

WEST CENTRAL SCHOOL DISTRICT WELLNESS PLAN

Preamble

West Central School District is committed to the optimal development of every student. The West Central School District 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.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes.

This plan outlines the West Central School District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions.

Students in the West Central School District have access to healthy foods throughout the school day-both through reimbursable school meals and other foods available throughout the school campus-in accordance with Federal and state nutrition standards.

- 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.
- Schools engage 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 behaviors in and out of school.
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for student and staff to practice lifelong healthy habits.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the plan and its established goals and objectives.

This plan applies to all students, staff and schools in the District. Goals and outcomes are identified within each section below.

School Wellness Committee

Committee Role and Membership

The West Central School District wellness committee will meet at least two times per year to establish goals for and to oversee school health and safety policies and programs, including development, implementation and periodic review and update of the West Central School District Wellness Plan.

The West Central School District wellness team would represent all school levels, and could include but not limit to: parents, students, school nutrition program representative, PE teachers, health teachers, school administrators, school board member, and the general public. To the extent possible, the West Central School District will include representatives from each school building and reflect the diversity of the community.

Leadership

The Wellness Coordinator will convene the local wellness committee and facilitate development of and updates to the wellness plan, and will ensure each school's compliance with the plan.

The Following information of new committee members and contact information will be updated each year.

The designated official for oversight is the Child Nutrition Director/Wellness Coordinator, Tanya Thomas-Parsons, Tanya.Thomas-Parsons@k12.sd.us, along with Superintendent Eric Knight, Eric.Knight@k12.sd.us

The names and titles and contact information of these individuals are:

Name:	Title/Relationship to the District	Email address	Roles on the Committee
Eric Knight	Superintendent	Eric.Knight@k12.sd.us	Overall committee oversight
Tanya Thomas-Parsons	Child Nutrition Director	Tanya.thomas-parsons@k12.sd.us	Coordinator, School meals, Competitive Foods, Nutrition Ed
Janel Merkwan	HS Teacher, Coach & Parent	Janel.Merkwan@k12.sd.us	
Carly Boom	HS/Elementary School Nurse	Carly.Boom@k12.sd.us	
Ryan Walter	Elementary Physical Ed Teacher & Parent	Ryan.Walter@k12.sd.us	
Jeff Peterson	HS Teacher, HOSA Advisor, Coach & Parent	Jeff.Peterson@k12.sd.us	
Mike Ideker	MS Teacher, Coach & Parent	Mike.Ideker@k12.sd.us	
Madalyn Cain	HS Student Rep	MC3903@k12.sd.us	

Wellness Plan Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The West Central School District will maintain a plan for implementation to manage and coordinate the execution of the wellness plan. The plan delineates roles, actions and timelines; as well as goals and objectives.

Recordkeeping

The West Central School District will retain records to document compliance with the requirements of the wellness plan at West Central School District, Nutrition Service Office. Documentation maintained in this location will include but not be limited to.

- The written wellness plan

- Documentation demonstrating that the plan has been made available to the public
- Documentation of efforts to review and update the Local Schools Wellness Plan; including an indication of who is involved in the update and methods the district uses to make stakeholders aware annually of their ability to participate on the local wellness committee
- Documentation to demonstrate compliance with the annual public notification requirements
- The most recent assessment on the implementation of the local school wellness plan
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Plan has been made available to the public.
- Will be reviewed every triennial over the overall wellness plan.

Annual Notification of Plan

The West Central School District will actively inform families and the public each year of basic information about this plan, including its content, any updates to the plan and implementation status.

The West Central School District will make this information available via the district website and/or district-wide communications. Annually, the West Central School District will update the name and contact information of the West Central School District officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, the West Central School District will evaluate compliance with the wellness plan to assess the implementation of the plan for all sites under district jurisdiction. The extent to which schools under the jurisdiction of the West Central School District comply with the local wellness plan.

The position/person responsible for managing the triennial assessment is Tanya Thomas-Parsons, Child Nutrition Director, Tanya.Thomas-Parsons@k12.sd.us with oversight from Superintendent, Eric Knight, Eric.Knight@k12.sd.us .

Revisions and Updating the Plan

The West Central School District wellness committee will update or modify the wellness plan based on the results of the annual School Health Index and triennial assessments and/or as District priorities change, community needs change, wellness goals are met, new health science, information, and technology emerges, and new Federal or state guidance or standards are issued.

Community Involvement, Outreach and Communications

The West Central School District is committed to being responsive to community input, which begins with awareness of the wellness plan. The West Central School District will actively communicate ways in which representatives of the local wellness committee and others can participate in the development, implementation and periodic review and update of the wellness plan through a variety of means appropriate for that district. The District will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of the compliance with Smart Snack in School nutrition standards.

The District will actively notify the public about the content of or any updates to the wellness plan annually, at a minimum. The District will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Our school district 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 fats, 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. 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.

All schools within the District participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). In the summer a child and Adult Care Food Program. The West Central School District also operates additional nutrition-related programs and activities including Grab'n Go Breakfast and k-2 snack break.

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal Child Nutrition Programs, that:

- Are accessible to all students
- Are appealing and attractive to children
- Are served in clean and pleasant settings
- Meet or exceed current nutritional requirements established by local, state, and Federal statutes and regulations of the following,
- Promote healthy food and beverage choices and nutrient content that meets some of the Smarter Lunchroom Techniques
- Menus are post on the West Central School District website under Quick Links.
- An entire team of child nutrition professionals administer school meals.

