



## Marty Indian School

### WELLNESS POLICY

#### (A) PREAMBLE.

Marty Indian School is committed to the optimal development of every student. To achieve this goal, students must be afforded the opportunity to achieve personal, academic, developmental and social success. Marty Indian School will create a positive, safe, and healthy learning environment at every level, in every setting, throughout the entire school year. The Superintendent is responsible for the implementation and oversight of the local Wellness Policy.

#### (B) WELLNESS COMMITTEE AND WELLNESS POLICY

- The School will organize a School Wellness Committee comprised of parents, teachers, administrators, food service personnel, and students to plan, implement, assess, and improve nutrition and physical activity within the school environment. The Wellness Committee is responsible for planning, implementing, and assessing ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups within the school community.
- The School Wellness Policy will be reviewed annually by the Wellness Committee.
- The Wellness Committee member will include, at a minimum, the following: 1 parent, 1 student, 1 Foodservice representative, 1 PE teacher, one school health professional, one school board member, and 1 school administrator, and may also include community members. A copy of the Wellness Policy will be located on the School Website.
- The Parent Involvement Committee will include the School's Wellness policy at their first monthly meeting of the school year and inform the Parents of its location on our website. ([www.martyindianschool.com](http://www.martyindianschool.com)).

#### (C) NUTRITION EDUCATION COMPONENT

At each grade level, nutrition education will be offered as part of a sequential, comprehensive, standard-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition education will be incorporated into the school day as often as possible. The primary goal of nutrition education is to influence students' eating behaviors. Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free/low-fat milk that are moderate in sodium, low in saturated fat,



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and have zero grams of trans-fat per serving. We participate in USDA child nutrition programs: National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Fresh Fruit & Vegetable Program (FFVP), the Special Milk Program (SMP), the Summer Food Service (SFSP), the Smart Snacks and must adhere to their standards. The school campus during the school day will only permit the marketing/promoting of foods and beverages which meet nutrition standards, identified in 7 CFR 210.11.

### (1) Nutrition Education.

The School will provide Nutrition Education to students that:

- Teaches consistent scientifically based nutrition messages throughout the school, classroom, cafeteria, home, community, and media;
- Is part of health education classes and /or stand-alone courses;
- Is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, social sciences, and elective subjects;
- Includes the school cafeteria, which serves as a "learning laboratory" to allow students to apply critical thinking skills taught in the classroom;
- Uses the SD Health Education Standards and addresses nutrition concepts progressively in grades K through 12.
- Provides enjoyable, developmentally appropriate, culturally relevant, and participatory activities (e.g., contests, promotions, taste testing, farm visits, and school gardens);
- Offers information to families that encourages them to teach their children about health and nutrition and assists them in planning nutritious meals for their families;
- Will be taught by staff who are adequately prepared and who participate in professional development activities to deliver an effective program;
- It will include a school nutrition/health team, such as Team Nutrition or Coordinated School Health, to conduct nutrition education activities and promotions that involve parents, students, and the community.

### (D) PHYSICAL ACTIVITY COMPONENT

The primary goal for the school's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active and healthful lifestyle.



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### (1) Physical Education

- All students in grades K-12 will receive daily physical education (or its equivalent of 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students) for the entire school year. Students with disabilities, special health-care needs, and those in alternative educational settings will be included.
- Students will spend at least 50 percent of physical education class time participation in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12.
- All physical education will be taught by highly qualified physical education teachers.
- Class teacher-to-student ratios should be equivalent to those of other subject area classes in the school.
- Student participation in other activities involving physical activity (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.

### (2) Physical Activity across the Curriculum

Opportunities for physical activity are regularly incorporated into other subject areas (e.g., math, language arts, science, and social studies).

### (3) Daily Recess

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food intake.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.

### (4) Physical Activity Opportunities Before and After School



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- The elementary, middle, and high schools will offer extracurricular physical activity programs, such as physical activity clubs or intramural programs.
- The high school and middle school, as appropriate, will offer interscholastic sports programs.
- The School will offer activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- The School will educate and encourage participation in community or club activities.
- After-school enrichment programs (Boys & Girls Club) will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.

### (5) Safe Routes to School

The school district will assess and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, the district will work together with local public works, public safety, and/or police departments in those efforts.

### (6) Use of School Facilities Outside of School Hours

- School spaces and facilities will be available to students, staff, and community members before, during and after the school day; on weekends; and during school vacations.
- The School will educate the community, including parents and staff, about utilizing the facility. These spaces and facilities also will be available to community agencies and organizations offering physical activity and nutrition programs.
- School policies concerning safety will apply at all times.

## (E) OTHER SCHOOL-BASED ACTIVITIES COMPONENT

The School will create an environment that provides consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life-long habits.

### (1) Professional Development

- The School will provide ongoing professional development and education for foodservice professional, educators, administrators and other staff.
- The School will provide nutrition and physical education for students, staff, parents and where appropriate, community



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members.

