

WHITE LAKE SCHOOL DISTRICT #1-3
WELLNESS POLICY
 (Adopted August 8, 2022)

I. Preamble

The White Lake School District is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social successes, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Good *nutrition* and adequate *physical activity* are essential components of positive student outcomes.

The White Lake School District will utilize a wellness committee to establish and promote positive nutrition and physical activity guidelines and opportunities.

II. Wellness Committee

The White Lake Wellness Committee will include the following representation: School Administrator, Physical Education Teacher, Food Service Director, Head Cook, School District Patron, School Health Professional, School Board Member and Student.

The Superintendent will coordinate meetings and facilitate development of and updates to the wellness policy, and ensure district’s compliance with the policy.

Wellness Committee Members			
Name	Title/Relationship to the District	Email Address/phone number	Role on Committee
Robert Schroeder	Superintendent	robert.schroeder@k12.sd.us	Facilitator
Will Gottlob	Lead Teacher	will.gottlob@k12.sd.us	Implementation / evaluation
Rebecca Moore	Physical Education Teacher	rebecca.moore@k12.sd.us	Implementation / evaluation
Lori Peters	Food Service Director	lori.peters@k12.sd.us	Implementation / evaluation
Lily Simpson	Head Cook	lily.simpson@k12.sd.us	Implementation / evaluation
Annie Johnson	Patron	Anniejohnson683@gmail.com	Implementation / evaluation
Lacy Wiczorek	County Health Nurse	Lacy.wiczorek@state.sd.us	Implementation / evaluation
Duane Beckman	School Board Member	605-680-0536	Implementation / evaluation
Stu. Co. Pres.: Beau Kirsch	Student	bk3401@k12.sd.us	Implementation / evaluation

III. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

The White Lake School Wellness Policy will be made available on the school website: www.whitelake.k12.sd.us. The wellness committee will meet yearly to update, modify, and assess the effectiveness using the Healthy Schools Program online assessment tool located at <https://schools.healthiergeneration.org/dashboard/>.

Triennial Assessments

The White Lake School District will assess the wellness policy at least every three years to measure its success in meeting wellness policy requirements, the extent to which the district is complying with the wellness policy, and the progress in attaining the goals of the wellness policy.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy in the Superintendent's office for the past 3 years. Documentation will include but will not be limited to:

- The written wellness policy
- Documentation of efforts to review and update the School Wellness Policy including date, time, and members in attendance at yearly meeting.
- Documentation that policy has been made available to public
- The most recent assessment of wellness policy
- Documentation that most recent assessment of policy is made available to public.

Policy Updates

The Wellness Committee will update the wellness policy based up the results of the triennial assessments, federal and state regulations, school health assessments results, district priorities, and emerging scientific information.

Annual Notification of Policy and Public Involvement

The District will inform families and the public each year of the basic information about the policy, including any updates to the policy and implementation status. The District will also actively communicate ways in which others can participate in the development, implementation, and review of the wellness policy via involvement in the wellness committee. This information will be available to our community via the District website and through a monthly newsletter mailing.

IV. Nutrition

School Meals

The White Lake School District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, meats and meat alternatives, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams of trans fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. Our school meal program aims to improve the diet and health of our children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs. We will also aim to accommodate special dietary needs and food allergies.

Our District participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the Fresh Fruit and Vegetable Program (FFVP). Our District will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-priced meals. Our District is committed to offering school meals through these programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Establish practices related to feeding students with unpaid meal balances that do not embarrass or stigmatize the student;
- Ensure that students are served lunch at a reasonable and appropriate time of day;
- Encourage staff to model healthy eating behaviors;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards);
- Promote healthy food and beverage choices, such as one or more of the following:
 - Whole fruit options are displayed in attractive bowls or baskets
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of the students
 - All available vegetable options have been given creative or descriptive names
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - Student surveys and taste testing opportunities are used to inform menu development
 - Student artwork is displayed in the service and/or drinking areas.
 - Daily announcements are used to promote and market menu options.

