WELLNESS POLICY

A. PURPOSE:

The purpose of the policy is to promote student and staff wellness within the District and to ensure compliance with federal regulations set forth in section 204 of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA).

B. GENERAL STATEMENT OF POLICY:

A. The United States Congress requires all local educational agencies (including public, non-public, and Residential Child Care Institutions) that participate in the federally funded National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) to develop a local school wellness policy.

B. The local agencies are required to develop and implement wellness policies that address nutrition standards, nutrition education, physical activity, and other school-based activities. HHFKA added new rules for public input, transparency and implementation.

C. Rapid City Area Schools (hereinafter referred to as "the 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, positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year must be created. The District supports a healthy environment where students learn and participate in positive dietary and lifestyle practices through the support and promotion of proper nutrition and adequate physical activity; this policy outlines the District's approach to ensuring said environment.

C. DEFINITIONS:

As used in this policy, the following definitions apply:

A. A "local school wellness policy" is defined as a written document that guides a district's efforts to create supportive school nutrition and physical activity environments.

B. A "food environment" (as relating to the District) is defined as the following: the physical presence of food that affects one's diet, the distribution of food, or one's access to food.

C. "Nutrition education" is defined as reinforcement of basic or essential nutrition-related knowledge.

D. A "normal instructional day" or "school day" is defined per the United States

Department of Agriculture (USDA) as the period from the midnight before to 30 minutes after the end of the official school day.

E. A "school campus" is defined as all areas of property under the jurisdiction of the school that are accessible to students during the school day.

F. "Competitive foods and beverages" are defined by USDA as any food or beverage sold on the school campus during the school day outside of the SBP and NSLP. This includes but is not limited to items sold via a la carte, vending machines, school stores, and other venues where food or beverages are exchanged for money.

D. PROGRAM PROMOTION:

A. The District will promote participation in school meal programs through administrative support, scheduling practices, and communication strategies that remove barriers to access and encourage student participation. This includes but is not limited to providing sufficient time for students to eat meals, supporting breakfast and lunch models that increase access, communicating with families about school meal availability and collaborating with the School Nutrition Program to reduce barriers to participation.
B. SBP and NSLP food and beverages will not be withheld as a punishment for any reason.

E. NUTRITION GUIDELINES:

A. School Meal Program Nutrition Standards

Food and beverages served during the regular school day shall comply with the USDA standards of the SBP and NSLP in relation to meal pattern, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10, as applicable. School meal programs aim to improve the nutrition and health of school children, help mitigate childhood obesity, and model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices.

In addition to the SBP and NSLP, the District will participate in available federal school meal programs such as the Summer Food Service Program (SFSP), Fresh Fruit & Vegetable Program (FFVP), and At-Risk Afterschool Meals, when feasible, at selected schools.

Child Nutrition Professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that will meet the health and nutritional

needs of students as determined by the USDA. The District will strive to provide all students with a clean, safe, pleasant, and allergy-aware dining environment.

B. Student Nutrition Staff Professional Standards

The District is committed to supporting the growth and development of our Student Nutrition Team Members. All members of the Student Nutrition Department will meet the training and education requirements set by the USDA's Professional Standards for School Nutrition Professionals.

C. Student Privacy & Meal Charge Policy

The District will, to the fullest extent possible, ensure student privacy of eligibility status relating to paid, free, or reduced-price meals. Information regarding the District's process for handling student meals and unpaid meal balances as well as access to free and reduced-price meal applications can be found in the District's Meal Charge Policy.

D. Access to Water

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

E. Nutrition Education

The District supports teachers incorporating nutrition education in the classroom. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

F. Competitive Foods & USDA Smart Snack Compliance

In compliance with federal guidelines set forth in 7 CFR Parts 210 and 220 and amendments made in Section 208 of the Healthy, Hunger-Free Kids Act of 2010, School Food Authorities operating the SBP and NSLP are required to implement nutrition standards set forth by USDA for all competitive foods sold in schools outside of the SBP and NSLP. These USDA nutrition standards are more commonly known as, and will

hereby be referred to, as Smart Snack Nutrition Standards.

Competitive foods and beverages that are accessible to students will meet Smart Snack Nutrition Standards. Competitive foods sold in locations that students do not have access to, such as a vending machine in a staff lounge, are exempt from the Smart Snack Nutrition Standards.

A la carte items will be sold at middle and high school buildings during meal service. These items will meet the Smart Snack Nutrition Standards. Entrée items served in the SBP or NSLP can be sold via a la carte. These entrees do not have to meet Smart Snack Standards when they are sold the day of and one day after being served as part of the SBP or NSLP.

G. School Celebrations & Events

As outlined in 7 CFR 210.30(c)(2), local school wellness policies are required to establish standards for all food provided, but not sold, to students during the school day. These standards are not required to meet USDA school meal pattern requirements or Smart Snack Nutrition Standards.

School-wide and classroom celebrations, events, and rewards involving food should be limited. Non-food celebrations and rewards are encouraged. Foods provided during the school day to students must be commercially prepared and include a nutrition and ingredient label. Home-prepared foods are not permitted.

School-wide and classroom events involving food that is offered/given to students for free such as pizza parties, cookouts, and parent teacher association (PTA) sponsored events that occur during scheduled meal service periods shall not replace or compete with the reimbursable school meal offered by the Child Nutrition Program. When food is offered during such events, it should be served after the completion of the meal period and outside of the cafeteria.

