



CHILD NUTRITION SERVICES

Brandon Valley School District 49-2

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Brandon Valley School District Wellness Policy

Last Updated 2.14.2024

Preamble

We, the Brandon Valley School District, believe that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Research suggests that good nutrition and physical activity before, during, and after school are strongly correlated with higher grades, lower absenteeism, and better performance on cognitive tasks.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have **access to healthy foods throughout the school day** in accordance with Federal and state nutrition standards.
- Students receive **nutrition education** that helps them develop healthy eating behaviors.
- Students have **opportunities to be physically active** before, during and after school.
- Schools engage in **nutrition and physical activity promotion** and other activities that promote student wellness.
- School staff are encouraged and supported to lead a healthy lifestyle in and out of school.
- The District works with our community in creating continuity between school and other settings for students and staff to practice healthy habits.
- The District establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

I. School Wellness Committee

Committee Role and Membership

The District will convene a district wellness committee periodically to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this wellness policy.

Key Stakeholders

The local wellness committee will convene at least twice annually and facilitate development of, and updates, to the wellness policy. The Child Nutrition Department is designated as the primary facilitator(s) of implementation and compliance of the wellness policy. Key stakeholders and community members are listed below.

Community members and District representatives including – but not limited to – parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, administrators, school board members, health professionals, and the public are invited to meetings of the Wellness Committee to provide feedback, ideas, and insight.

The designated official for oversight of the wellness committee and managing the triennial assessment is Andrea Kruse, Child Nutrition Director for the District.

Recordkeeping

The District will retain records to document compliance with the requirements of the wellness policy at the Child Nutrition Director's office for three school years plus the current school year. Documentation may include:

- The written wellness policy and policy assessment information.
- Documentation of meetings.
- Documentation to demonstrate wellness initiatives and implementation of the wellness policy.

Annual Notification of Policy

The District will make this information available to families and the public each year via the district website and/or district-wide communications.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the wellness policy to assess the implementation of the policy for all sites under district jurisdiction.

The person responsible for managing the triennial assessment and contact information is the Wellness Chair/Child Nutrition Director.

The wellness committee, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

Revisions and Updating the Policy

The wellness committee will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment. Documentation of update will be maintained.

II. Nutrition

School Meals

We are committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, have zero grams trans fat per serving, and meet the nutrition needs of school children within their calorie requirements.

All schools within our district participate in United States Department of Agriculture (USDA) child nutrition programs, and other applicable Federal child nutrition programs that:

- Are accessible to all students.
- Are appealing and attractive to children.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.
- Promote healthy food and beverage choices, in compliance with Smart Snacks in School Nutrition Guidelines.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

Water

To promote hydration, drinking water that is free, safe, and unflavored will be available to all students throughout the school day and throughout the school campus. Drinking water will be available where school meals are served during mealtimes and cups for water will be available to students at all mealtimes.

Competitive Foods and Beverages

The District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. Any food and beverages that are sold or marketed to students on the school campus during the school day and served outside of the school meal programs will meet the USDA Smart Snacks in School nutrition standards. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

Celebrations and Rewards

All foods sold on school campus will meet the USDA Smart Snacks in School nutrition standards including through:

- Celebrations and parties. Classroom teachers may only utilize a 'treat' that is allergy-safe and containing fewer than 25 calories if approved by the building principal.
- No shared snacks/treats will be allowed.
- Rewards and incentives. Foods and beverages will not be used as a reward or withheld as punishment for any reason.

Fundraising

Foods and beverages that meet the USDA Smart Snacks in school nutrition standards may be sold through fundraisers on the school campus during the school day. We will make available to parents and teachers a list of healthy fundraising ideas.

- Schools are encouraged to use non-food fundraisers and encourage those promoting physical activity (such as walk-a-thons, Jump Rope for Heart, fun runs, etc.).
- Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

Nutrition Promotion

Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

We will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This will occur through:

- Review and consider evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques.
- Ensuring all foods and beverages promoted to students meet the [USDA Smart Snacks in School](#) nutrition standards.

Nutrition Education

The District will teach, model, encourage, and support healthy eating for all students. Schools will provide nutrition education and engage in nutrition promotion that:

Additionally, the district will provide the option for (elementary) teachers to request nutrition education in the classroom. Classroom education sessions range from 15-45 minutes and are led by the District Registered Dietitian.

The purpose of all nutrition education initiatives within the District is to:

- Provide students with the knowledge and skills necessary to promote and protect their health.
- Integrate into other classroom instruction through subjects such as math, science, language arts, social sciences.
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Promote physical activity and exercise.
- Link school meal programs, farm to school programs, and other school foods and nutrition-related community services, when able.
- Include nutrition education training for teachers or other staff.

III. Physical Activity

Children should participate in at least 60 minutes of physical activity every day. Much of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP).

Physical activity during the school day will not be withheld as punishment for any reason. Instead, the District will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

When able, the District will ensure that our grounds and facilities are safe, and that equipment is available to students to be active. The District will conduct necessary inspections and repairs.

Physical Education

We will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will support the essential components of physical education.

All students will be provided equal opportunity to participate in physical education classes. We will make appropriate accommodations to allow for equal participation for all students and will adapt physical education classes and equipment, as necessary.

All elementary schools will offer at least 45-60 minutes of recess each day during the school year. Outdoor recess will be offered when weather is appropriate. If outdoor recess is not permissible, teachers and staff will follow the indoor recess guidelines that promote physical activity for students.

Recess will complement, not substitute, physical education class. Recess monitors will encourage students to be active and will serve as role models by being physically active alongside the students, when able.

Staff Wellness and Health Promotion

The District and Wellness Committee Key Stakeholders will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of this may include (but are not limited to) staff wellness challenges, a wellness-focused newsletter, or health screenings.

ADOPTION DATE: March 12, 2018
REVIEWED DATE: January 30, 2024
REVISION DATE: February 14, 2024

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