

**PARK COUNTY SCHOOL DISTRICT #6
BOARD OF EDUCATION POLICY**

CODE: EFA

HEALTH AND WELLNESS

Park County School District Number 6 is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement.

A. Community Involvement in Implementation, Periodic Assessment, and Public Updates

A plan for measuring implementation of this policy will be developed, including designation of one or more persons within the District, and/or at each school as appropriate, who will be charged with operational responsibility for ensuring that each school fulfills the District's local wellness policy.

The district will work with an advisory group formed of teachers of physical education, school health professionals, parents, students, school food service, the school board, school administrators, educators, and the public.

This group will assist in implementing the wellness policy with periodic review and updates, informing and updating the public (including parents, students, and others in the community) about its content and implementation, and periodically measuring and making available to the public an assessment of the wellness policy, including:

- The extent to which schools are in compliance with the wellness policy; and
- The progress made in attaining the goals of the wellness policy.

B. Nutrition

The District will formulate goals for nutrition education, physical activity and other school-based activities that are designed to promote wellness in a manner that the District determines as appropriate. The District shall encourage students and staff to make nutritious food choices through accessibility and marketing efforts promoting healthful foods.

Nutrition Standards

Guidelines established by the U.S. Department of Agriculture (USDA) for reimbursable school meals as well as competitive foods and beverages available & advertised during the school day will be followed to ensure that the District offers school meals and snacks meeting the nutrition standards. This includes food and beverages sold in a la carte sales, vending machines, student stores, and food and beverages used for classroom rewards and fundraising efforts. Sponsorships and/or contracts that include the marketing of food and beverages will follow the USDA's regulations for school wellness policies.

Nutrition Education

All students K-12 shall receive nutrition education that teaches the knowledge, skills and values necessary to make healthy eating choices and is aligned with the *Wyoming Health Education Content and Performance Standards*. Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered throughout the school campus and will be based on the U.S. Dietary Guidelines for Americans. Staff members who

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provide nutrition education shall have the appropriate training in such subjects as health enhancement or family and consumer sciences.

C. Health Enhancement and Physical Activity Opportunities

The District shall offer health enhancement opportunities that include the components of a quality health enhancement program. Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Health enhancement instruction shall be aligned with the *Wyoming Physical Education Content and Performance Standards*.

All K-12 students of the District shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities to maintain physical fitness and to understand the short and long-term benefits of a physically active and healthy lifestyle.

D. Other School-Based Activities Designed to Promote Student-Wellness

The District may implement other appropriate programs that help create a school environment that conveys a consistent wellness message and is conducive to healthy eating and physical activity such as staff wellness programs, non-food reward systems and fundraising efforts, as well as offering students a wide array of extracurricular activities and extended day learning opportunities.

E. Maintaining Staff & Student Wellness

The Superintendent or designee shall develop and implement, as needed, administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent or designee shall measure how well this policy is being implemented, managed, and enforced and shall report to the Board. The Board will review the Plan annually. This report will be placed on the Board's calendar.

Legal Reference:

PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004

PL 111-296 Section 204 The Healthy Hunger Free Kids Act of 2010

UNITED STATES CODE

Richard B. Russell National School Lunch Act, 42 U.S.C. 1751-1769j

Child Nutrition Act of 1996, 42 U.S.C. 1771-1793

CODE OF FEDERAL REGULATIONS

7 C.F.R. Parts 210 and 220, National School Lunch Program and Breakfast Program

Adopted: 7/19/06

Revised: 4/16/13

Revised: 6/16/15

Revised: 9/11/18