

# **San Simon USD #18** **Local Wellness Policy**

San Simon USD #18 is committed to the optimal development of every student. San Simon USD #18 believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

This policy outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the San Simon USD #18 have access to healthy foods through reimbursable school meals.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active before, during and after school.
- School engages in nutrition and physical activity promotion and other activities that promote student wellness.
- School staff are encouraged and supported to practice healthy nutrition and physical activity
- The community is engaged in supporting the work of the San Simon USD #18 in creating continuity between school and other settings for students and staff to practice lifelong healthy habits.
- San Simon USD #18 establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

**I. School Health Advisory Council (SHAC)**

The SSUSD #18 school wellness committee will meet at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this school wellness policy.

<b>Name</b>	<b>Title / Relationship to the School or District</b>	<b>Email address</b>	<b>Role on Committee</b>
Heather Lentz	Teacher/Parent	hlentz@sansimon.org	Assists in the nutrition education
Lynn Perkins	Health Aide	lperkins@sansimon.org	Assists in the evaluation of the wellness policy & staff wellness
Julia Gamboa	Food Service	jpgamboa@sansimon.org	Wellness policy implementation, nutrition promotion
Jason Jones	PE Teacher	jjones@sansimon.org	Assists with physical activity promotion
Gail Smith	Technology/Community Member	gjorgenson1@sansimon.org	Community involvement & public outreach
Donna Lewis	Administrative Assistant	<a href="mailto:dlewis@sansimon.org">dlewis@sansimon.org</a>	Wellness policy implementation, updates & triennial assessments

Rose Rothpletz	Business Manager	<a href="mailto:rrothpletz@sansimon.org">rrothpletz@sansimon.org</a>	Expenses & Recordkeeping
Hollie Keil	Student	<a href="mailto:hkeil@sansimon.org">hkeil@sansimon.org</a>	Student Outreach

**II. Wellness Policy Implementation, Evaluation and Communication**

- SSUSD #18 has established a School Health Advisory Council.
- The School Health Advisory Council has been formed by teachers, health aide, food service, parents, PE teacher, community members, students, & administration.
- The Administrative Assistant along with the Food Service Director will ensure that the Local Wellness Policy is implemented, updated, and the triennial assessment is recorded every three years.
- Updates and assessments of the local wellness policy implementation will be reported by the Administrative Assistant to the Superintendent, School Board and the SHAC with suggestions and recommendations for improvement.
- School Health Advisory Council meetings will be posted with dates and times on the SSUSD #18 website and at the local post office. All meetings are open to the public.
- SSUSD #18 encourages parents and public involvement in activities through newsletters and flyers.
- The Local Wellness Policy will be posted to the school website.
- The School Health Advisory Council will present a report to the school board when updates and assessments are completed.

### **III. Standards for USDA Child Nutrition Programs**

SSUSD #18 is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school 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.

SSUSD #18 participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), and the School Breakfast Program (SBP). SSUSD #18 is committed to offering school meals through the NSLP and SBP programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- 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 using at least six of the following [Smarter Lunchroom techniques](#):
  - Sliced or cut fruit is available daily.
  - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
  - White milk is placed in front of other beverages in all coolers.
  - Student surveys and taste testing opportunities are used to inform menu development,
  - Student artwork is displayed in the service and/or dining areas.
  - Daily announcements are used to promote the menu.
- Menus will be posted on the SSUSD #18 website including civil rights information. Nutrient content and ingredients are available.
- SSUSD #18 child nutrition program will accommodate students with special dietary needs.
- Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Students are served lunch at a reasonable and appropriate time of day.
- Lunch will follow the recess period to better support learning and healthy eating.

## **Staff Qualifications and Professional Development**

All school nutrition program directors and staff will meet or exceed hiring and annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

## **Water**

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. SSUSD #18 will make drinking water available where school meals are served during mealtimes.

- *A water station with cups is available in the cafeteria and in the majority of all classrooms.*
- Students will be allowed to bring and carry (approved) water bottles filled with only water.

## **Nutrition Standards for Competitive and Other Foods and Beverages**

- SSUSD #18 will promote the concept that healthy snacks be brought to the classroom celebrations. There is a list of healthy snacks available that can be sent home to help parents and community meet the Healthy Snack Standards.
- Further information on resource material and guidelines for Smart Snacks can be found at [www.fns.gov/cn/smart-snacks-school](http://www.fns.gov/cn/smart-snacks-school).

## **Nutrition Education**

SSUSD #18 will teach, model, encourage and support healthy eating by all students and will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is incorporated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally appropriate, participatory activities, such as: cooking demonstrations, taste-testing, promotion of new items and school gardens;

- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure; There are nutrition posters in the cafeteria to promote nutrition education.

#### **IV. Physical Education & Physical Activity**

##### **Physical Education.**

All SSUSD #18 **elementary students** in each grade will receive physical education for at least 60 minutes per week throughout the school year.

All SSUSD #18 **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

##### **Physical Activity**

Children and adolescents should participate in at least 60 minutes of physical activity every day. SSUSD #18 is committed to providing these opportunities.

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.

To the extent practicable, SSUSD #18 will ensure that its grounds and facilities are safe, and that equipment is available to students to be active. SSUSD #18 will conduct necessary inspections and repairs.

#### **V. Wellness Promotion and Marketing**

SSUSD #18 will integrate wellness activities across the entire school setting, The District will 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 set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.