

## Faith School District Wellness Policy

The Faith School District will provide all students with a strong foundation of knowledge, fitness, nutrition and healthy choices in a challenging and changing world. The District will provide an environment that promotes, protects and preserves health. Effective health education is a shared responsibility that begins in the home and is reinforced in the community by its citizens, health agencies and schools.

### **Nutrition Education Component**

The K-12 nutrition education will include elements that incorporate South Dakota Health Standards on nutritional concepts to support healthy lifetime nutritional decisions.

### **Physical Activity Component**

The primary goal for the 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 healthful lifestyle.

### **Nutrition Standards**

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, and low-fat grain products will be available whenever food is offered at the school cafeteria during the normal school day.

The K-12 nutrition standards will include, but not be limited to, promoting healthy nutritional choices while impressing upon the students the importance of good nutritional decisions throughout their lives.

1. The District will encourage healthy food choices for classroom activities.
2. The District will offer healthy choice options in all school vending machines and school-sponsored events.
3. The District meal program will comply with local, state and federal guidelines.

### **Other School-Based Activities Component**

Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Food that meets the food standards will be encouraged as a reward or incentive in the classroom. Other, more appropriate rewards will also be encouraged (e.g. extra free time, pencils, bookmarks).

Teachers and other school personnel will make attempts to avoid denying student participation in recess or other physical activity as a consequence for inappropriate behavior, poor academic performance, or make-up work.

Adoption: June 12, 2006

Revised: February 9, 2011