

BIG HORN COUNTY SCHOOL DISTRICT NUMBER ONE
Box 688
Cowley, Wyoming 82420
POLICIES AND REGULATIONS
File: EFA

HEALTH AND WELLNESS

Intent:

Big Horn County School District Number One shall promote student well being and academic achievement by supporting quality nutrition and physical activity as part of the learning environment. The district's primary goal is to help student's develop positive attitudes, behaviors, and skills associated with lifelong healthful eating patterns as well as learn the short and long-term benefits of a physically active and healthful lifestyle.

Rationale:

The District 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. Because students are in school for a substantial portion of the day, school districts have a responsibility to help students establish and maintain lifelong, healthy eating and physical activity patterns.

Nutrition Education:

1. State and district health education curriculum standards and guidelines are met or exceeded.
2. Students in grades K - 12 will receive nutrition education that teaches the knowledge, attitudes, skills and behaviors they need to adopt healthy eating habits that last a lifetime.
3. The staff teaching nutrition will be encouraged to pursue professional development in the area of nutrition education.
4. The school district will help to ensure that students receive consistent nutrition messages throughout the school, classroom, and cafeteria.
5. The school district will help build awareness among school staff about the importance of healthy eating habits and physical activity.
6. The school district will encourage parents, teachers, school personnel, and students to serve as role models in practicing healthy eating habits and being physically active.

Physical Education:

1. State and district physical education curriculum standards and guidelines are met or exceeded.
2. Students will be given opportunities for physical activity during the school day through daily recess periods and elective and mandatory PE classes.
3. The school district will provide environments that encourage safe and enjoyable activity for all students.
4. The school 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 for All Foods Available on Each School Campus During the School Day:

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. The school district will encourage teachers to feature healthy choices for classroom snacks.
3. The promotion of healthy foods – including fruits, vegetables, whole grains, and low-fat dairy products – is encouraged.
4. The school shall provide appealing and attractive meals to children that offer a variety of healthy foods including fruits, vegetables, whole grains and dairy products.
5. Beverage vending machines will offer healthier choices such as 100% fruit juices and water.

Other School-Based Activities Designed to Promote Student Wellness:

1. Dining room supervisory staff shall maintain a safe, clean, and pleasant eating environment.
2. Students shall have adequate time to eat, relax, and socialize after sitting down for lunch.
3. Lunch periods will be scheduled as near to the middle of the day as possible.
4. Safe drinking water shall be available throughout the school day.
5. The district will encourage fundraising efforts that are supportive of healthy eating and physical activity.
6. The district shall utilize a District Health Council that will help with the monitoring and reviewing of the wellness policy each year to assess and implement any necessary changes to help make our district a healthy environment. The District Health Council will then report to the school board its recommendations for improvements and goals for the next school year.
7. It will be recommended that the District Health Council include: school nurse, teachers, parents, food service staff, students, school board member(s), an administrator, other school staff member(s), and community members.

Adopted: June 8, 2006