### (2) Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled as near the middle of the school day as possible to eat, relax, and socialize.
- Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Consideration will be given for passing time, bathroom break, hand washing, and socializing so as to allow ten minutes for breakfast and twenty minutes for lunch once the student is seated.

### (3) Recess Before Lunch

- The School will schedule recess for elementary grades before lunch when possible so that children will come to lunch less distracted and ready to eat. Activity before lunch also encourages nutrient intake.

### (4) Rewards, Incentives, and Consequences

- Rewards and incentives will be given careful consideration as to the messages sent to the students receiving them. Food will not be used as a reward or incentive in the classroom, but other, more appropriate rewards may be used (e.g. extra free time, pencils, bookmarks).
- Food will not be withheld from students as a consequence for inappropriate behavior or poor academic performance.

### (5) Vending Machines

- Vending machines with food and beverages will not be available in elementary schools. The school will provide healthy snacks as a part of the after-school care activities. In the event that these snacks are not available as a part of the after-school care activities, the school may provide vending services with healthy choices.
- No vending services will be available one hour before and one hour after the breakfast and lunch service.
- All foods and beverages sold in school vending must meet the Standards for Foods and Beverages and guidelines for vending machines set forth in this document.



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### (6) Fundraising

- School fundraising activities will support healthy lifestyles. Such activities may include physical activity (e.g. walk-a-thon), school support (e.g. selling school memorabilia) and/or academic achievement (e.g. spelling bee).
- The sale of food or beverages as a fund raiser will not take place from one hour before and one hour after the breakfast and lunch service.
- The School will encourage fundraising activities that promote physical activity.
- The School will make available a list of ideas for the acceptable fundraising activities.
- At least 50% of the fund-raising activities will not involve the sale of food and/or beverages. If food and/or beverages are offered they will meet the Standards for Food and Beverages.

### (F) NUTRITION STANDARDS COMPONENT

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available wherever and whenever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, fund raising activities, parties, celebrations, and school sponsored events.

#### (1) General Guidelines

- Food pricing strategies will be designed to encourage students to purchase nutritious items.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional value of the foods serviced.
- Food and beverages sold or served on school grounds or at school-sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this document.

#### (2) School Meal Program

- The school food service program will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended and with applicable laws and regulations of the State of South Dakota. All schools will comply with USDA regulations and state policies.



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- The School will offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans. For the purpose of this policy, "Dietary Guidelines for Americans" refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives, and reduce chronic disease risks.\
- Menus will be planned with input from students, family members, and other school personnel and will take into account students' cultural norms and preferences.
- Students with special dietary needs (e.g. diabetes, celiac sprue, allergies) will be accommodated as required by USDA regulation.

### (3) A La Carte Offerings in the Food Service Program

- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this document.
- School food service departments will not sell extra portions of desserts, French fries, and/or ice cream.

### (4) Snacks

- Healthy snacks will include fresh, dried, or canned fruits (in 100% juice only); vegetables; 1% or skim milk; and grains meeting the Standards for Food and Beverages set forth in this document.
  - (a) Best Choices
    - Granola bars, whole-grain fruit bars Nuts and seeds-plain or with spices Nut mix Trail mix-plain.
    - Fresh fruit of all varieties Dried fruit
    - Beef jerky (or buffalo jerky) Yogurt, low fat and no sugars added
    - String cheese Fruit/Vegetable juice (100% juice) 1% or slim milk
    - Plain water
    - Dry roasted peanuts, tree nuts, and soy nuts Fruit bars Frozen fruit juice bars (no sugar or high fructose corn syrup)
  - (b) Good Choices
    - Nuts with light sugar covering; honey-roasted Popcorn without hydrogenated fats Individually packed fruit in natural juices only Fruit leather
    - Animal crackers and graham crackers Pretzels



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- Low-fat ice cream and sherbet bars
- Peanut butter and crackers
- Low-fat pudding Baked chips, corn nuts

### (5) Parties and Celebrations

- The School will limit celebrations that involve food during the school day.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages.
- The School will disseminate a list of healthy party ideas to parents and teachers.

### (6) School Sponsored Events (such as but not limited to Facilities events, dances or performances)

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school-sponsored events outside the school day.

### (7) Standards for Food and Beverages

#### (a) Beverages:

- Provide 100% fruit and vegetable juices and limit portion sizes to 4-12 ounces.
- Provide water - non-carbonated and unflavored without added sugar, artificial sweeteners, or caffeine.
- Provide milk-skim or 1% in portion sizes of 8-16 ounces.
- Flavored milk (chocolate or strawberry), low fat, or skim may be offered in up to 12-ounce serving sizes with no more than 36 grams of sugar in a 12-ounce portion.
- Eliminate the sale of soft drinks, sports drinks, punch, fruit drinks, iced tea, coffee and coffee-like beverages, and other items not included in allowable beverages listed above.
- Allow only water as a beverage in the classroom.

#### (b) Grains.

- Serve whole grains which contain at least 2 grams of fiber per 1 ounce serving. One-half of all grains served should be whole.