

Section 500 – Students

Student Health and Well-Being

Wellness Goals, Nutrition Guidelines, and Implementation Plan File: 508.13 – R1

Additional Wellness Goals, Nutrition Guidelines and Implementation Plan

The School Wellness Policy establishes a mission of providing a curriculum, instruction, and experiences in the environment of a health-promoting school community, to instill habits of lifelong learning and health. The School Wellness Policy authorizes the Superintendent to establish such further goals and nutrition guidelines as are determined appropriate to meet the stated mission. This regulation sets forth additional goals and nutrition guidelines as appropriate to meet the District's school wellness mission and implement the School Wellness Policy.

Nutrition Education Activities to Promote Student Wellness

The base goal is to implement a curriculum that meets or exceeds the health and nutrition education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Nutrition education will be integrated into other subjects to complement, but not replace, the health and nutrition education curriculum that is provided in accordance with NDE Rule 10. Educators are to incorporate the promotion of healthy eating nutrition lifestyles in all subject areas as appropriate.
2. Display Nutrition Education Materials: The cafeteria shall display posters or other communications suitable to the ages of students served that promote healthy nutrition choices (e.g., display food pyramid). Educators are encouraged to incorporate such communications in their classrooms as well.
 - a. Nutrition Health Events: Educators are encouraged to search for and take advantage of events that promote nutrition education.
3. Family:
 - a. Parents are to be welcomed to join their children at school lunch as appropriate.
 - b. School communications to parents will include information about healthy nutrition; such as by including information about healthy snacks for children.
4. Staff: Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages.

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Physical Activities to Promote Student Wellness

The established goal is to implement a curriculum that meets or exceeds the health and physical education objectives established by the Nebraska Department of Education. The administration establishes the following additional goals and actions to achieve such goals:

1. Curriculum: Health and physical education will be integrated into other subjects to complement, but not replace, the health and physical education curriculum provided in accordance with NDE Rule 10. Educators are to incorporate physical activity promotion and non-sedentary lifestyles in all subject areas as appropriate.
2. Physical Activity During the School Day:
 - a. Recess: Elementary students will have the opportunity for daily recess. Weather and other conditions permitting, recess will be outdoors. Students who are idle during recess are to be encouraged by supervising staff to engage in physical activity. Daily minimums are as follows: Grades K-2: 50 minutes; Grades 3-4: 35 minutes; Grades 5-6 20 minutes. Minimums include lunch recess. Minimums are set for "ordinary" days and are subject to modification in the judgment of the educator when events such as field trips, testing, etc. occur during the day.
 - b. Class Time: Physical activity within class periods (e.g. stretching breaks, etc.) will be encouraged.
3. Display Physical Activity Educational Materials: Posters or other communications suitable to the ages of students served that promote physical activity and non-sedentary lifestyles (e.g., display sports posters, walking fitness posters) will be displayed throughout the building. Educators are encouraged to incorporate such communications in their classrooms as well.
4. Physical Activity Health Events: Educators are encouraged to search for and take advantage of events that promote physical activity education.
5. Family:
 - a. The school's physical activity facilities (playground, elementary walking path, high school track) will be made available for use by parents with their children outside the normal school day, subject to priority use being for students and subject to other competing uses and safety and risk management considerations.
 - b. School communications to parents will include information that promotes physical activity. Such communications may include information about the benefits of physical activity to children and the distribution of information about youth sports programs.
6. Staff: Our employees are encouraged to be healthy role models for students. It is important for students to receive consistent messages. Staff members are encouraged to be seen engaging in non-sedentary lifestyles.

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Other School Activities to Promote Student Wellness

The established goal is to offer other suitable opportunities to students to engage in health-promoting activities. The administration establishes the following additional goals and actions to achieve such goals:

1. Extracurricular Programs: The District will offer athletic/activity programs subject to and in compliance with the bylaws of the Nebraska School Activities Association.
2. Advertising: The administration will monitor advertising that occurs in the school and endeavor to limit messages that promote foods of minimal nutritional value.
3. Staff Development: Professional staff members will be provided with professional development and guidance on appropriate practices and procedures to implement the school wellness goals and recommendations. The Food Management Company will provide ongoing training and development for food service staff related to nutrition and wellness goals and activities.
4. Community Resources: The administration will encourage teachers to utilize those people available from medical and other community organizations to implement the school's wellness policy.

Nutrition Guidelines

The administration establishes the following additional nutrition guidelines and actions to meet the guidelines:

1. Conditions for School Meals:
 - a. Scheduling meals. Lunch periods will be scheduled at times when students are in need of nutrition (e.g., in the middle of their school day). Students will be provided adequate time to eat.
 - b. Conditions for meals. Efforts shall be made to establish comfortable and relaxed eating conditions. The factors to promote these conditions will be a clean, orderly environment, pleasant adequate seating, enforcement of student conduct rules and adequate supervision.
2. Selection of School Meals.
 - a. School meals shall at a minimum meet nutrition requirements established by state and federal law.
3. Student's Meals From Home: Students will be discouraged from sharing cafeteria food as well as foods brought from home. Parents will be encouraged via health promotional materials to make healthy choices for student lunches.
4. School activities/events:
 - a. Athletes: Student athletes serve as role models. Coaches are to encourage healthy eating by student athletes.
5. Definition of Foods of Minimal Nutritional Value: For purposes of this regulation, "foods of minimal nutritional value" has the same meaning as in the federal regulations for the National School Lunch program.