

1 **Potomac Elementary**

2
3 **INSTRUCTION**

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4
5 School Wellness

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7 Potomac Elementary is committed to providing school environments that promote and protect
8 children's health, well-being, and ability to learn by supporting healthy eating and physical
9 activity. Therefore, it is the policy of Potomac Elementary that:

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11 The development of the school wellness policy, at a minimum, will include:

- 12 1. *Community involvement*, including input from teachers of physical education and school
13 health professionals, parents, students, school food service, the school Board, school
14 administrators, educators, and the public, in the development of the school wellness
15 policy. Training of this team of people on the components of a healthy school nutrition
16 environment is recommended.
- 17 2. *Implementation, Periodic Assessment, and Public Updates*, including expanding the
18 purpose of the team of collaborators beyond the development of a local wellness policy to
19 also include the implementation of the local wellness policy with periodic review and
20 updates, inform and update the public (including parents, students, and others in the
21 community) about the content and implementation of the local wellness policies, and to
22 measure periodically and make available to the public an assessment of the local wellness
23 policy, including:
 - 24 • The extent to which schools are in compliance with the local wellness policy;
 - 25 • The extent to which the LEA's local wellness policy compares to model local
26 school wellness policies; and
 - 27 • The progress made in attaining the goals of the local wellness policy
- 28 3. *Goals for nutrition education, physical activity, and other school-based activities* that are
29 designed to promote student wellness in a manner that the local education agency
30 determines appropriate.
- 31 4. *Nutrition guidelines* for all foods available in the school under the local education agency
32 during the school day, with the objectives of promoting student health and nutrient-rich
33 meals and snacks. This includes food and beverages sold in a la carte sales, vending
34 machines, and student stores; and food and beverages used for classroom rewards and
35 fundraising efforts.
- 36 5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal
37 programs with menus meeting the meal patterns and nutrition standards established by
38 the U.S. Department of Agriculture.
- 39 6. *A plan for measuring implementation* of the local wellness policy, including designation
40 of one or more persons within the local education agency charged with operational
41 responsibility for ensuring the school fulfills the District's local wellness policy.

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43 The suggested guidelines for developing the wellness policy include:

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45 **Nutrition Education**

46 All students K-12 shall receive nutrition education that teaches the knowledge and skills needed

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4 to adopt healthy eating behaviors and is aligned with the *Montana's Health Enhancement and*
5 *National Association of Sport and Physical Activity/American Alliance of Health, Physical*
6 *Education, Recreation and Dance Physical Education Content Standards and Benchmarks.*
7 Nutrition education shall be integrated into the curriculum. Nutrition information and education
8 shall be offered throughout the school and based on the U.S. Dietary Guidelines for Americans.
9 Staff who provide nutrition education shall have the appropriate training, such as in health
10 enhancement or family and consumer sciences.

11 **Health Enhancement and Physical Activity Opportunities**

12 The District shall offer health enhancement opportunities that include the components of a
13 quality health enhancement program taught by a K-12 certified health enhancement specialist.
14 Health enhancement shall equip students with the knowledge, skills, and values necessary for
15 lifelong physical activity. Health enhancement instruction shall be aligned with the *Montana's*
16 *Health Enhancement and National Association of Sport and Physical Activity/American Alliance*
17 *of Health, Physical Education, Recreation and Dance Physical Education Content Standards*
18 *and Benchmarks.*
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21 All K-12 students of the District shall have the opportunity to participate regularly in supervised,
22 organized or unstructured, physical activities, to maintain physical fitness, and to understand the
23 short- and long-term benefits of a physically active and healthy lifestyle.
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25 **Nutrition Standards**

26 The District shall ensure that reimbursable school meals meet the program requirements and
27 nutrition standards found in federal regulations. The District shall encourage students to make
28 nutritious food choices through accessibility and marketing efforts of healthful foods.
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30 The District shall monitor all food and beverages sold or served to students, including those
31 available outside the federally regulated child nutrition programs (i.e., a la carte, vending, student
32 stores, classroom rewards, fundraising efforts). The District shall consider nutrient density and
33 portion size before permitting food and beverages to be sold or served to students. The
34 Superintendent shall continually evaluate vending policies and contracts. Vending contracts that
35 do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.
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37 **Other School-Based Activities Designed to Promote Student Wellness**

38 The District may implement other appropriate programs that help create a school environment
39 that conveys consistent wellness messages and is conducive to healthy eating and physical
40 activity, such as staff wellness programs, non-food reward system and fundraising efforts.
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42 **Maintaining Student Wellness**

43 The Principal shall develop and implement administrative rules consistent with this policy. Input
44 from teachers, parents/guardians, students, school food service program, the school Board,
45 Principal, and the public shall be considered before implementing such rules. A sustained effort
46 is necessary to implement and enforce this policy. The Principal shall measure how well this

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4 policy is being implemented, managed, and enforced. The Principal shall report to the Board, as
5 requested, on the District's programs and efforts to meet the purpose and intent of this policy.
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9 Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004
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11 Policy History:

12 Adopted on: November 8, 2010

13 Reviewed on: September 10, 2012

14 Revised on: October 9, 2012