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3 **INSTRUCTION**

4  
5 School Wellness

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7 Ekalaka Public Schools is committed to providing school environments that promote and protect  
8 children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.  
9 Therefore, it is the policy of the Ekalaka Public School District that:

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11 The development of the school wellness policy, at a minimum, will include:

- 12 1. *Community involvement*, including input from teachers of physical education and school health  
13 professionals, parents, students, school food service, the school Board, school administrators,  
14 educators, and the public. Training of this team of people on the components of a healthy school  
15 nutrition environment is recommended.
- 16 2. *Goals for nutrition education, nutrition promotion, physical activity, and other school-*  
17 *based activities* that are designed to promote student wellness in a manner that the local  
18 education agency determines appropriate.
- 19 3. *Implementation, Periodic Assessment, and Public Updates, including* expanding the purpose of  
20 the team of collaborators beyond the development of a local wellness policy to also include the  
21 implementation of the local wellness policy with periodic review and updates, inform and update  
22 the public every three years, at a minimum, (including parents, students, and others in the  
23 community) about the content and implementation of the local wellness policies, and to measure  
24 periodically and make available to the public an assessment of the local wellness policy,  
25 including:
  - 26 • The extent to which schools are in compliance with the local wellness policy;
  - 27 • The extent to which the LEA’s local wellness policy compares to model local school  
28 wellness policies; and
  - 29 • The progress made in attaining the goals of the local wellness policy.
- 30 4. *Nutrition guidelines* for all foods available on each school campus under the local education  
31 agency during the school day, with the objectives of promoting student health and nutrient-rich  
32 meals and snacks. This includes food and beverages sold in a la carte sales, vending machines,  
33 and student stores; and food and beverages used for classroom rewards and fundraising efforts.
- 34 5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal programs  
35 with menus meeting the meal patterns and nutrition standards established by the U.S. Department  
36 of Agriculture.
- 37 6. *A plan for measuring implementation* of the local wellness policy, including designation of one  
38 or more persons within the local education agency or at each school, as appropriate, charged with  
39 operational responsibility for ensuring that each school fulfills the District’s local wellness policy.

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41 The suggested guidelines for developing the wellness policy include:

42 **Nutrition Education and Nutrition Promotion**

43 All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt  
44 healthy eating behaviors and is aligned with the *Montana’s Health Enhancement Society of Health and*  
45 *Physical Educators (SHAPE) Health Education and Physical Education Content Standards*. Nutrition  
46 education shall be integrated into the curriculum. Nutrition information and education shall be offered and  
47 promoted throughout the school campus and based on the U.S. Dietary Guidelines for Americans. Staff  
48 who provide nutrition education shall have the appropriate training, such as in health enhancement or  
49 family

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3 and consumer sciences.  
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5 **Health Enhancement and Physical Activity Opportunities**

6 The District shall offer health enhancement opportunities that include the components of a quality health  
7 enhancement program taught by a K-12 certified health enhancement specialist.  
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9 Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong  
10 physical activity. Health enhancement instruction shall be aligned with the *Montana's Health*  
11 *Enhancement Society of Health and Physical Educators (SHAPE) Health Education and Physical*  
12 *Education Content Standards*.  
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14 All K-12 students of the District shall have the opportunity to participate regularly in supervised,  
15 organized or unstructured, physical activities, to maintain physical fitness, and to understand the short-  
16 and long-term benefits of a physically active and healthy lifestyle.  
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18 **Nutrition Standards**

19 The District shall ensure that reimbursable school meals and snacks meet the program requirements and  
20 nutrition standards found in federal regulations. The District shall encourage students to make nutritious  
21 food choices through accessibility, advertising and marketing efforts of healthful foods.  
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23 The District shall monitor all food and beverages sold or served to students, including those available  
24 outside the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom  
25 rewards, fundraising efforts), by meeting the United States Department of Agriculture (USDA) Smart  
26 Snacks in Schools nutrition standards. Snacks provided to students during the school day without charge  
27 (e.g. class parties) will meet standards set by the district. The Superintendent shall continually evaluate  
28 vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy  
29 shall be modified accordingly or not renewed.  
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31 **Other School-Based Activities Designed to Promote Student Wellness**

32 The District may implement other appropriate programs that help create a school environment that  
33 conveys consistent wellness messages and is conducive to healthy eating and physical activity, such as  
34 staff wellness programs, non-food reward system and fundraising efforts.  
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36 **Maintaining Student Wellness**

37 The Superintendent shall develop and implement administrative rules consistent with this policy. Input  
38 from teachers, parents/guardians, students, school food service program, the school Board, school  
39 administrators, and the public shall be considered before implementing such rules. A sustained effort is  
40 necessary to implement and enforce this policy. The Superintendent shall measure how well this policy is  
41 being implemented, managed, and enforced. The Superintendent shall report to the Board, as requested,  
42 on the District's programs and efforts to meet the purpose and intent of this policy.  
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44 Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004  
45 PL 111-296 The Healthy, Hunger-Free Kids Act of 2010

46 Policy History:

47 Adopted on: 06/12/06  
48 Reviewed on: 08/08/11, 01/04/2016  
49 Revised on: 08/14/2017