

1 **Forsyth Public Schools**

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3 **INSTRUCTION**

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4
5 School Wellness

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7 The Forsyth Public Schools District is committed to providing school environments that promote
8 and protect children’s health, well-being, and ability to learn by supporting healthy eating and
9 physical activity. Therefore, it is the policy of the Forsyth Public Schools District that:

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11 The development of the school wellness policy, at a minimum, will include:

- 12 1. *Community involvement*, including input from teachers of physical education and school
13 health professionals, parents, students, school food service, the school Board, school
14 administrators, educators, and the public. Training of this team of people on the
15 components of a healthy school nutrition environment is recommended.
- 16 2. *Goals for nutrition education, nutrition promotion, physical activity, and other school-*
17 *based activities* that are designed to promote student wellness in a manner that the local
18 education agency determines appropriate.
- 19 3. *Implementation, Periodic Assessment, and Public Updates, including* expanding the
20 purpose of the team of collaborators beyond the development of a local wellness policy to
21 also include the implementation of the local wellness policy with periodic review and
22 updates, inform and update the public every three years, at a minimum, (including
23 parents, students, and others in the community) about the content and implementation of
24 the local wellness policies, and to measure periodically and make available to the public
25 an assessment of the local wellness policy, including:
 - 26 • The extent to which schools are in compliance with the local wellness policy;
 - 27 • The extent to which the LEA’s local wellness policy compares to model local
28 school
29 wellness policies; and
 - 30 • The progress made in attaining the goals of the local wellness policy.
- 31 4. *Nutrition guidelines* for all foods available on each school campus under the local
32 education agency during the school day, with the objectives of promoting student health
33 and nutrient-rich meals and snacks. This includes food and beverages sold in a la carte
34 sales, vending machines, and student stores; and food and beverages used for classroom
35 rewards and fundraising efforts.
- 36 5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal
37 programs with menus meeting the meal patterns and nutrition standards established by
38 the U.S. Department of Agriculture.
- 39 6. *A plan for measuring implementation* of the local wellness policy, including designation
40 of one or more persons within the local education agency or at each school, as
41 appropriate, charged with operational responsibility for ensuring that each school fulfills
42 the District’s local wellness policy.

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44 The suggested guidelines for developing the wellness policy include:

45 **Nutrition Education and Nutrition Promotion**

46 All students K-12 shall receive nutrition education that teaches the knowledge and skills needed

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4 to adopt healthy eating behaviors and is aligned with the *Montana's Health Enhancement Society of Health and Physical Educators (SHAPE) Health Education and Physical Education Content Standards*. Nutrition education shall be integrated into the curriculum. Nutrition information and
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7 education shall be offered and promoted throughout the school campus and based on the U.S.
8 Dietary Guidelines for Americans. Staff who provide nutrition education shall have the
9 appropriate training, such as in health enhancement or family and consumer sciences.

10 **Health Enhancement and Physical Activity Opportunities**

11 The District shall offer health enhancement opportunities that include the components of a
12 quality health enhancement program taught by a K-12 certified health enhancement specialist.
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15 Health enhancement shall equip students with the knowledge, skills, and values necessary for
16 lifelong physical activity. Health enhancement instruction shall be aligned with the *Montana's*
17 *Health Enhancement Society of Health and Physical Educators (SHAPE) Health Education and*
18 *Physical Education Content Standards*.

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

25 The District shall ensure that reimbursable school meals and snacks meet the program
26 requirements and nutrition standards found in federal regulations. The District shall encourage
27 students to make nutritious food choices through accessibility, advertising and marketing efforts
28 of healthful foods.
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30 The District shall monitor all food and beverages sold or served to students, including those
31 available outside the federally regulated child nutrition programs (i.e., a la carte, vending, student
32 stores, classroom rewards, fundraising efforts), by meeting the United States Department of
33 Agriculture (USDA) Smart Snacks in Schools nutrition standards. Snacks provided to students
34 during the school day without charge (e.g. class parties) will meet standards set by the district.
35 The Superintendent shall continually evaluate vending policies and contracts. Vending contracts
36 that do not meet the intent and purpose of this policy shall be modified accordingly or not
37 renewed.
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39 **Other School-Based Activities Designed to Promote Student Wellness**

40 The District may implement other appropriate programs that help create a school environment
41 that conveys consistent wellness messages and is conducive to healthy eating and physical
42 activity, such as staff wellness programs, non-food reward system and fundraising efforts.
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44 **Maintaining Student Wellness**

45 The Superintendent shall develop and implement administrative rules consistent with this policy.
46 Input from teachers, parents/guardians, students, school food service program, the school Board,

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4 school administrators, and the public shall be considered before implementing such rules. A
5 sustained effort is necessary to implement and enforce this policy. The Superintendent shall
6 measure how well this policy is being implemented, managed, and enforced. The Superintendent
7 shall report to the Board, as requested, on the District's programs and efforts to meet the purpose
8 and intent of this policy.

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11 Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004
12 PL 111-296 The Healthy, Hunger-Free Kids Act of 2010

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15 Policy History:
16 Adopted on: 11/10/20
17 Reviewed on:
18 Revised on: