

WELLNESS POLICY FOR:

Circle School District

Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. Building nutrition knowledge and skills helps children make healthy eating and physical activity choices. To make a difference, school districts should provide nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into subjects such as math and reading; and provides opportunities for students to practice skills and have fun. School districts should also choose nutrition education curricula that are easy to teach and foster lifelong healthy eating. All kids K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the *Montana's and Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Standards and Benchmarks*.

- https://opi.mt.gov/Portals/182/Page%20Files/Health%20%26%20Physical%20Education/16JulyHEStandards_OverviewTable.pdf
- <https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- **Community/Family Involvement:**
 - School personnel will serve as nutrition educators and role models for healthy lifestyles.
 - School personnel will collaborate with parents and the community to support these goals and the promotion of lifelong healthy nutrition habits.
 - School wellness committee made of community members, administration, staff and teachers meets periodically throughout the school year.
- **Communication to Families on Health:**
 - [Circle SWP self assessment.pdf](#)
 - **Safety Wellness Plan (SWP)**
 - <https://school-bites.com/healthy-classroom-parties/>
- **Classroom teaching:**
 - Students in grades K-12 receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
 - Nutrition education is offered in the school dining room as well as in the classroom, with coordination between the foodservice staff and teachers.
 - Students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media
 - District health education curriculum standards and guidelines include both nutrition and physical education.
 - Staff who provide nutrition education have appropriate training.
- **Education, marketing and promotions outside classroom**

- o The school shall offer opportunities for the students to taste different fruits and vegetables
- **Food Service Staff Training:**
 - o Provide regular professional development to enable the Food Services Staff to become full partners in providing excellent food for our students.
 - o Provide regular training at least annually to teachers and the Food Service Staff on basic nutrition and nutrition education.

Setting Physical Activity Goals

Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.

- o Provide daily recess periods for all elementary school students
- o Students are given opportunities for physical activity through a range of after-school programs including, but not limited to, intramurals and interscholastic athletics.
- o Schools 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.
- **Physical education (high school graduation requirements):**
 - o 2 semesters of Health & P.E. required to graduate.
 - o should provide at a minimum:
 - Elementary – 60 minutes each week for entire school year
 - 7-8 grade -240 minutes each week for entire school year
 - o Physical education (standards/requirements based): the use of national or state-developed standards for physical education
 - o Staff training/certification): Ensure that state-certified physical education teachers teach all physical education classes

Establishing Nutrition Guidelines for All Foods Available on School Campus during the School Day

Elementary:

School meals will meet the USDA Child Nutrition Programs patterns for breakfast and lunch. Any and all other foods will meet the USDA Smart Snacks Standards. Teachers and parents can utilize resources/lists of nutrient dense snacks.

Secondary:

The nutrition practice for the secondary schools is to offer a selection of nutritionally sound foods from both the lunch and breakfast programs. Breakfast and lunch meals will meet the USDA Child Nutrition meal patterns.

High school:

Carbonated beverages with a selection of regular, diet and caffeine-free may also be sold after school hours.

Parties, Celebrations, or Meetings:

The district encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School standards including those provided at celebrations will be promoted and a list of ideas is available.

Food-related Fundraising and or Concessions:

A school may permit the sale of food items that do not comply with subdivisions of this section as part of a school fundraising event in any of the following circumstances:

- (1) By pupils of the school if the sale of those items takes place off of school premises.
- (2) By pupils of the school if the sale of those items takes place at least one-half hour after the end of the school day.
- (3) By approval of the building principal. (Montana OPI does not allow any exceptions to the Smart Snack rule if the fundraiser occurs during the school day; unless the food is meant to be consumed after the school day.

Qualifications of Food-Service Staff:

- o Food service directors are strongly encouraged to implement the OPI training program, or equivalent, for all food service personnel. The OPI School Nutrition Programs provides regular training and professional development for Food Services Directors and staff so that they possess the necessary skills and resources to effectively train food service personnel.
- o Dining room supervisory staff (teachers, aids, janitorial staff, etc.) shall receive appropriate training in how to maintain safe, orderly, and pleasant eating environments. All food service personnel shall have adequate pre-service training.

Careful consideration of the school lunch environment shall be taken into account when scheduling recess. Circle Schools has grades K-2 go to recess before lunch. Although it is encouraged that schools provide recess before lunch or at a different time than lunch at all appropriate sites following the guidelines of the Montana Department of Health Services, we recognize that our current policy is effective.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

Access to school nutrition programs:

ALL ELEMENTARY SCHOOLS, MIDDLE SCHOOLS AND HIGH SCHOOLS SHALL PARTICIPATE IN THE NATIONAL SCHOOL LUNCH PROGRAM AS DEFINED IN PUBLIC LAW 108-265.

