

## **DICKINSON PUBLIC SCHOOLS WELLNESS PLAN**

In an effort to ensure the over-all wellbeing of its students, both now and in their future, the Dickinson School District has adopted the seven-point policy that follows. For purposes of this policy, a school day is defined as 30 minutes before the beginning of school and 30 minutes at the end of school.

### **Setting Nutrition Education Goals**

The primary goal of nutrition education, which may be defined as “any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and wellbeing,” (ADA 1996) is to influence students’ eating behaviors.

Administrators, staff, and extracurricular groups shall ensure that all school activities, including classroom practices and incentives, are consistent with the sound nutrition practices taught in the classroom and implemented in the school meal programs. School personnel shall practice consistency of nutrition messages throughout the curriculum and environment.

Schools shall provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and may establish linkages between health education and school meal programs, and with related community services.

### **Setting Physical Activity Goals**

The primary goal for a school’s physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after-school physical activity programs, health education that includes physical activity as a main component.

All students in grades K-12, including students with disabilities, special health care needs, and in alternate educational settings, shall receive daily physical education or the equivalent of:

1. Elementary: 100 minutes per week per year;
2. Middle School: 110 minutes per week for 1 semester per year;
3. High School: 1 credit or 120 clock hours to meet graduation requirements.

All physical education will be taught by a qualified physical education teacher. Student involvement in other physical activity such as interscholastic or intramural sports may not be substituted for meeting the physical education requirement. Schools in the District shall implement physical education programs that meet state standards for physical education, which are available at the North Dakota Department of Public Instruction website.

All elementary school students may have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity verbally and through the provision and through the provision of space and equipment.

During activities, such as mandatory school-wide testing, that require students to remain inactive for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

**Physical Activity Opportunities Before and After School:** All elementary, middle, and high schools may offer extracurricular physical activity programs, such as physical activity clubs or intramural programs. All high schools and middle schools, as appropriate, may offer interscholastic sports programs. Schools may offer a range of activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.

After-school childcare and enrichment programs will provide and encourage—verbally and through the provision of space, equipment, and activities—daily periods of moderate to vigorous physical activity for all participants.

Teachers and other school personnel will not use physical activity (running laps, push-ups) or withhold opportunities for physical activity during physical education as punishment.

Following administratively approved supervision and subject to availability, school spaces and facilities should be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities also should be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times.

### **Setting Goals for Other School-Based Activities Designed to Promote Student Wellness**

The intent of this policy is to create an environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

Classroom health education shall complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities such as watching television.

The District will support parents' efforts to provide a healthy diet and daily physical activity for their children. The schools may offer healthy eating seminars to parents, send home nutrition information, post nutrition tips on school websites, provide nutrient analysis of school menus. Schools should encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the National School Lunch and Breakfast Standards. The schools may provide parents a list of foods that provide ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, schools may provide opportunities for parents to share their healthy food practices with others in the school community.

The schools will provide information about physical education and other school-based, physical-activity opportunities before, during, and after the school day, and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such support will include sharing information about physical activity and physical education through a website, newsletter, or other take-home materials, special events, or physical education homework.

School-based marketing will be consistent with nutrition education and health promotion. As such, schools may limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold separately. The promotion of healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products is encouraged.

The Dickinson School District highly values the health and wellbeing of every staff member and may plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. An example of this is encouraging Dickinson School District employees to access the discounted memberships available at the West River Community Center. Each school may establish and maintain a staff wellness committee. The committee may develop, promote, and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

### **Setting Nutrition Guidelines for All Foods and Beverages Available on School Campus During the School Day**

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. The Dickinson School District has established standards to address all foods and beverages sold or served to students, including those available outside of school meal programs during the school day. The standards focus on increasing nutrient density, decreasing fat, added sugars, and moderating portion size. The Dickinson School District aims to ensure that reimbursable school meals meet the program requirements and nutrition standards set forth under the 7 CFR Part 210 and Part 220.