Staff Qualifications and Professional Development

All school nutrition program directors and staff will meet or exceed hiring and annual continuing education/training requirements. These school nutrition personnel will refer to the CANS website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, and unflavored drinking water will be available to all students throughout the school day. Students can bring and carry approved water bottles filled with only water before, during, and after school day.

Competitive Foods and Beverages

Currently the White Lake School District does not provide food or beverage opportunities to students, outside of our school meal programs, during the school day.

Celebrations and Rewards

The district will ensure that classroom celebrations and rewards are also consistent with our nutritional goals. All food and beverages offered in the classroom that is not part of the school meal program will meet dietary needs and be under the teacher's discretion. The district recommends utilizing rewards that promote nutritional health. Food and beverages will not be withheld as a punishment for any reason.

Fundraising

Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. These fundraisers may include but are not limited to: cookie dough, candy, pizza and frozen food sales.

Concessions

Concessions will be available during home game nights after school hours. Our concession stand will incorporate healthy food options into its offerings including fresh fruits and/or vegetables.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourages healthy nutrition choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout hallways, classrooms, and cafeteria.

Nutrition Education

The White Lake School District will teach, model, encourage, and support healthy eating by all students. Our school will provide nutrition education and engage in nutrition promotion that includes but is not limited to:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through various subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Nutritional and physical activity that is developmentally appropriate, culturally relevant, and physically participatory in nature;
- Promotes physical activity/exercise;

Food and Beverage Marketing in Schools

The White Lake School District is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. It is the intent to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus during the school day in areas that are highly visible to students. All other advertising and marketing strategies will be minimized over time.

V. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program. White Lake School will provide various daily opportunities for its students to be physically active.

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment for any reason. Alternative ways to discipline students will be utilized.

The White Lake School District will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Necessary inspections and repairs will be conducted.

Physical Education

The White Lake School District will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. The District will make appropriate accommodations to all for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Students in grades K-5 will each receive physical education for at least 60 minutes per week throughout the school year. All secondary students are required to take the equivalent of one academic semester of physical education and one academic semester of health education, and meeting the state PE/Health Education requirements. Curriculum will cover a broad range of topics including, but not limited to:

- The physical, psychological, or social benefits of physical activity;
- How physical activity can contribute to the academic learning process
- Phases of an exercise session including warm-up, workout, and cool-down
- Preventing injury during physical activity
- Monitoring progress toward reaching activity goals;
- How to influence, support, or advocate for others to engage in physical activity

Classroom Physical Activity

Classroom physical activity will be offered in addition to physical education and recess and at all school levels. This is to happen in both planned and unplanned academic instruction. Such activities benefit students by improving concentration, reducing disruptive behavior, improving motivation, improving academic performance, and increasing daily physical activity. The district encourages:

- Classroom physical activity to be incorporated into planning throughout the day;
- Physical activity to be provided in the classroom outside of planned instruction
- Barriers to classroom physical activity be minimized; and
- Classroom physical activity to not be withheld from students as a disciplinary approach.

Recess

All elementary students will be engaged in at least 45 minutes of recess on all days during the school year. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever possible. The district will:

- Provide students with adequate space, facilities, equipment, and supplies for recess;
- Ensure spaces and facilities for recess meet or exceed recommended safety standards;
- Prohibit the exclusions of students from recess for disciplinary or academic reasons; and
- Provide equipment to allow for inclusion of students with disabilities into activities.

Other Activities that Promote Student Wellness

The White Lake School District will integrate wellness activities across the entire school setting. The District/ along with community collaboration will help coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same goals and objectives promoting student/adult well-being, optimal development and strong educational outcomes. Some of these activities include:

- * Jump rope for Hearts
- * White Lake Community Fitness Challenge
- * Ikidarod
- * White Lake Elementary Track and Field Day
- * Open gym activities
- * After School Program