

STUDENT AND STAFF HEALTH AND WELLNESS

Fremont County School District 21 is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement. The Local Wellness policy for the District includes, but not limited to, the following USDA Wellness Policy requirements:

1. The involvement of students, parents, school food authority, school board members, and the public in the development of the plan.
2. Goals for nutrition education, physical activity, and other school-based activities that promote student wellness.
3. Nutrition guidelines for all foods available on each school campus during the school day that promote student health and reduce childhood obesity.
4. A plan for measuring implementation of the policy.
5. Designation of one or more persons charged with the operational responsibility;
6. The plan includes PE teachers, school health professional, and school Administrators in the development, implementation, periodic review, and update of the policy;
7. The Wellness policy includes a plan for nutrition promotion; and
8. Informs and updates the public (including parents, students, and community) about the content and implementation of the policy. The policy will be reviewed by the Board of Education at least every 3 years.

Nutrition Education

Throughout each school year, all students, Pre-K-12, in Fremont County School District 21 shall receive nutrition education that is aligned with the USDA Wellness Policy requirements, (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), Local School Wellness Policy Implementation) education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices. The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs. Only foods/beverages that meet Smart Snack standards will be sold during school hours.

The District shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

The District shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the Wyoming Physical Education Content and Performance Standards. Every year, all students, Pre-K-12, shall have the opportunity to participate regularly in supervised physical activities, either organized or unstructured, intended to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

Other School-Based Activities Designed to Promote Student Wellness

The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

School staffs are encouraged to model healthy eating behaviors and implement a staff wellness program and encourage staff to participate.

The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

Implementation and Measurement

The District shall implement this policy and measure how well it is being managed, develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy, goals for implementation plans and measurements in the areas of:

1. Nutrition education to provide nutrition education curricula that are skills-based and incorporates nutrition concepts from the most current USDA Dietary Guidelines.
2. Nutrition standards that will make information available to students and their parents/guardians concerning USDA school meal requirements and the nutrition content of food and beverages provided/sold.
3. Physical education/physical activities between lessons

These goals will be set by the wellness policy committee annually. The Business Manager shall report to the local school board annually, on the district's programs and efforts to meet the purpose and intent of this policy.

Wellness Policy Committee

Fremont County School District 21 will have a wellness policy committee which meets at least 3 times per school year. Membership of the committee will include the Business Manager, Food Service Manager, Principal, School Board Member, Parent, Student, District Employee, PE/Health Teacher, School Nurse and a community member.

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