Meals served through the National School Lunch and Breakfast Program will:

1. Be appealing and attractive;
2. Be served in clean and pleasant settings;
3. Meet, at minimum, the nutrition requirements established by local, state, and federal statutes and regulations;
4. Offer a variety of fruits and vegetables;
5. Serve only low fat and fat-free milk and nutritionally equivalent non-dairy alternatives; and
6. Encourage that all grains served are whole grain.

Training opportunities and professional development may be available and offered to food service staff.

All food and beverages sold individually outside the reimbursable school meal programs during the school day may meet the following nutrition and portion size standards:

1. Vending machines will not be available in elementary schools except for teachers and staff.
2. Options offered in Middle School: No vending during school hours. After school vending is allowed with the following options available: water, fruit and vegetable juice containing 100% fruit/vegetable juice, sports drinks, and soda.
3. Options offered in High School: Vending available during school hours with the exception of lunch period. The following options will be available: bottled water; no or low calorie beverages with up to 10 calories/8 20 ounces (e.g. diet sodas, diet and unsweetened teas, fitness waters, low calorie sports drinks, flavored waters, seltzers); low fat and non-fat regular and flavored milk and nutritionally equivalent (per USDA) milk alternatives with up to 150 calories/8 ounces; 100% juice with no added sweeteners, up to 120 calories/8 ounces and at least 10% daily value of three or more vitamins and minerals; light juices and sports drinks with no more than ~~66~~ 40 calories/8 ounces or 60 calories/12 ounces; no high content caffeine drinks (40 mg/8 ounces); at least 50 percent of beverages must be water and no or low calorie options. After school vending is allowed with the following options available: Water, fruit and vegetable juice containing 100% fruit/vegetable juice, sports drinks, and soda.
4. During school hours fresh fruits and vegetables may be offered whenever individual foods are sold on school grounds.
5. Choices in vending machines and the Midget Market should offer a selection of products that are healthy and nutritious.

### **Fundraising**

The following guidelines are provided as guidance for organizing and conducting fundraising activities in the school district.

1. Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.
2. Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited under the Federal policy.
3. Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.
4. A certain number of in-school fundraisers are exempt from the Smart Snacks Standards. North Dakota allows 3 exemptions per each individual school site per year with a duration of 1 day for each activity.

### **Assurances for Reimbursable School Meals**

Guidelines for reimbursable meals shall be at least as restrictive as regulations and guidance issued by the Secretary of Agriculture.

Dickinson School District will ensure that reimbursable school meals will meet the program requirements and nutritional standards set forth under the 7 CFR Part 210 and Part 220.

### **Plan for Measuring Implementation**

The Dickinson School District is committed to supporting this Wellness Plan and to fund the program as needed to be effective.

The Superintendent or designee should ensure compliance with established district-wide nutrition and physical activity wellness policies. In each school building, the principal or

designee shall ensure compliance with those policies in his/her school and will report on the school's compliance to the Superintendent or designee.

School food service staff, at the school or district level, shall ensure compliance with nutrition policies within school food service areas and will report on this matter to the Superintendent (or if done at the school level, to the school principal).

The Superintendent or designee shall develop a summary report every year on district-wide compliance with the district's established nutrition and physical activity wellness policies based on input from schools within the District. The report will be provided to: students, parents, school board members, employees of the District, and community members via newsletters or posted on the Dickinson Public School's website.

To help with the initial development of the district's wellness policies, each school in the District shall conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessment should be repeated every year to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the District may review their nutrition and physical activity policies and program elements that support healthy eating and physical activity. The District, and individual schools within the District, will, as necessary, revise the wellness policies and develop work plans to facilitate their implementation.

### **Community Involvement**

A community committee including parents, instructional staff, students, representative of the district food service staff, representative of the Board, school administrators, and general public have been involved in the development of this plan and will serve as the school district health council.

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### **Complementary Documents**

- ABBB, Non-curricular Use of District Property
- ABCC-AR Building-Level Wellness Policy Coordinators
- IB, Food Service Program

**End of Dickinson School District #1 Policy ABCC.....Amended: 04/10/17**