

1 Ovando School District #11**R**

2

3 INSTRUCTION

42510

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6 School Wellnesspage 1 of 2
(Alternative 1)

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

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

- 13 1. *Community involvement*, including input from teachers of physical education and school health
14 professionals, parents, students, school food service, the school Board, school administrators,
15 educators, and the public. Training of this team of people on the components of a healthy school
16 nutrition environment is recommended.
- 17 2. *Goals for nutrition education, physical activity, and other school-based activities* that are
18 designed to promote student wellness in a manner that the local education agency
19 determines appropriate.
- 20 3. *Implementation, Periodic Assessment, and Public Updates, including* expanding the purpose of
21 the team of collaborators beyond the development of a local wellness policy to also include the
22 implementation of the local wellness policy with periodic review and updates, inform and update
23 the public (including parents, students, and others in the community) about the content and
24 implementation of the local wellness policies, and to measure periodically and make available to
25 the public an assessment of the local wellness policy, including:
 - 26 □ The extent to which schools are in compliance with the local wellness policy;
 - 27 □ The extent to which the LEA's local wellness policy compares to model local school
28 wellness policies; and
 - 29 □ The progress made in attaining the goals of the local wellness policy.
- 30 4. *Nutrition guidelines* for all foods available on each school campus under the local education
31 agency during the school day, with the objectives of promoting student health and nutrient-rich
32 meals and snacks. This includes food and beverages sold in a la carte sales, vending machines,
33 and student stores; and food and beverages used for classroom rewards and fundraising efforts.
- 34 5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal programs
35 with menus meeting the meal patterns and nutrition standards established by the U.S. Department
36 of Agriculture.
- 37 6. *A plan for measuring implementation* of the local wellness policy, including designation of one
38 or more persons within the local education agency or at each school, as appropriate, charged with
39 operational responsibility for ensuring that each school fulfills the District's local wellness policy.
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41 The suggested guidelines for developing the wellness policy include:

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43 Nutrition Education

44 All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt
45 healthy eating behaviors and is aligned with the *Montana's Health Enhancement and National*
46 *Association of Sport and Physical Activity/American Alliance of Health, Physical*

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48 *Education, Recreation and Dance Physical Education Content Standards and Benchmarks*. Nutrition
49 education shall be integrated into the curriculum. Nutrition information and education shall be offered

1 throughout the school campus and based on the U.S. Dietary Guidelines for Americans. Staff who
2 provide nutrition education shall have the appropriate training, such as in health enhancement or family

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6 and consumer sciences.

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8 Health Enhancement and Physical Activity Opportunities

9 The District shall offer health enhancement opportunities that include the components of a quality health
10 enhancement program taught by a K-12 certified health enhancement specialist.

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12 Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong
13 physical activity. Health enhancement instruction shall be aligned with the *Montana’s Health*
14 *Enhancement and National Association of Sport and Physical Activity/American Alliance of Health,*
15 *Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks.*

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17 All K-12 students of the District shall have the opportunity to participate regularly in supervised,
18 organized or unstructured, physical activities, to maintain physical fitness, and to understand the short-
19 and long-term benefits of a physically active and healthy lifestyle.

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21 Nutrition Standards

22 The District shall ensure that reimbursable school meals meet the program requirements and nutrition
23 standards found in federal regulations. The District shall encourage students to make nutritious food
24 choices through accessibility and marketing efforts of healthful foods.

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26 The District shall monitor all food and beverages sold or served to students, including those available
27 outside the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom
28 rewards, fundraising efforts). The District shall consider nutrient density and portion size before
29 permitting food and beverages to be sold or served to students. The Superintendent shall continually
30 evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this
31 policy shall be modified accordingly or not renewed.

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33 Other School-Based Activities Designed to Promote Student Wellness

34 The District may implement other appropriate programs that help create a school environment that
35 conveys consistent wellness messages and is conducive to healthy eating and physical activity, such as
36 staff wellness programs, non-food reward system and fundraising efforts.

37
38 Maintaining Student Wellness

39 The Superintendent shall develop and implement administrative rules consistent with this policy. Input
40 from teachers, parents/guardians, students, school food service program, the school Board, school
41 administrators, and the public shall be considered before implementing such rules. A sustained effort is
42 necessary to implement and enforce this policy. The Superintendent shall measure how well this policy is
43 being implemented, managed, and enforced. The Superintendent shall report to the Board, as requested,
44 on the District’s programs and efforts to meet the purpose and intent of this policy.

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47 Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004

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49 Policy History:

50 Adopted on: February 10, 2014

1Reviewed on: January 13, 2014

2Revised on: January 13, 2014