

NUTRITION AND WELLNESS

Converse County School District #1 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 Wellness Policy for Converse county School District #1 includes, but not limited to, the following USDA Wellness Policy requirements;

- A. The involvement of students, parents, school food authority, school board members, and the public in the development of the plan;
- B. Goals for nutrition education, physical activity, and other school-based activities that promote student wellness;
- C. Designation of one or more persons as advisors in the implementation of the plan to include PE teachers, school health professional, school representatives and parents;
- D. Administrators in the development, implementation, periodic review, and update of the policy;
- E. Informs and updated the public (including parents, students, and community) about the content and the implementation of the policy.

Nutrition Education

Throughout each school year, all students, K-12, in Converse County School District #1 shall receive nutrition education that is aligned with the USDA Wellness Policy requirements. (Section 204 of the Healthy, Hunger-Free Kids Act of 1020 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), CCSD#1 Wellness Policy 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.

Nutrition Standards

The converse County School District #1 shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. (Title 7-United States Department of Agriculture, Chapter ii – Food and Nutrition Services, Department of Agriculture, Part 210 – National School Lunch Program.)

The Converse County School District #1 shall encourage students to make nutritious food choices. The district shall monitor all food and beverages sold or served to student, including those available outside the federally regulated child nutrition programs.

The Converse county School District #1 shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified according or not renewed.

Physical Education and Physical Activity Opportunities

The Converse County School District #1 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 Performances 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 converse County School District #1 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.

- A. Educational Reinforcement – School instructional staff shall collaborate with agencies and groups conducting nutrition education in the community to send consistent messages to students and their families
- B. Staff As Role Models – School staffs are encouraged to model healthy eating behaviors and create a staff wellness program and encourage staff to participate with incentives.
- C. Coordination of Programs – The food program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skill 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 converse County School District #1 shall implement this policy and measure how well it is being managed and enforced. Input from teachers (including specialist 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 public meetings will be held 3-4 times a year to reinforce this policy the food service Director shall report to the local school board, as requested, on the districts programs and efforts to meet the purpose and intent of this policy.

Nutrition Education Goals

- A. To provide the knowledge necessary to make healthy nutritional **decisions by offering standards based nutrition and education classes at all grade levels at all schools.**
- B. To inform students of the benefits of consuming healthy foods, as well as the negative effects of consuming un-healthy foods.

Physical Education/Physical Activity Goals

- A. To provide them with the skills that will allow them to become physically capable in their future **by providing physical education on a weekly basis.**
- B. **The district is committed to providing knowledge to make healthy nutritional decisions by offering standards based nutrition education in a variety of subjects (science, health, math, language arts, and physical education).**

Promoting Student Wellness

- A. Provide Student access to physical activity facilities outside school hours.
- B. Provide students with healthy rewards.
- C. Measure the academic success of your school and celebrate.

The district will evaluate compliance with the wellness policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the USDA.