

Hinsdale School's Local
Wellness Policy

Hinsdale School District
7A&7C

PO Box 398
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1. District Wellness Council

Purpose of the Council

The district will convene a representative District Wellness Council (DWC) that meets At least two times a year to establish goals for and oversee school health and safety policies and programs -- including the development, implementation and periodic review and update of this local school wellness policy.

Council Membership

The superintendent (or designee) will convene the DWC, facilitate development of and updates to the Local Wellness Policy (LWP) and ensure each school's compliance with the policy. The names and contact information of the superintendent (or designee) and the council members will be made readily available to the public.

The DWC membership for the district includes:

Administration
Head Cook
Vo-Ag Instructor
Health/PE Instructor
School Board Member
Community Health Professional

Public Involvement

The district is committed to ensuring that the community is aware of and involved in the development and implementation of the LWP. The district will actively communicate the ways in which representatives of the DWC, School Wellness Council (SWC) and others can participate in the development, implementation and periodic review and update of the LWP.

2. Accountability

Triennial Assessment

At least once every three years, the district will assess the LWP by measuring the following:

- the extent to which the LWP meets the requirements of the final rule
- the extent to which schools under the jurisdiction of the district are complying with the LWP
- the progress made in attaining the goals of the LWP
- the extent to which the LWP compares to model local wellness policies

Documentation

The district will retain records to document the presence of and compliance with the LWP, including but not limited to the following:

- the current and previous board-approved LWP
- documentation demonstrating that the LWP has been made available to the public
- documentation of the most recent district- and school-level assessments of implementation
- documentation of efforts to review and update the LWP, including who was involved and how the district made stakeholders aware of their ability to participate

Policy Updates

The district will update the LWP based upon the following:

- the results of the triennial assessment
- district priorities
- community needs
- the results of school health assessment
- school-level implementation progress
- emerging scientific information
- new federal or state regulations or guidance

Notification to the Public

The district will actively inform caregivers and the public each year of basic information about the LWP, including but not limited to the following:

- its content and any updates
- district- and school-level implementation status
- an explanation of why updates were made, who was involved and how stakeholders were made aware of their ability to participate
- the effective dates of any policy changes
- the names and contact information of the district and school officials leading and coordinating the DWC
- information on how the public can get involved with the DWC
- information about DWC meetings including dates, times, locations, agendas and meeting minutes
- mechanisms for the public to provide feedback and comments

The policy can be found here: [School Website](#)

The district will use multiple methods to distribute this information to the community, including but not limited to the following:

- electronic mechanisms (e.g., email)
- displaying notices on the district and school websites
- non-electronic mechanisms (e.g., newsletters)
- presentations to caregivers
- sending information home to caregivers

3. Nutrition Services

School Meals

All schools within the district will participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) and will provide meals that meet the nutrition standards for school meals by including the following:

- fruits and vegetables, including a variety of fruits and vegetables that meet the required vegetable subgroups (dark green, red and orange, dry beans and peas and legumes)
- grains (whole grain-rich)
- meats and meat alternatives
- fat-free and low-fat milk
- access to free drinking water

In addition, the district will ensure the following:

- School meals will be accessible to all students, and the district will accommodate special dietary needs and food allergies as required by federal regulations.
- School meals will be administered by a team of qualified nutrition professionals who meet or exceed the hiring and annual continuing education/training requirements of the USDA.
- The district will make every effort to ensure, to the maximum extent practicable, that the method of payment does not identify a student as eligible for free or reduced-price meals (e.g., using prepayment systems which mask students' eligibility status).

Water

Free, safe, unflavored drinking water will be available to all students during mealtimes where school meals are served.

Competitive Foods and Beverages

The district will ensure that all foods and beverages sold to students on the school campus during the school day support healthy eating, including those provided outside of the school meal programs. All foods and beverages sold outside of the school meal programs, during the school day will, at a minimum, meet Smart Snacks. These standards will apply in all locations and through all services where foods and beverages are sold, which may include but are not limited to À la carte, vending machines, school stores and snack or food carts, as well as any food-based fundraising meant for consumption during the school day.

