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3 **INSTRUCTION**

4
5 School Wellness

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7 The Bigfork School District #38 is committed to providing school environments that promote and protect
8 children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.
9 Therefore, it is the policy of the Bigfork School District that:

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

- 12 1. *Community involvement*, including input from teachers of physical education and school health
13 professionals, parents, students, school food service, the school Board, school administrators,
14 educators, and the public. Training of this team of people on the components of a healthy school
15 nutrition environment is recommended.
- 16 2. *Goals for nutrition education, nutrition promotion, physical activity, and other school-based*
17 *activities* that are designed to promote student wellness in a manner that the local education
18 agency determines appropriate.
- 19 3. *Implementation, Periodic Assessment, and Public Updates, including* expanding the purpose of
20 the team of collaborators beyond the development of a local wellness policy to also include the
21 implementation of the local wellness policy with periodic review and updates, inform and update
22 the public every three years, at a minimum, (including parents, students, and others in the
23 community) about the content and implementation of the local wellness policies, and to measure
24 periodically and make available to the public an assessment of the local wellness policy,
25 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 and Nutrition Promotion**

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 Society of Health and*
46 *Physical Educators (SHAPE) Health Education and Physical Education Content Standards*. Nutrition
47 education shall be integrated into the curriculum. Nutrition information and education shall be offered and
48 promoted throughout the school campus and based on the U.S. Dietary Guidelines for Americans. Staff
49 who provide nutrition education shall have the appropriate training, such as in health enhancement or
50 family and consumer sciences.

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5 **Health Enhancement and Physical Activity Opportunities**

6 The District shall offer health enhancement opportunities. Health enhancement shall equip students with
7 the knowledge, skills, and values necessary for lifelong physical activity. Health enhancement instruction
8 shall be aligned with the *Montana's Health Enhancement and National Association of Sport and Physical*
9 *Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education*
10 *Content Standards and Benchmarks.*

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

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16 **Nutrition Standards**

17 The District shall ensure that reimbursable school meals and snacks meet the program requirements and
18 nutrition standards found in federal regulations. The District shall encourage students to make nutritious
19 food choices through accessibility, advertising and marketing efforts of healthful foods.

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21 The District shall monitor all food and beverages sold or served to students, including those available
22 outside the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom
23 rewards, fundraising efforts), by meeting the United States Department of Agriculture (USDA) Smart
24 Snacks in Schools nutrition standards. Snacks provided to students during the school day without charge
25 (e.g. class parties) will meet standards set by the district. The Superintendent shall continually evaluate
26 vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy
27 shall be modified accordingly or not renewed.

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29 **Other School-Based Activities Designed to Promote Student Wellness**

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

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34 **Maintaining Student Wellness**

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

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42 Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004
43 PL 111-296 The Healthy, Hunger-Free Kids Act of 2010
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45 Policy History:

46 Adopted on: 04/19/2006
47 First reading on: 10/13/21
48 Second reading/Adopted on: 11/10/21