ETHAN SCHOOL DISTRICT #17-1

UPDATED WELLNESS POLICY

(Adopted: 11/8/21; Approved: 10/10/2023)

The Ethan 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 success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Good nutrition and physical activity are strongly correlated with positive student outcomes.

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

Wellness Committee

The Ethan Wellness Committee will include the following representation: School administrator, Physical Education Teacher, Food Service Director, Head Cook, 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.

Name	Title / Relationship to the School or District	Email address	Role on Committee
Tim Hawkins	Superintendent	tim.hawkins@k12.sd.us	Facilitator
Jared Digmann	Physical Education Teacher	jared.digmann@k12.sd.us	Implementation/evaluation
Julie McClure	Food Service Director	Julie.McClure@k12.sd.us	Implementation/evaluation
Student Council President	Student		Implementation/evaluation

Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

The Ethan Wellness Policy will be made available on the school website. 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/.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy in the Business Office. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Wellness Policy; 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 wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

Community Involvement, Outreach and Communications

The District is committed to being responsive to community input, which begins with awareness of the wellness policy. The District will actively communicate ways in which representatives of local wellness committee and others can participate in the development, implementation and periodic review and update of the wellness policy 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 and compliance with Smart Snacks in School nutrition standards. The District will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. The District will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.

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

Annual Notification of Policy

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. This information will be available to our community via the District website and through a monthly newsletter mailing.

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 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.

Our school participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). The District also operates additional nutrition-related programs and activities. Our District 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, such as one or more of the following:
  - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
  - Sliced or cut fruit is available daily.
  - Daily fruit options are displayed in a location in the line of sight and reach of 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 dining areas.
  - Daily announcements are used to promote and market menu options

Staff Qualifications and Professional Development

All school nutrition program directors, managers 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, unflavored drinking water will be available to all students throughout the school day.

Competitive Foods and Beverages

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

Fundraising

The Ethan School fundraising activities will promote healthy lifestyles, encourage fundraising activities that promote physical activity, such as car washes, fun-runs, walk-a-thon, golf tournaments, and basketball tournaments. The District will make available a list of healthy fundraising ideas.

Concessions

Concessions will be available during home game nights after school hours.

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 encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

Nutrition Education

The Ethan 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 various subjects;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Promotes physical activity/exercise.

Food and Beverage Marketing in School

The Ethan 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 of the District 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.

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. Ethan 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 Ethan 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 Ethan 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 allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Students in grades K-6 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, that is, warm up, workout and cool down
- Preventing injury during physical activity
- Monitoring progress toward reaching goals in an individualized physical activity plan
- How to influence, support, or advocate for others to engage in physical activity

Recess

All elementary students will engage in 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.

Other Activities that Promote Student Wellness

The Ethan 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.