Celebrations and Rewards

The district will ensure that celebrations and rewards are consistent with their nutrition policies. All foods and beverages served and offered on the school campus outside of the school meal programs **during the school day** will meet:

Smart Snacks

This includes foods and beverages offered during celebrations and parties, for classroom snacks and as rewards and incentives. The district recommends utilizing rewards that promote physical activity and/or promote educational messages (e.g., a coupon for a free book at the book fair for consistently returning books to the library on time). Foods and beverages will not be withheld as a punishment for any reason.

Fundraising

The district will allow only foods and beverages that meet or exceed Smart Snacks to be sold through fundraisers on the school campus during the school day.

Food and Beverage Marketing

The district will ensure all foods and beverages marketed to students on the school campus during the school day will meet or exceed Smart Snacks standards. This includes the marketing of products on the following:

- the exterior of vending machines
- posters, flyers, menu boards, coolers, trash cans and other foodservice equipment
- cups used for beverage dispensing

4. Nutrition and Health Education

The district will teach, model, encourage and support healthy eating among students. Schools will provide nutrition education integrated into other subjects, as part of health education and/or offer stand-alone classes at each grade level.

The district will ensure it will meet the following goals for nutrition education:

- Nutrition and physical activity education are integrated into classroom subjects such as math, science, language arts, social studies and art, and are also included as part of health education classes and elective subjects.
- Food service staff and PE teachers will collaborate with classroom teachers and other school staff to provide nutrition and physical activity education throughout the school campus.

Nutrition Promotion

The district will ensure that students and staff receive consistent nutrition messages throughout the school campus including in classrooms, gymnasiums and cafeterias. The district and all schools will promote healthy food and beverage choices for all students across the school campus during the school day and will encourage participation in school meal programs.

The district will ensure it will meet the following goals:

- School announcements, newsletters and website postings will promote healthy food and beverage choices.

5. Physical Activity

The district will ensure that a combination of physical activity opportunities will be offered to students in the form of the following:

- classroom physical activity, daily recess, physical education
- before- and after-school activities and sports
- active academics and transportation

The district will ensure it will meet the following goals:

- Teachers will provide opportunities throughout the school day for classroom physical activity that will be integrated into planned academic instruction to reinforce academic concepts and to reinforce skills learned in physical education.

Classroom Physical Activity

The district will implement the following:

- Classroom physical activity will be integrated into planned academic instruction to reinforce academic concepts and to reinforce skills learned in physical education.

Daily Recess

The district will implement the following:

- Recess will be offered at all elementary schools for 20 or more minutes on all days during the school year which will complement, not substitute for, physical education class.

Physical Education

Physical education teachers will assess student knowledge, motor and social skills and provide instruction in a safe and supportive environment.

Though important for increasing physical activity, other physical activity experiences such as recess, intramural sports or recreational endeavors should not be used as a replacement for physical education.

The district will ensure it will meet the following goals:

- All PE classes utilize a curriculum that incorporates essential health education.

Before and After School Activities

The district will offer the following:

- intramurals or interscholastic sports

6. Other Activities That Promote Student Wellness

The district will integrate wellness activities across the entire school setting, including the cafeteria, other food and beverage venues, classrooms, and physical activity facilities.

The district will ensure it will meet the following goals:

- Wellness activities are coordinated and integrated throughout the school day, as well as culturally inclusive, accessible to all students and staff across the district and are age appropriate.

7. Glossary

Child Nutrition Programs

The Child Nutrition Programs are federally funded programs aimed at providing low-income children with nutritionally balanced, low-cost or free meals and snacks in schools, childcare centers and out-of-school time programs. These programs include the National School Lunch Program, the School Breakfast Program, the Special Milk Program, the Child and Adult Care Food Program and the Summer Foodservice Program.

