



Book	District Policy Manual
Section	SECTION E: SUPPORT SERVICES Section E of the NEPN/NSBA classification system contains policies, regulations, and exhibits on non-instructional services and programs, particularly those on business management such as safety, building and grounds management, office services, transportation, and food services.
Title	EFA - Health & Wellness
Code	EFA
Status	Active
Adopted	September 20, 2011
Last Revised	March 6, 2024
Last Reviewed	June 18, 2024

Code: [EFA](#)

HEALTH AND WELLNESS

Code: EFA

Intent:

Fremont County School District #2 shall promote student well-being and academic achievement

by supporting quality nutrition and physical activity as part of the learning environment. The district's primary goal is to help students develop positive attitudes, behaviors, and skills associated with lifelong healthful eating patterns, as well as learning the short and long-term benefits of a physically active and healthful lifestyle.

The Superintendent or designee shall establish procedures that promote health and wellness for students and staff per state and federal law.

Rationale:

The District recognizes that healthy eating patterns, respect for body-size differences, and physical activity is essential for students to reach their academic potential, full physical and mental growth, and lifelong health and well-being. Because students are in school for a

substantial

portion of the day, school districts have a responsibility to help students establish and maintain lifelong healthy eating and physical activity patterns.

Nutrition Education:

1. Students will be provided a model of a nutritious breakfast and lunch each school day, which follows federal guidelines.
2. Students in K-12 benchmark levels (elementary, middle school, high school) will receive behavior-focused nutrition education that is interactive and teaches the knowledge, attitudes, skills, and behaviors they need to adopt healthy and enjoyable eating habits that last a lifetime.
3. Nutrition education information shall be offered throughout the school camps, including, but not limited to, school dining areas and classrooms.
4. State and district health education curriculum standards and guidelines shall be met or exceeded.
5. The school district will build awareness among teachers, food-service staff, coaches, and other school staff about the importance of nutrition, physical activity and body -size acceptance to academic success and lifelong wellness.
6. The school district will encourage parents, teachers, school personnel, and students to serve as role models in practicing healthy eating and being physically active.

Physical Activity/Education:

1. State and District physical education curriculum standards and guidelines shall be met or exceeded.
2. Students shall be given opportunities for physical activity during the school day through daily recess periods and elective and mandatory PE classes. Elementary students shall have at least twenty 20 minutes per day of supervised recess, during which moderate to vigorous physical activity shall be encouraged.
3. Physical activity will not be required or withheld as punishment for any reason.
4. Physical activity programs are carried out in environments that reflect respect for body-size differences and varying skill levels.

5. The school district provides an environment that encourages safe and enjoyable activity for all students.
6. The school will encourage families and community members to support programs outside of the school that encourages physical activity.
7. The school administrator shall have the authority to determine if a student can participate in recess. The prohibition of recess may be an appropriate action depending on the individual needs of the student . Loss of recess may be considered when the safety and welfare of the student or others is a concern.

Nutrition Guidelines for School Food and Beverages:

1. During each school day, the food services program will offer breakfast and lunch that meet the guidelines of the USDA's National School Lunch and Breakfast Programs.
2. The District will encourage teachers to feature healthy choices for classroom snacks.
3. The promotion of healthy foods, including fruits, vegetables, whole grains, low-fat dairy products, and sources of protein.
4. Beverage and vending machines will only offer USDA smart snack-approved items.

Other School-Based Activities to Promote Student Wellness:

1. The District shall maintain a safe, clean, and pleasant eating environment.
2. Lunch periods will be scheduled as near to the middle of the day as possible.
3. Safe drinking water shall be available throughout the school day.
4. Under the USDA's guidance, the District shall utilize a District Wellness Committee that will help with the monitoring and reviewing of the Wellness Policy each year to assess any necessary changes to help make our District a healthy environment.
5. It shall be recommended that the District Wellness Committee include school nurse(s), teacher(s), parent(s), food service staff, student(s), school board member(s), an administrator, other school staff member(s), and community member(s).
6. The building principal or designee shall ensure compliance with established district-wide nutrition and physical activity policies."

Program Assessment

Per USDA recommendations, the District shall evaluate compliance with the Wellness Policy to assess the implementation of the policy.

Adopted September 20, 2011

Amended: January 21, 2014

Amended: November 18, 2014

Amended: March 21, 2017

Amended: June 18, 2024