**School Wellness Plan**

**Elkton Public School #5-3**

**Elkton SD 57026**

**Revised: April 1st, 2017**

**Mission Statement**

The mission of the Wellness Program is to promote and enhance the health and well being of the students and staff of the Elkton School District.

The program works to improve the educational achievement of our students by providing for physical health, mental health, and other needed support services. The wellness policy addresses four key components: Nutrition Education, Physical Activity, School- Based Activities and Nutrition Standards.

**Goals for Nutrition Education and Nutrition Promotion**

1. Consistent scientifically-based nutrition messages are addressed throughout the school, classroom, cafeteria, home, community, and media and as part of health education classes and/or stand alone courses.

2. Courses offered will follow the SD Health Education Standards and address nutrition concepts progressively in grades K through 12.

3. Information will be provided to families that encourage them to teach their children about health and nutrition and provide nutritious meals for their families.

4. Staff members who are responsible for nutrition education will be adequately prepared and should participate in professional development activities to be able to deliver an effective program.

5. Education includes the school cafeteria which serves as a “learning laboratory” to allow students to apply critical thinking skills taught in the classroom.

6. Establishment of a school wellness team comprised of educators, coaches, parents and administration. The goals of this team include: to plan, implement and assess ongoing activities that promote healthy lifestyles, particularly physical activity for all age groups with the school community.

**Goals for Physical Activity**

1. The Elkton School District Health and PE curriculum will be aligned with the SD State Content Standards.

2. High school students will be required to meet current state requirements for Health/PE prior to graduation.

3. Students in grades K-6 will have at least two physical education classes per week. Students with disabilities, special health-care needs and in alternative educational settings will be accommodated as necessary.

4. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

5. The school will offer activities that meet the needs, interests and abilities of all students, including boys, girls, students with disabilities and students with special health-care needs.

6. All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.

7. Student involvement in other activities involving physical activity (e.g., interscholastic or intramural sports) will be promoted and supported by the school. The school will allow access to the school gyms for these activities and will also as requested by organizers, make announcements and assist in collection of registration forms for these activities.

8. The school will educate and encourage participation in community or club activities by making announcements and collecting registration forms for these activities. (JO Volleyball, Summer Softball/Baseball and 3rd/4th and 5th/6th grade football)

9. When appropriate, the district will work together with local public works, public safety and/or police departments in an effort to assess and to the extent possible make needed improvements to make it safer and easier for students to walk and bike to school.

**Other School-Based Activities**

1. The district will educate students annually and staff as needed regarding: eating disorders; drugs, alcohol and tobacco; bullying, harassment, and hazing; violence against self and others; depression; anxiety; stress; and suicide prevention.

2. Family and parenting courses (when appropriate) will be made available to staff and students.

3. Indoor air quality issues will be investigated as needed

4. Facilities will be safe, clean and orderly. Safety issues will be reported to necessary staff to correct the issue.

5. Weapons violations will be addressed immediately and later with further discussion with parents and administration.

6. A school “lock down” crisis plan will be created, followed, and practiced or discussed a minimum of once per year. Fire and tornado drills will be done as needed to meet the requirements for schools.

7. Staff will be encouraged to participate in wellness activities.

8. Students will be provided with lessons in hygiene, starting with hand washing at the pre-school level, with continued progressive education at the appropriate grade level.

9. Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time (20-25 minutes) scheduled as near the middle of the school day as possible to eat, relax and socialize with their peers.

10. Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

11. When a school nurse is employed student health will be promoted through daily monitoring, health education, health screenings, monitoring of vaccination compliance and by organizing vaccination clinics as deemed necessary. The school health nurse will promote employee health by checking blood pressures or monitoring blood glucoses as requested by individual staff members. The nurse will also work with outside agencies to provide health screenings for staff to promote health education and wellness.

**Nutrition Standards**

1. Food pricing strategies shall be designed to encourage students to purchase nutritious items.

2. Information about the ingredients and nutritional values of the foods served in the lunch room will be provided to families at their request.

3. Schools shall offer varied and nutritious food choices that are consistent with the federal government’s Dietary Guidelines for Americans. For the purpose of this policy, “Dietary Guidelines for Americans” refers to the current set of recommendations of the federal government that are designed to help people choose diets that will meet nutrient requirements, promote health, support active lives and reduce chronic disease risks.

4. Students with special dietary needs will be accommodated as required by USDA regulations.

5. School food service departments shall not sell extra portions of desserts and/or ice cream.

6. Schools will encourage fundraising activities that promote physical activity and make available a list of ideas for acceptable fundraising activities. Fundraising activities that involve food will be encouraged to follow the nutritional standards. (Ex. Elementary Jump-a-thon for the Library)

7. Snacks brought in to the classroom will be encouraged to be healthy snacks such as fresh fruits, vegetables and nutritional beverages.

8. Vending machines will not be available to elementary students.

9. The high school vending machines will contain a variety of healthy food and beverages.

10. Healthy choices should meet the percentage requirements of less than 35 percent fat calories, less than 10 percent saturated fat calories, less than 35 percent sugar by weight. Nuts, low-fat or non-fat yogurt, low-fat cheese sticks and items that have natural sugar will be allowed in vending machines. Milk that is 1 percent fat and no more than 360 calories per container, fruit and vegetable juices, plain and colored water, noncarbonated drinks with fewer than 20 grams of carbohydrates per 8 ounces, tea and other sport beverages are allowed in vending machines.

**Evaluation:**

1. The Elkton School participates in the SD Department of Health Height/Weight annual study. This data can be used to evaluate health goals.

1. The school wellness plan is posted on the school nurse’s web page on the school’s website https://elkton.k12.sd.us

2. The wellness plan is reviewed annually, for any needed changes or additions by the wellness team.

3. The public will be notified that the plan is up for review and any comments/suggestions are welcomed by the school wellness team.

**School Wellness Team**

Brian Jandahl Superintendent

Kelly Neill Principal

Lori Brown School Health Nurse

Mary Jane Short Cafeteria Manager

Missy Erickson HS Teacher/Coach/Parent

Steve Erickson Elementary Teacher/Coach/Parent

Ervin Gebhart HS Teacher/K6 PE/Coach

**References:**

**General Information**

* Model Wellness Policy Development, [www.doe.sd.gov/cans](http://www.doe.sd.gov/cans)
* School Health Index, Centers for Disease Control and Prevention, <http://apps.nccd.cdc.gov/shi/>
* Local Wellness Policy, U.S. Department of Agriculture, <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

**School Health Councils**

* Promoting Healthy Youth, Schools and Communities: A Guide to Community School Health Councils, [www.cancer.org](http://www.cancer.org)
* Healthy School Teams/Healthy Kids Today, <http://healthykidstoday.org>

**Nutrition**

* Guidelines for School Health Programs to Promote Healthy Eating, Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)
* Eating at School: A Summary of NFSMI Research on Time Required by Students to Eat Lunch, National Food Service Institute, [www.nfsmi.org](http://www.nfsmi.org)

**Rewards/Fundraising**

* Guide to Healthy School Fundraising, Action for Healthy Kids, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
* Guide to Healthy School Parties, Action for Healthy Kids, [www.actionforhealthykids.org](http://www.actionforhealthykids.org)

**Physical Education**

* Healthy People 2010: Physical Activity and Fitness, Centers for Disease Control & Prevention, [www.healthypeople.gov](http://www.healthypeople.gov)
* Opportunity to Learn: Standards for Elementary Physical Education, National Association for Sport and Physical Education, <http://aahperd.org>
* New School Fitness Assessment, American Heart Association,

<http://www.heart.org/heartorg/GettingHealthy>