athletically gifted.
10. Encourage physical activity breaks during classroom hours. Use physical activity as a reward when applicable.
11. Encourage interdisciplinary and cross-curricular activities. Integrate physical activity into the core subject areas when applicable.
12. Provide recess daily for all children in kindergarten through fifth grade.
13. Students shall not be denied physical education for disciplinary reasons.

B. Outside the school day

Intramural programs, physical activity clubs and interscholastic athletics are valuable supplements to a student's education. Schools shall endeavor to provide every student with opportunities to voluntarily participate in physical activities that meet his or her needs, interest and abilities.

1. Physical activity ideas may be sent home with students or in school newsletters.
2. Encourage parents and community members to institute programs that support physical activity.

C. Daily Recess

1. All elementary school students shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
2. When feasible, recess shall occur prior to lunch to ensure appropriate healthful food intake.
3. Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students shall be given periodic breaks during which they are encouraged to stand and be moderately active.

D. Physical Activity Opportunities Before and After School

1. All elementary schools may offer extra-curricular physical activity programs.
2. All middle and high schools shall offer extra-curricular physical activity programs.
3. All high schools and middle schools as appropriate, shall offer interscholastic sports programs.
4. Schools shall offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
5. Schools shall educate and encourage participation in community or club activities.

E. Safe Routes to School

1. The school district shall assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district shall work together with local public works, public safety, and/or police departments in those efforts.

Adopted

Cross Reference: IAB, Instructional Standards  
IF, Curriculum Development  
IGA, Basic Instructional Program  
IGAGA, Teaching About Drugs, Alcohol, and Tobacco  
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Definitions: Physical Activity: the Center for Disease Control and Prevention (CDC) defines physical activity as any bodily movement produced by skeletal muscles that result in an expenditure of energy.

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### D. Student Wellness and Mental Health – District Code: EFBA-P3 (Mr. Charles McLain)

District Code: EFBA-P3

#### Student Wellness and Mental Health

- I. Student's social and emotional development is an essential support to school readiness and academic success. The Rapid City Area School District will incorporate social and emotional development into its educational program. The goals for addressing these student development needs through an educational program are to: 1) Enhance student readiness, academic success and the use of good citizenship skills; 2) Foster a safe, supportive learning environment where students feel respected and valued; 3) Teach social and emotional skills to all students; and 4) Promote student social and emotional well-being by partnering with families and the community.
- II. Support services provided by school nurses, school social workers, school psychologists, and school counselors will be available for students with social and emotional difficulties that impact learning.
- III. In order to promote the social and emotional development of all students, the Rapid City Area School District will pursue program development in the following areas:
  - A. Implement data based, age and culturally appropriate classroom instruction and school wide strategies that teach social and emotional skills, promote optimal mental health, and prevent risk behaviors for all students.
  - B. Provide parents and families with learning opportunities related to the importance of their children's optimal social and emotional development, and ways to enhance it.
  - C. Establish partnerships with diverse community agencies and organizations to assure a coordinated approach to addressing children's mental health and social and emotional development.

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- D. Utilize existing protocols to screen, assess and provide early intervention for students who have significant risk factors for social, emotional or mental health problems that impact learning.

Adopted

Cross Reference: IAB, Instructional Standards  
IF, Curriculum Development  
IGA, Basic Instructional Program  
IGAGA, Teaching About Drugs, Alcohol, and Tobacco  
IGD, Co-curricular and Interscholastic Programs  
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