

## **Butte School District**

### **INSTRUCTION**

#### School Wellness

The Butte School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn, by supporting healthy eating and physical activity. Therefore, it is the policy of the Butte School District that:

1. **Community Involvement**-The Butte School District will engage students, parents, teachers (especially teachers of physical education), food service professionals, school health professionals, and other interested community members in developing, implementing, monitoring, and reviewing District-wide nutrition and physical activity policies and procedures. Training of this team of people on the components of a healthy school nutrition environment is recommended.

2. **Implementation, Periodic Assessment, and Public Updates**-The Superintendent or his/her designee shall develop and implement administrative rules consistent with this policy based on the following five (5) areas of requirement:

1. Nutrition Guidelines for All Foods and Beverages
2. Nutrition Education Goals
3. Physical Activity
4. Other School Based Wellness Activities
5. Implementation, Annual Assessment and Public Updates.

Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent or his/her designee shall measure how well this policy is being implemented, managed, and enforced through an annual assessment/evaluation. The Superintendent or his/her designee shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

3. Nutrition guidelines for all foods shall be available on each school campus in the Butte School District during the school day, with the objectives of promoting student health and nutrient-rich meals and snacks. This includes food and beverages served in cafeterias, sold in a la carte sales, vending machines, student stores, and food and beverages used in fundraising efforts- The District will influence the development of healthful life-long eating behaviors in students by making the healthy choice the easy choice. It will achieve this by ensuring that nutrient-rich foods and beverages consistent with the USDA Dietary Guidelines for Americans are readily accessible on school campus. The District will follow nutrition guidelines for all foods sold on campus during the school day (from midnight until 30 minutes after the school day ends) to promote student health and academic performance, while taking steps to reduce childhood obesity.

4. Nutrition education-In order to meet the over-arching goal for Nutrition Education, the District shall influence the development of healthful lifelong eating behaviors in students through nutrition education and nutrition promotion. Nutrition education shall be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to adapt health enhancing behaviors. Nutrition education will be incorporated as much as possible into the school day. Staff who provide nutrition education shall have the appropriate training, such as in health enhancement or family and consumer sciences.

5. Physical Activity-The District shall provide opportunities for every student to develop the knowledge and skills for specific physical activities to maintain physical fitness, and to obtain health education that instills an understanding of the short and long-term benefits of a physically active and healthy lifestyle. Activities will be designed to meet the needs, interests and abilities of all students.

6. The District may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity, such as staff wellness programs, non-food reward systems, farm to school programming and fundraising efforts.

Legal Reference

P.L. 108-265 Child Nutrition and WIC Reauthorization Act of 2004  
P.L. 111-296 The Healthy, Hunger-Free Kids Act of 2010

Policy History: 10/18/04

Adopted on:

Reviewed on:

Revised on: 3/22/16