H. Off-Site Meal Consumption

Guidelines set forth in SP 17-2025 involve situations in which schools participating in

the SBP and NSLP may claim meals for reimbursement for off-site consumption such as field trips.

In instances where students are asked to provide their own meals (i.e., "bring a lunch from home"), teachers and staff organizing the field trip or event shall ensure that all students and parents/guardians are made aware of the availability of a sack lunch that can be provided for the event, at the students paid, free, or reduced meal rate.

To ensure effective operations of the Student Nutrition department and to minimize disruption to meal participation, school staff shall give their best effort to provide a minimum of two (2) weeks' advanced notice of requested sack lunches to the Student Nutrition Office.

Students are not permitted to order food from outside vendors for delivery to the school campus during the school day, including during meal periods.
Parents/guardians are discouraged from delivering fast food or restaurant meals to their student(s) during the school day unless authorized for special circumstances by the building administration.

I. Fundraisers

The HHFKA requires states to establish a policy regarding the number of fundraisers selling food during the school day that otherwise would not be allowed due to not meeting Smart Snack Nutrition Standards. These fundraisers are referred to as exempt fundraisers. The regulation states that they should be infrequent.

The South Dakota Policy regarding exempt fundraisers states that school-sponsored groups can each have one exempt fundraiser per school year, during the school day, and on the school campus. Non-school-sponsored groups cannot have fundraisers involving unallowable foods during the school day. Each exempt fundraiser can only last for one day, and exempt fundraisers cannot be given to another group. If an organized group chooses not to have an exempt fundraiser, another group cannot use that day.

It should be noted that many fundraising opportunities exist that do not involve food. There are no limits imposed by this policy on those fundraising activities. A sample list of non-food fundraising ideas can be found here. Culinary Arts Programs must also comply with these rules as outlined in USDA Policy Memo SP 40-2014.

J. Culinary Arts Programs

As outlined in USDA Policy Memo SP 40-2014, the Smart Snack Nutrition Standards do not affect culinary education program curricula or the sale of food to adults at any time. They also do not apply to food sold to students outside of the school day. However, these Smart Snack Nutrition Standards do apply to all food sold to students on campus during the school day, including those prepared and sold by culinary education programs.

F. PHYSICAL ACTIVITY:

A. Physical Education

The physical education curriculum for grades K-12 will be aligned with established state physical education standards.

B. Recess

All elementary schools will offer recess daily during the school year (this policy may be waived on early dismissal or late arrival days). Outdoor recess will be offered when the weather is feasible for outdoor play. Recess will complement, not substitute, physical education class.

C. Classroom Physical Activity

The District recognizes that students are more attentive and engaged if provided with opportunities to be physically active during the normal instructional day. Resources and ideas are available through USDA and the Alliance for a Healthier Generation.

G. STAFF WELLNESS AND HEALTH PROMOTION:

A. The District will conduct annual wellness screening and flu shot clinics, as able. These services are provided at no charge for staff and spouses enrolled in the District's

health insurance plan; employees and spouses not covered by the District's health plan may participate for a fee.

B. The District offers a free-of-charge Employee Assistance Program (EAP) to all staff and family members. EAP features practical, emotional, and lifestyle support to improve overall well-being and help employees balance the demands of life and work. Staff and their family members may receive up to three visits with a licensed clinician per incident, per individual, per calendar year.

H. IMPLEMENTATION AND MONITORING:

C. Wellness Committee Role and Membership

A wellness committee will be established to review this district-level wellness policy. Information on how to join the wellness committee will be made available on the Student Nutrition website, which is available to the public.

The District shall make its best effort to ensure that the local wellness committee membership represents all school levels (elementary, middle and high schools) and include to the extent possible, but not limited to the following individuals: child nutrition professionals, health/physical education teachers, health services staff, school administrators, health professionals, parents/guardians, students, and community members. The wellness committee shall hold a meeting, at minimum, once every three years.

D. Leadership

The Superintendent designates the Office of Student Nutrition to be responsible for the implementation and compliance with this policy.

E. Revisions, Updating the Policy, and Public Notification

The final rule requires School Food Authorities to assess compliance with the local school wellness policy and make that assessment available to the public at least once every three years.

The District will evaluate compliance with the wellness policy through a triennial progress assessment. The Wellness Committee will assess and update the wellness policy as indicated at least once every three years, following the triennial assessment. The District shall make available the wellness policy and most recent triennial assessment on the Student Nutrition website.

F. Recordkeeping

The final rule establishes that School Food Authorities must retain records to document compliance with the local school wellness policy requirements. Recordkeeping shall be the responsibility of the Student Nutrition department as part of the administrative review of the SBP and NSLP. The written local wellness policy, documentation demonstrating compliance with community involvements, documentation of the triennial assessment of the local school wellness policy, and documentation to demonstrate compliance with the annual public notification requirements are required for recordkeeping.

G. Reporting

Employees, parents, or community members who believe they have witnessed a violation of this policy are to follow District Policy KL regarding submitting a Public Complaint of a Policy or Procedure.

I. **DISSEMINATION OF POLICY AND TRAINING:**

H. This policy shall be published annually on the District's website.

I. The District shall develop a method of discussing this policy with school personnel.

Legal References: Child Nutrition and WIC Reauthorization Act of 2004 – Public Law 108.265, section 204**,** National School Lunch Act**,** Child Nutrition Act of 1996**,** United States Department of Agriculture Laws and Regulations

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