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4 **INSTRUCTION**

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6 School Wellness

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8 **Nutrition Education Component**

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10 At each grade level nutrition education will be offered as part of a sequential, comprehensive,  
11 standards-based program designed to provide students with the knowledge and skills necessary to  
12 promote their health. Nutrition education will be incorporated into the school day as often as  
13 possible. The primary goal of nutrition education is to influence students' eating behaviors.  
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15 Nutrition Education:

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- 17 > Teaches consistent scientifically-based nutrition messages throughout the school,  
18 classroom, cafeteria, home, community, and media based on current U.S. Dietary  
19 Guidelines for Americans;
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- 21 > Is part of health education classes and/or stand alone courses;
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- 23 > Provides enjoyable, developmentally appropriate, culturally relevant, and participatory  
24 activities (eg. Contests, promotions, taste testing, farm visits, and school gardens);
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- 26 > Offers information to families that encourage them to teach their children about health  
27 and nutrition, and assists them in planning nutritious meals for their families;
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- 29 > Will be taught by staff who are adequately prepared and who participate in professional  
30 development activities in order to deliver an effective program.  
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32 **Health Enhancement and Physical Activity Opportunities**

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34 The District shall offer health enhancement opportunities that include the components of a  
35 quality health enhancement program taught by a K-12 certified health enhancement specialist.  
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37 Health enhancement shall equip students with the knowledge, skills, and values necessary for  
38 lifelong physical activity. Health enhancement instruction shall be aligned with the Montana's  
39 Health Enhancement Standards and the Ekalaka Public School's Model Health & Physical  
40 Education Curriculum.  
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42 All K-12 students of the District's shall have the opportunity to participate regularly in  
43 supervised, organized or unstructured, physical activities, to maintain physical fitness, and to  
44 understand the short-and long-term benefits of a physically active and healthy lifestyle.  
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**Nutrition Standards**

The District shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods.

Administrators, staff, and extracurricular groups shall ensure that all foods and beverages sold or served to students inside the school day (i.e. a la carte, vending, student stores, classroom rewards, fundraising efforts) are consistent with sound nutrition practices taught in the classroom and implemented in the school meal programs. School administrators will monitor fundraising activities in order to ensure that they are not in conflict with sound nutrition messages.

**Other School-Based Activities Designed to Promote Student-Wellness**

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

**Maintaining Student Wellness**

The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall measure how well this policy is being implemented, managed, and enforced. The Superintendent shall report to the Board, as requested, on the Districts' programs and efforts to meet the purpose and intent of this policy.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004

Policy History:

Adopted on: 06/12/06  
Reviewed on: 8/8/2011  
Revised on: