

Big Horn County School District Number One
PO Box 688
Cowley, Wyoming 82420
POLICIES AND REGULATIONS
File: EFA
HEALTH AND WELLNESS PLAN

Developed in compliance with the Child Nutrition WIC Reauthorization Act (Public Law 108-265, Section 204), and mandates by the USDA's Healthy, Hunger-Free Kids Act of 2010. The 2004 Child Nutrition WIC Reauthorization Act requires districts to develop a wellness policy. Mandates in the Healthy, Hunger Free-Kids Act of 2010 require all schools meet the "Smart Snacks in School" standards for all foods sold in school outside the school meals program.

Intent:

Big Horn County School District Number One (BGH1) shall promote student well-being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The district recognizes that collaborating with parents, students, school personnel, health professionals, and community members is the most effective method of creating a healthy environment. The district's primary wellness goal is to create a healthy environment where children and young adults can learn about and adopt positive lifestyle habits that are essential for students to achieve their full academic potential, as well as lifelong good health and well-being.

Rationale:

BGH1 recognizes that healthy eating patterns, respect for body-size differences, and physical activity are essential for students to reach their academic potential, full physical and mental growth and lifelong health and well-being. Studies have shown a strong link among nutrition, physical activity and learning. Positive correlations have been made between good nutrition, physical activity, and academic performance, which has been measured by test scores, concentration, tardiness, attendance rates and discipline. Because students are in school for a substantial portion of the day, school districts have a responsibility to help educate students in establishing and maintaining lifelong, healthy eating and physical education patterns.

Nutrition Education:

1. State and District health education curriculum standards and guidelines shall be met.
2. Students in grades PreK-12 will receive nutrition education, aligned with the USDA Wellness Policy requirements that teaches the knowledge, attitudes, skills and behaviors they need to adopt healthy eating habits that last a lifetime.
3. The staff involved in teaching nutrition will be encouraged to pursue professional development in the area of nutrition education.
4. BGH1 will help students receive consistent nutrition messages throughout the school, classroom, and cafeteria.
5. School counselors and school health services staff shall consistently promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.
6. BGH1 will help build awareness among school staff about the importance of healthy eating habits and physical activity.

Physical Education:

1. State and district physical education curriculum standards and guidelines will be met.
2. Students will be given opportunities for physical activity during the school day through daily recess periods, brain breaks, and elective and mandatory PE classes.
3. BGH1 will provide environments that encourage safe and enjoyable activity for all students.
4. BGH1 will encourage families and community members to support programs outside of the school that encourage physical activity.
5. Physical activity programs will be carried out in environments that reflect respect for body-size differences and varying skill levels.

Nutrition Guidelines

1. During each school day the nutrition services program will offer breakfast and lunch that meet the guidelines of the USDA's National School Lunch and Breakfast Programs.
2. All foods sold in school outside the district's meals program shall meet the "Smart Snacks in School" standard. The Smart Snacks standards are applicable during the school day, which is defined as the midnight before to 30 minutes after the end of the instructional day.
3. BGH1 will encourage teachers to feature healthy choices for classroom snacks.
4. The promotion of healthy foods-including fruits, vegetables, whole grains and low-fat dairy products is encouraged.
5. BGH1 shall provide appealing and attractive meals to children that offer a variety of healthy foods, including fruits, vegetables, whole grains and dairy products.

Other Foods and Beverages Available During the Instruction Day

1. BGH1 shall ensure that all foods and beverages sold to students during the school day comply with Child Nutrition WIC Reauthorization Act and Smart Snacks in School standard.
2. BGH1 shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.
3. There will be a maximum of 5 fundraisers per school per year which would be exempt from the Smart Snacks requirement. Those groups or organizations seeking to have a fundraiser exemption must complete a form available on the WDE (Wyoming Department of Education) website to be considered.
4. There are no restrictions on the number of fundraisers that include the sale of food items that meet the Smart Snacks standards as well as the sale of non-food items. In addition, the Smart Snacks standards do not apply to food sold during non-school hours, weekends, off-campus fundraising events, concessions during after-school sporting events, school plays or concerts.
5. The proposed standards do not apply to any foods brought to school in bagged lunches, foods bought off-campus, birthday parties, or special events, including after-school bake sales and fundraisers.

In Cases of Food Allergy

1. In general, children with food allergies or intolerances do not have a disability as defined under either Section 504 of the Rehabilitation Act or Part B of IDEA, and the school food service may, but is not required to, make food substitutions for them.
2. However, when in the licensed physician's assessment, food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability," and the substitutions prescribed by the licensed physician must be made.
3. The school food service may make food substitutions for individual children who do not have a disability, but who are medically certified as having a special medical or dietary need. Such determinations are only

made on a case-by-case basis. This provision covers those children who have food intolerances or allergies, but do not have life-threatening reactions (anaphylactic reactions) when exposed to the food(s).

Special Dietary Needs

1. USDA regulations require substitutions or modifications in school meals for children whose disabilities restrict their diets. A child with a disability must be provided substitutions in foods when the need is supported by a statement signed by a licensed physician. The physician's statement must identify:
 - the child's disability
 - the explanation of why the disability restricts the child's diet
 - the major life activity affected by the disability
 - the food or foods to be omitted from the child's diet
 - and the food or choice of foods to be substituted.

2. In cases where a special dietary request is made (and, it is not a request related to a disability), the following must accompany the request. Each special dietary request must be supported by a statement which explains the food substitution that is requested. It must be signed by a recognized medical authority. The medical statement must include:
 - an identification of the medical or other special dietary condition which restricts the child's diet
 - the food or foods to be omitted from the child's diet,
 - and the food or choice of foods to be substituted.

The Medical Statement to Request Special Meals, Accommodations and Milk Substitutions can be found at Edu.wyoming.gov

Other School-Based Activities Designed to Promote Student Wellness Goals:

- Dining room supervisory staff shall maintain a safe, clean, and pleasant eating environment.
- Students shall have adequate time to eat, relax, and socialize after sitting down for lunch.
- Lunch periods will be scheduled as near the middle of the day as possible.
- Safe drinking water shall be available throughout the school day.
- BGH1 will encourage fundraising efforts that are supportive of healthy eating and physical activity.
- BGH1 shall utilize a District Health Council that will help with monitoring and reviewing of the Wellness Policy each year. The Council will assess and implement any necessary changes to help our district become a healthy environment. The District Health Council will then report to the school board its recommendations for improvements and measurable goals for the next school year.

Adopted: 6/8/2006
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