ESDS 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. All instructional and support staff encourage, support and model healthy eating habits during the school day and at school sponsored activities. Nutrition education will be offered in science at each grade level as part of a health unit.

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.

Nutrition Standards for All Foods on Campus

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.

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. Cafeteria includes 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.

REF.: EE FOOD SERVICE MANAGEMENT

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, coordinated with Classroom Meeting and Social-Emotional Learning Curriculum, will be provided to all students to include: Drug, alcohol, inhalants, tobacco, and others as needed. The school will provide a healthy lifestyles program as an integral part of each student's general education. Sex education is included as part of the general education provided to students. The instruction is based upon the functions of the human body, hygiene, and sexuality.