

# ESDS School Wide Wellness Policy

## **Nutrition Education and Promotion**

Nutrition education will be integrated into content areas of the curriculum such as math, science, language arts and social studies. The school teaches, encourages, and supports healthy eating by students. Nutrition education will be offered at each grade level to provide students with the knowledge and skills necessary to promote and protect their health, will include enjoyable, developmentally appropriate and culturally relevant activities, promote fruits, vegetables, whole grain products, low fat dairy products, healthy food preparation methods, and healthy nutrition practices. The staff responsible for nutrition education will be adequately prepared and participate regularly in professional development activities to effectively deliver accurate nutrition education. Preparation and professional development activities will provide basic knowledge of nutrition, combined with skill practice in nutrition education specific activities and instructional techniques and strategies designed to promote healthy eating habits. Nutrition education provides opportunities for parents to share healthy food practices in the school community. Nutrition education information will be reviewed by a qualified, credentialed nutrition professional. All instructional and support staff encourage, support and model healthy eating habits during the school day and at school sponsored activities.

## **Physical Activity, Physical Education and Promotion**

Physical activity will be integrated across curricula and throughout the school day. Movement can be made a part of science, math, social studies and language arts. Staff may provide short physical activity breaks between lessons or classes, as appropriate. Physical education courses will be the environment where students learn, practice and are assessed on developmentally appropriate motor skills. Time allotted for physical activity will be consistent with research, national and state standards. Daily recess period, which is not used as a punishment or a reward, is provided K-3. Physical activity participation will take into consideration the “balancing equation” of calorie intake and physical activity.

## **Other School Based Activities**

Local wellness policy goals are considered in planning all school-based activities. After-school and summer school programs will encourage physical activity and healthy habit formation. Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping to enroll eligible children in Medicaid and other state children’s health insurance programs. ESDS organizes a local wellness committees comprised of families, teachers, school health professionals, the school food authority, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment. The school wellness committee will develop, update and maintain a school wellness policy implementation plan as required by the 2010 Healthy, Hunger-Free Kids Act.

### **Nutrition Standards for All Foods on Campus**

Foods made available on campus will comply with the current USDA's "All Foods Sold in Schools" Standards required by the Healthy, Hunger-Free Kids Act of 2010, including: vending machines, a la carte, beverage contracts, fundraisers, concession stands, student stores and school parties/celebrations. Foods made available on campus will be a "whole grain-rich" grain product or have a fruit, vegetable, dairy or protein as a first ingredient or be a combination food that contains at least ¼ cup of fruit and/or vegetable or contain 10% of the Daily Value of calcium, potassium, Vitamin D or dietary fiber. Foods made available on campus will have less than 35% calories from fat, be less than 10% calories from saturated fat, have no trans fats, have less than 200 calories for snacks and 350 calories for entrees, have less than 230 mg of sodium for snacks and less than 480 mg of sodium for entrees and be not more than 35% total weight from added sugars. The school will provide beverage vending machines only. Healthy food choices are offered at concession stands and special events. Possible options include fruits and vegetables (fresh, canned or dried), nuts, seeds, trail mix, jerky, whole grain products, low fat dairy products, 100% fruit juice, and water. The concession stand will only open 15 minutes prior to an athletic event, sales should not happen any other time. Food providers will take every measure to ensure that student access to foods and beverages meets federal, state and local laws and guidelines. Food providers will offer a variety of age appropriate healthy food and beverage selections for all students and staff. To support children's health and school nutrition education efforts, the school will limit fundraising activities that involve food. The school will encourage fundraising efforts that promote physical activity. All promotional activities in schools will be connected to activities that encourage physical activity, academic achievement or positive youth development and are in compliance with local guidelines. Food providers will be sensitive to the school environment in displaying their logos and trademarks on school grounds. The school food service will plan and serve breakfast and lunch menus according to the new food meal patterns set forth by the National School Breakfast and Lunch program. Healthy food choices will be offered for classroom snacks and celebrations. If parents and guests choose to send a treat for classroom celebrations, ESDS recommends nutritious treats from the HealthierUS Schools Challenge snack list. See attached list or visit [www.letsgo.org](http://www.letsgo.org).

