

WELLNESS PROGRAM**STUDENT WELLNESS**

Sheridan County School District No. 2 will promote student well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The Superintendent or his/her designee will review this policy annually and focus on student wellness.

STUDENT PHYSICAL ACTIVITY

1. State physical education curriculum standards and guidelines will be met or exceeded.
2. Students in grades K-12 will be provided the opportunity for physical education that actively engages youth, regardless of skill level, and teaches the knowledge, attitudes, skills, and behaviors that students need to adopt to enjoy a physically active lifestyle.
3. Unless an exception is granted, the District will not allow courses or activities to be waived and/or substituted for physical education; nor will physical activity be used for behavior correction.
4. Physical activity programs will be carried out in safe environments that reflect understanding for varying skill levels.
5. Physical activity opportunities will focus on individual activities and personal fitness, in addition to team sports.
6. District personnel will encourage all students to participate in physical activity/recess on a daily basis.
7. The school will encourage families and community members to support programs outside the school that encourage physical activity.
8. The District will solicit support for physical activity programs.

STUDENT NUTRITION PROGRAM

1. Students in the District will receive nutrition education that is interactive and teaches the knowledge, attitudes, skills, and behaviors they need to adopt healthy and enjoyable eating habits that will last a lifetime.
2. State health education curriculum standards and guidelines will be met or exceeded.

WELLNESS POLICY

3. Students will receive positive nutrition messages throughout the school, classroom, and cafeteria.
4. For those schools participating in the National School Lunch Program (NSLP) the District will use the National Dietary Guidelines for Americans and the USDA School Lunch and School Breakfast Program requirements when deciding what foods and beverages will be available to students throughout the school day.
5. A school authority will be responsible for monitoring the content of food and beverages available during the school day to ensure health-promoting foods are available for sale to students.
6. Classroom snacks given on a regular basis will be a healthy choice. Staff should limit high sugar/unhealthy snacks/treats to students.
7. For schools participating in NSLP, foods and beverages must meet Smart Snacks guidelines if they are sold during the school day (defined as midnight before the school day to 30 minutes after the end of the school day). Only foods sold during this time frame and on the school campus must meet the Smart Snacks guidelines.
8. The District will provide appealing and attractive meals and promote healthy foods; including fruits, vegetables, whole grains, and low-fat dairy products.
9. The District may partner with parents, students, school personnel, health professionals, community members, community groups, and agencies to promote healthy nutrition outside the regular school day, week, and year.
10. The District will make nutrition information available to students, parents, and the community via the District's website.

STAFF WELLNESS

The District may form an ad hoc committee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. The District will implement strategies in actively promoting and modeling overall staff wellness. Employees may elect to participate in a staff wellness program administered by the human resources department during the school year.

WELLNESS POLICY**WELLNESS PROGRAM ASSESSMENT**

Sheridan County School District No. 2 will create measurable goals and validate the effectiveness of the wellness program on an annual basis, with a full formal assessment every three years. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food services department, school board members, school administrators, and the public shall be considered before implementing program changes.

See also policy:

IMBB - Exemptions from Required Instruction

First Reading: 12-5-22
Second Reading: 1-9-23