

STUDENT WELLNESS

With the Child Nutrition and WIC Reauthorization of 2004, PL 105-268, the United States Congress established a requirement for all local agencies (including public and non-public, as well as Residential Child Care Institutions) with a federally funded National School Lunch Program (NSLP) to have a Wellness Policy. The local agencies are required to develop and implement Wellness Policies that address nutrition and physical activity. Criteria required in meeting the objective are: nutrition education, physical activity, nutrition standards, nutrition promotion, and other school based activities. New rules for public input, transparency and implementation were added with the Healthy, Hunger-Free Kids Act of 2010, PL 111-296.

The Rapid City Area Schools promotes healthy schools by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. The district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of students.

The district will engage a committee composed of students, parents, teachers, (including teachers of physical education), administrators, food service professionals, healthy professionals, and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition and physical activity goals.

All students in grades kindergarten to twelfth will have opportunities, support, and encouragement to be physically active on a regular basis. All schools will follow the state physical education requirements.

Food and beverages sold or served during regular school days will meet the nutrition recommendations and USDA standards of the NSLP.

Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that will meet the health and nutrition needs of students; will accommodate the ethnic and cultural diversity of the student body in meal planning, and will provide clean, safe, allergy aware and pleasant settings with adequate time for students to eat.

To the maximum extend possible, the district will participate in available federal school meal programs.

Schools will follow USDA Guidelines, provide nutrition education to foster lifelong habits of healthy eating and will establish linkages between health education and school meal programs, and related community services and other school based activities.

The Wellness Committee will monitor and review as necessary, the school nutrition and physical activity programs at each school. The public will be informed and updated about content and implementation of nutrition and activity programs. Policy compliance will be review annually, including a review of nutrition standards and education goals; physical activity and education goals, and determine areas in need of improvement.

As part of that review, the Wellness Committee will review nutrition standards with education goals, physical activity and education goals; and evaluate the provision of the environment to support healthy eating and physical activity.

The Superintendent designates the Student Nutrition Manager to be responsible for implementation and compliance with this policy.

Adopted 05/18/06
Revised 12/14/15

Legal Reference:

Child Nutrition and WIC Reauthorization Act of 2004 – Public Law 108.265, section 204.
National School Lunch Act
Child Nutrition Act of 1996
United States Department of Agriculture Laws and Regulations