Staff Qualifications and Professional Development

All school nutrition program director, managers and staff will meet or exceed hiring and annual continuing education/training requirements.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day "and throughout every school campus". The West Central School District will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

The West Central School District is committed to ensuring that all foods and beverages available to students on the school campus "during the school day" support healthy eating. The foods and beverages sold and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits.

These standards will apply in all locations throughout all services where foods and beverages are sold, which may include, but are not limited to, ala carte options in cafeterias, vending machines, school stores and snack or food carts.

Lunchroom guests

The West Central School District encourages parents/guardians to join their student for lunch. Contact needs to be made with the building secretary by 9 am. The chance to eat a meal with their student gives

the parents/guardian the experience of what a school lunch has to offer and a chance to interact with your student's classmates in the lunchroom. We prefer that a school meal is eaten in the cafeteria with your student instead of bringing outside food to the cafeteria as we at West Central School District want to showcase healthy messages to all students.

Sack lunches

West Central School District does offer sack lunches for field trip and to students who are \$-25.00 in their lunch account. Each sack has a healthy meal which is optimal for learning. The sack could include the following:

- Protein: deli meat, cheese, yogurt
- Whole grains: whole grain bread, bun, crackers, popcorn or tortilla
- Fruits and Vegetables: at least ½ cup of fresh fruit or vegetable
- Dairy: 8 oz. of skim, chocolate or 1% milk

Celebrations and Rewards

Celebrations (holiday parties or birthdays) should not exceed more than 2 days per month or 18 days per school year. Teachers are encouraged to promote healthy options for classroom holiday parties. The celebration/birthday treat will replace the usual k-2 snack during snack time.

Rewards and Incentives will be given careful consideration as to the messages they send to the students receiving them. Food may be used as a reward or incentive in the classroom, however, it is recommended more appropriate rewards may be used (free time, pencils, bookmarks etc.).

K-2 snacks will meet the Smarter Snacks compliance calculator under the Alliance of a Healthier Generation. The first and second ingredient, besides water, must be whole grain, protein, and fruit, vegetable or dairy. The item should be less than 200 calories, less than 200mg of sodium, total fat is less than 35% of calories, saturated fats less than 10% of calories, 0% trans fats and less than 35% by weight for sugar.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in school nutrition standards may be sold through fundraisers on the school campus "during the school day". Foods that do not meet the Smart Snacks standards can be sold for fundraising purposes one time per year per school year.

- School-sponsored groups can each have one exempt fundraiser per year during the school year during the school day on the school campus.
- Non-schooled sponsored groups cannot have fundraisers involving unallowable foods during the school day. If an organized group chooses not to have an exempt fundraiser, another group cannot use that day.
- Exempt can only last one day.
- Exempt fundraisers cannot be given to another group.
- Food cannot be ordered for delivery during the school day as a fundraiser, unless that is the school-sponsored group's exempt fundraiser.

Use of School Kitchen Facilities

The foodservice department follows strict Hazard Analysis and Critical Control Point (HACCP) and Standard Operating Procedures that is monitored by the State Health Department. In order to ensure that procedures for food safety is being practiced we ask that you request kitchen usage from Tanya Thomas-Parsons; Tanya.Thomas-Parsons@k12.sd.us.

Nutrition Promotion

Nutrition promotion and education positively influences lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourages participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also included marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through at least. The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs by:

- Review and consider evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom Techniques; and
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School Nutrition standards.

Nutrition Education

The West Central School District will teach, model, encourage and support healthy eating by all students. Schools 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 part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- 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 (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to school programs, other school foods and nutrition-related community services.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. The 60 minutes of activity can be from physical activity before, during and after school, in the classroom, PE class, and community activities or sports.

Physical Education

The West Central School District will provide students with physical education, using an age-appropriate, sequential 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.

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

- Elementary-students will receive physical education 60-90 minutes per week throughout the school year.
- Middle school-students are required to take the equivalent of .5 units per academic for 3 consecutive years.
- High school-students are required to take the equivalent of at least a .5 throughout the 4 years.

The West Central School District physical education program will promote student physical fitness through individualized fitness and activity assessments via the Fitness gram Presidential Youth Fitness Program.

- Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions.
- All physical education teachers in the West Central School District will be required to participate in at least once a year professional development in education.
- All physical education classes in the West Central Schools are taught by highly qualified teachers.

Recess

All elementary schools will offer what are the breaks and time frames (recesses are 15-20 minutes).

Middle School has recess indoors what is a time from for them (recesses are 15-20 minutes).

If recess is offered before lunch, schools will have appropriated hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition time before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

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 feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

The West Central School District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. The West Central School District recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times and at least 3 times per day.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible and do their part to limit sedentary behavior during the school day.

The District will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Other Activities that Promote Student Wellness

The West Central School District will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues and physical activity facilities. The West Central School District will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, no duplicative, and work

towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

Schools in the West Central School District are encouraged to coordinate content across curricular areas that promote student health.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with a complementary of the wellness plan, including but not limited to ensuring the involvement of the local wellness committee.

All school-sponsored events will adhere to the wellness plan guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnership

The West Central School District may develop relationships with community partners in support of this wellness plan's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness plan and its goals.

Community Health Promotion and Family Engagement

The West Central School District will promote to parents/caregivers, families, and the general community the benefits of an approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities.

Staff Wellness and Health Promotion

The West Central School District wellness committee will focus on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Tanya Thomas-Parsons.

Schools in the West Central School District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Professional Learning

When feasible, the West Central School District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school. Professional learning will help District staff understand the connections between academics and health.

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