In 2004 the U. S. Congress established a requirement for all schools with federally assisted lunch programs to establish a wellness policy that addresses nutrition and physical activity. The South Dakota Department of Education personnel established a set of guidelines that would meet all of the requirements of the federal mandate, and the State Board of Education adopted these guidelines. The White Lake Board of Education created a team of local educators and community members to develop a White Lake School District Wellness Policy utilizing the state guidelines as a pattern.

**White Lake School District 1-3**

**Wellness Policy**

**on**

**Fighting Obesity and Promoting Better Health**

**Adoption of Policy**

This White Lake Wellness Policy was adopted by the Board of Education on January 11, 2006.

**Physical Activity**

Ninety percent (90%) of all 7th through 12th grade students are participating in interscholastic sports, so physical education classes will not be considered for these students until the percentage of participants dwindles to 75%. Each elementary student will receive ½ hour of PE twice per week and *will have 2 fifteen minute recesses and 1 fifteen minute Boost-Up session per day.* Elementary students will be encouraged to walk, run, & participate in sports games rather than sedentary play. *Beginning the 2010-2011 school year 9th graders will be required to take ½ credit of Physical Education.*

**Nutrition Education**

All elementary students will receive health instruction through the use of posters, science curriculum, and guidance activities. All 9th grade students are required to pass a semester long, ½ credit, Family and Consumer Science class*.*  All 11th grade students are required to pass a semester long, ½ credit, health class that incorporates nutrition education, and all high school science classes must address nutrition. Elementary teachers will assist the lower elementary students with their food selection as they go through the lunch line and will remind them of the foods necessary for a healthy life. The cooks preparing the breakfast and noon meals will follow all of the guidelines set forth in the Child Nutrition and WIC Reauthorization Act. All menus will be approved by White Lake’s certified FACS teacher. Every summer cooks will attend mandatory nutrition and food training.

**Rewards, Incentives, Consequences**

Elementary students will never be held back from physical education classes for any punitive issues. However, elementary students can be held back from recesses for make-up work or testing. Physical activity (push-ups, running laps, etc.) will never be used as punishment. Food will never be used as a classroom reward, but can be used educationally. (Examples: M&M’s when teaching math & science facts and /or foods within the Family Living Class). Food and confectionary items will be limited to birthday, Halloween, Christmas, & Valentines’ day parties. The 21st Century “After School Program” will serve snacks that are nutritious & healthy and will be approved by the White Lake’s certified FACS teacher.

**Other School Based Activities Component**

The White Lake School will continue to create an environment that provides consistent wellness messages. Candy and pop will not be allowed within the classrooms, hallways, and/or study halls between 7:00AM and 4:00PM. All students and staff will have 25 minutes of uninterrupted lunch time. Eating breakfast and lunch at the school will continue to be an option for all K-12 students. Students will not be kept from lunch or breakfast as a consequence for inappropriate behavior. Students bringing their own sack lunches *are highly encouraged* *from bringing* food items that are not approved by the Child & Adult Nutrition Services (ie. candy, pudding, chips, soda, juice other than real fruit juice, etc). The gymnasium will be available for community walkers and/or joggers from 6:00AM until 5:00PM unless an interscholastic sport practice is scheduled.

**Vending Machines and Fundraising**

The vending machines within the White Lake School will remain closed to students from 7:00AM until after 4:00PM. The candy machines within the school have been removed and will not be re-installed. Candy will not be allowed as a fund raiser, and any other food fund raising activities will be approved by the Board of Education. Because sporting events occur after 4:00PM, concession stand items will continue as usual.

The enforcement and effectiveness of this policy will be monitored annually.

Policy created by:

Carol Gillen---Food Service Representative

Berle Johnson---Administrator

Robert Schroeder---Classroom Teacher

Janet Borgmann---School Board Member

Jane Guericke---Parent

Joyce Schuman---Community Member

Andy Ness---Student Body President

1st Reading: December 6, 2005

Adoption: January 11, 2006

Amended: August 15, 2011

*\*amended items have been italicized*