- o The school shall make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and that those eligible families are encouraged to apply.
- o The program shall maintain the confidentiality of students and families applying for or receiving free or reduced-price meals.
- o All children who require food are able to obtain it in a non-stigmatizing manner

Recommendation: Breakfast Program

- **Time and scheduling for meals:**
 - Meal periods shall be long enough for students to eat and socialize – a minimum of 10 minutes of seat time (when a student sits down with their tray/meal) are provided to eat breakfast and 20 minutes of seat time to eat lunch with additional time as appropriate for standing in line.
 - Schools should not schedule tutoring, pep rallies, assemblies, club/organization meetings, and other activities during meal times.
 - Bus schedules shall not interfere with students' ability to participate in school meal programs. Buses shall be scheduled to arrive at least 15 minutes before classes start in the morning. Where buses arrive later than 15 minutes prior to the start of class, accommodations shall be made to ensure students are given adequate time to eat the school breakfast

- **Surroundings for eating:**
 - A cafeteria environment that provides students with a relaxed, enjoyable climate shall be maintained.
 - The cafeteria environment is a place where students have:
 - Adequate space to eat and clean, pleasant surroundings; and
 - Convenient access to hand washing or hand sanitizing facilities before meals.
 - Hand sanitizer is available as students enter the lunch line in the lunchroom.

- **Marketing of food and/or beverages:**
 - Only approved beverages may be sold in vending machines, cafeterias, student stores, or promoted at all sites accessible to students during the school day. Non-approved beverages may be sold for fundraising activities or at school events occurring at least ½ hour after the end of the school day.

- **Access to facilities for physical activity after school hours:**
 - School should allow community access to the school's physical activity facilities outside the normal school day and after extracurricular activities.
 - Schools will be encouraged to provide community access to and encourage students and community members to use the school's physical activity facilities outside of the normal school day and after extracurricular activities.

- **Coordinated school health approach:** The District shall provide for school health resources that encompass all aspects of the school from education to staff wellness.

School Health Council:

Establish a committee that helps oversee and coordinate physical activity and/or nutrition or other aspects of student health.

Public Involvement:

SWP is required to include a description of the manner in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public are provided an opportunity to participate in the development, implementation, and periodic review and update of the local school wellness policy. *The district will invite a diverse group of stakeholders from the list below to participate in the development, implementation, and periodic review and update of the policy.*

- o *Administrator*
- o *Classroom teacher*
- o *Community member/parent*
- o *Physical education teacher*
- o *Student*
- o *SFA representative*
- o *Medical/healthcare professional*

- **Staff Wellness:**

- o School staff are encouraged to model healthy eating behaviors.
- o Schools should offer wellness programs that include personalized instruction about healthy eating and physical activity with the purposes of
 - Encouraging all school staff to improve their own personal health and wellness
 - Improving staff morale
 - Creating positive role modeling
 - Building the commitment of staff to promote the health of students
 - Building the commitment of staff to help improve the school nutrition and physical activity environment

- **Setting Goals for Measurement and Evaluation:**

a) Funding support for policy changes will need to be discussed after cost analysis of proposed recommendations is done by the committee.

b) Monitoring and evaluation: Wellness committee and whoever is appointed will oversee the policy, monitor and evaluate implementation, and report on the status of the policy to schools, parents, or the community.

SWP will be assessed every three years.

- Triennial Assessment of the School Wellness Policy

SWPs must include language requiring that at least once every three years, an assessment of the SWP will be conducted to assess the schools' compliance with the local school wellness policy and make assessment results available to the public.

- The assessment must measure the implementation of the local school wellness policy to include:
 - The extent to which schools under the jurisdiction of the Local Education Agency (LEA) are in compliance with the local school wellness policy.
 - The extent to which the LEAs local SWP compares to model local school wellness policies.
 - A description of the progress made in attaining the goals of the local SWP.
- The LEA must make appropriate updates or modifications to the local school wellness policy, based on the triennial assessment which should be maintained on file. What date did the district complete the SWP Triennial Assessment? Were the results made available to the public?
- <https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox/EMfcgzGwHVStZhflGJbQCBdmpHwHLgKk?projector=1&messagePartId=0.3>

Update/Inform the Public

LEA must inform the public about the content and implementation of the local school wellness policy and make the policy and any updates to the policy available to the public on an annual basis.