

**WELLNESS POLICY**

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 utilize an active wellness committee for the purpose of annually reviewing the District's wellness policy and implementation of wellness goals. The wellness committee may be comprised of school personnel (including physical education/health teachers, counselors, nurses, principals, and food service director), parents, health professionals, community members, and other community recreation and/or wellness representatives.

**PHYSICAL ACTIVITY**

1. State physical education curriculum standards and guidelines, along with other standards and guidelines approved by the superintendent (such as the National Association for Sports and Physical Education (NASPE) standards) 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 as a punishment.
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, 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. The District will solicit feedback and support for physical activity programs from families and community

**WELLNESS POLICY (contd.)**

members through stakeholder meetings.

## 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.
3. Students will receive positive nutrition messages throughout the school, classroom, and cafeteria.
4. 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.
7. If on occasion food is used as a reward, it should be a healthy choice.
8. Beginning from one half hour before the first lunch period, until one half hour after the last lunch period, schools may not sell any food in vending machines, school stores, or otherwise compete with the School Meal Programs.
9. The District will provide appealing and attractive meals and promote healthy foods; including fruits, vegetables, whole grains, and low-fat dairy products
10. 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.