Competitive Foods and Beverages

Competitive foods and beverages are those sold outside of the federal school meals programs. They include those offered in vending machines, À la carte, school stores, snack bars, canteens, classroom parties, classroom snacks, school

celebrations, fundraisers or school meetings. These foods and beverages are required to meet science-based nutrition standards (Smart Snacks), as published by the USDA and required by the Healthy Hunger-Free Kids Act of 2010.

District Wellness Council (DWC)

A District Wellness Council is sometimes referred to as the School Health Advisory Council (SHAC). It is comprised of district, school and community members who meet twice a year to establish district goals and to oversee school health and safety policies and programs, including development, implementation, evaluation and updates of the Local School Wellness Policy.

Evidence-based

Evidence-based interventions have been rigorously studied and have been shown to improve student outcomes.

Food and Beverage Marketing

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often include oral, written or graphic statements, made for promoting the sale of a food or beverage product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product.

Health Equity

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination and their consequences including powerlessness, lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

Healthy, Hunger-free Kids act of 2010

The Healthy, Hunger-Free Kids Act of 2010 authorized funding for federal school meal and child nutrition programs and increased access to healthy food for low-income children. The law updated the meal patterns and nutrition standards for the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) to align with the 2010 Dietary Guidelines for Americans and for the first time, set nutritional standards for foods sold in schools outside of the school meal programs (competitive foods).

Local Education Agency (LEA)

A Local Education Agency is the local/district agency that is responsible for education within their jurisdiction and/or school district.

Local School Wellness Policy (LWP)

A Local School Wellness Policy is a written document of official policies that guide a local education agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn by supporting healthy eating and physical activity.

National School Lunch Program (NSLP)

The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools as well as residential childcare

institutions. It provides nutritionally balanced, low-cost, or free lunches to children each school day.

Nutrition Education

Nutrition education involves using a curriculum-based model to teach essential knowledge and skills to improve healthy eating habits. Nutrition education can be provided in schools as a separate subject or it can be integrated into other subjects. For example, teaching a science lesson about how food is grown can address science standards while addressing the importance of consuming fresh fruits and vegetables.

Nutrition Promotion

Nutrition promotion is using evidence-based techniques and messages to influence lifelong healthy eating behaviors. For example, displaying posters about healthy eating in the cafeteria.

Offered

Offered is used to describe foods in schools that are provided, not sold, to students throughout and beyond the school day. These may include foods provided as snacks or during classroom celebrations.

School Breakfast Program (SBP)

The School Breakfast Program is a federally funded meal program that provides free- and reduced-price breakfast meals to low-income students across the country. School breakfast can be offered in the cafeteria, though many schools offer breakfast in the classroom or through grab-and-go carts to increase participation in the meal programs, and to reduce the stigma of receiving school breakfast.

School Day

The school day is represented by the time between midnight the night before to 30 minutes after the end of the instructional day.

School Food Authority (SFA)

The School Food Authority is the governing body that is responsible for the administration of one or more schools and has the legal authority to operate the federal meal programs.

School Wellness Committee (SWC)

A School Wellness Committee is a school-level committee that focuses on the health and wellness needs of the student, staff, and community partners at a specific school. The SWC is comprised of school staff, students, caregivers, and community stakeholders, and supports school-level implementation of the local school wellness policy.

Smart Snacks in School Nutrition Standards (Smart Snacks)

The Smart Snacks in School Nutrition Standards are a set of science-based nutrition standards for all foods and beverages sold to students on the school campus during the school day. These standards, published by the USDA and required by the Healthy Hunger-Free Kids Act of 2010, went into effect July 1, 2014. These standards are required for all foods and beverages sold outside the

school meals programs, including through vending machines, À la carte, school stores, snack or food carts and in-school fundraising.

State Education Agency (SEA)

A State Education Agency, often referred to as the Department of Education, is responsible for providing information, resources and technical assistance on educational areas related to schools and residents. The primary function of the SEA is to administer and coordinate education in a state, including distributing and monitoring federal funds intended for education. The SEA is also responsible for collecting data on schools within their state and enforcing federal educational laws regarding privacy and civil rights.