### **Eating Environment**

The school follows the National Association of State Boards of Education recommendations that students should be provided adequate time to eat lunch, at least 10 minutes for breakfast and 20 minutes for lunch, from the time the student is seated. Students are encouraged to start each day with a healthy breakfast. Lunch periods are scheduled as near the middle of the school day as possible. Recess for elementary grades is scheduled before lunch. Cafeterias include enough serving areas so that students do not have to spend too much time waiting in line. Dining areas are attractive and have enough space for seating all students. Drinking water is available for students at meals. Food is not used as a reward or punishment for student behaviors.

**Child Nutrition Operations**

Enemy Swim Day School will operate a school food program which will include breakfast, lunch, and snack program, through participation in the SD state Child and Adult Nutrition Services. As required for participation in the Child and Adult Nutrition Services, the school will ensure:

1. That the food service programs operate on a non-profit basis;
2. All school breakfasts, lunches and snacks are provided at no cost to students.
3. That the Child and Adult Nutrition Services guidelines are followed.

Refer to policy EE

The school employs a food service director, who is properly qualified, certified and/or credentialed according to current professional standards, to administer the school food service program and satisfy reporting requirements. All food service personnel will have adequate pre-service training in food service operations.

**Food Safety/Food Security**

All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

For the safety and security of the food and facility access to the food service operations are limited to Child Nutrition staff and authorized personnel. For further guidance see the US Department of Agriculture food security guidelines.

**Healthy Lifestyle Choices**

A healthy lifestyle choice program will be provided to all students to include: Drug, alcohol, inhalants, tobacco, and others as needed.

**HealthierUS Schools Challenge Snacklist:**

...Students may furnish nutrition treats for their classmates on their birthday and at the school parties. ESDS discourages non-nutritious snacks (pop, candy, etc.)

Fresh Fruit  
 Fresh Vegetables  
 Lite Canned Fruit  
 Dried Fruit w/o Added Sugar—  
 Raisins, Craisins, Etc.  
 Sunkist Fruit Snacks  
 Baked Chips  
 Light/Low Fat Popcorn  
 Chex Mix  
 Pretzels  
 Trail Mix  
 Lightly Salted Nuts & Seeds  
 Unfrosted Animal Crackers  
 Teddy Grahams  
 Whole Grain Crackers  
 Goldfish Crackers  
 Whole Grain Bagels  
 Low Fat Muffins  
 Nutri-Grain Bars  
 Unfrosted Pop Tarts  
 Nature's Valley Granola Bars  
 CLIF Z Bars  
 Fat Free Pudding  
 Low Sugar Cereals: Cheerios,  
 Rice Krispies, Raisin Bran,  
 Frosted Mini-Wheats  
 Fruit by the Foot  
 Fudge Bars  
 Frozen Sherbet  
 Cheese Nips  
 Pita Chips  
 Baked Corn Tortilla Chips  
 Salsa  
 Graham Crackers  
 Oatmeal  
 Triscuits  
 Quaker Bars: Fruit & Granola,  
 Breakfast Squares, Granola &  
 Yogurt  
 Special K Bars  
 Cheerios Breakfast Bars  
 Oatmeal Raisin Cookies  
 Fig Bars

Beef or Buffalo Jerky  
 Beef or Buffalo Sticks  
 Cheese Sticks  
 Low Fat Cheese  
 Lean Pockets  
 Low Fat Cheese Pizza  
 Low Fat Pudding Pops  
 Low Fat Pudding Cups  
 Low Fat Frozen Yogurt  
 Frozen Fruit Bars  
 Low Fat/Light Yogurt  
 Juicy Gels  
 Go Gurt