

## Golden Ridge School

### Instruction

2510

### School Wellness

The Golden Ridge 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 Golden Ridge School District that:

The local wellness policy, at a minimum, includes:

1. Community involvement, including input from parents, students, school food service, the school board, school administrators, educators, and the public in the development of the school wellness policy.
2. Goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines as appropriate.
  - Goal March 2024 - Have engaging activities to reinforce understanding of good nutrition
  - Goal March 2024 - Encourage staff to promote healthy discussion of foods and nutrition which will be conducive to students view of all food groups.
  - Goal March 2024 - Encourage staff to follow the same meal guidelines as students when eating in the cafeteria.
  - Goal March 2024 - Use more Montana produced foods and highlight them to the students.
  - Goal March 2024 - Purchase a greenhouse and use it as a learning space for gardening as well as provide fresh-raised produce to the school nutrition program. Any surplus that is too abundant for use in the school may be distributed to staff &/or students' families and/or the surrounding community.
3. Nutrition guidelines for all foods available on each school campus under the local education agency during the school day with the objectives of promoting student health and nutrient-rich meals and snacks.
4. Guidelines for reimbursable school meals to ensure that the district offers school meal programs with the menus meeting the meal patterns and nutrition standards established by the U.S. Dept. of Agriculture.

### Nutrition Education

All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt healthy eating behaviors and is aligned with the Montana's Health Enhancement and National Association of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks. Nutrition education shall be integrated into the curriculum. Nutrition information and education shall be offered throughout the school campus and based on the U.S. Dietary Guidelines for Americans. Staff who provide nutrition education shall have appropriate training, such as in health enhancement or family consumer sciences.

#### Health Enhancement and Physical Activity Opportunities

The District shall offer health enhancement opportunities that include the components of a quality health enhancement program taught by a K-12 certified health enhancement specialist.

Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Health Enhancement instruction shall be aligned with the Montana's Health Enhancement and National Associations of Sport and Physical Activity/American Alliance of Health, Physical Education, Recreation and Dance Physical Education Content Standards and Benchmarks.

All K-12 students of the District shall have the opportunity to participate regularly in supervised organized or unstructured, physical activities to maintain physical fitness, and to understand short and long-term benefits of a physically active and healthy lifestyle.

#### Nutrition Standards

The District shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The District shall encourage students to make nutritious food choices through accessibility and marketing efforts of healthful foods.

#### Other School-Based Activities Designed to Promote Student Wellness

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 rewards system and fundraising efforts.

#### Maintaining Student Wellness

The district will review this policy and assess the goals set forth every three years to evaluate the effectiveness. That assessment will be posted at the school and will be available upon request.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004

Policy History

Adopted on: 9-05-06

Revised on: 3/14/2024