



Cheyenne-Eagle Butte Schools Wellness Policy

Endorsed by the South Dakota Department of Education

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Cheyenne-Eagle Butte Schools Wellness Policy

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Cheyenne-Eagle Butte Schools

Wellness Policy

Introduction

Living a healthy lifestyle and maintaining a healthy weight requires a combination of reliable access to healthy food and physical activity options, knowledge of nutrition, and appropriate amounts of physical activity. A coordinated effort by the entire community including child nutrition professionals, school board members, parents/guardians, students, school administrators, teachers, and the business community is warranted. These efforts involve adults serving as role models and community members being informed of the policies that improve the long-term health and well-being of South Dakota students.

In the Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, the U.S. Congress established a new requirement for all local agencies (including public and nonpublic, as well as Residential Child Care Institutions) with a federally funded National School Lunch Program (NSLP) to have a Wellness Policy. The local agencies are required to develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year. The Healthy Hunger Free Kids Act of 2010 strengthens the nutrition and physical activity requirements for school wellness policies and includes goals for nutrition promotion, while still permitting local flexibility so districts can tailor policies to their particular needs.

The South Dakota Department of Education (SDDOE) recommends that some aspects of a broader conception of “wellness” can be addressed after the initial policy of nutrition, nutrition education, physical education and other aspects have been adopted. The SDDOE encourages school districts to establish and maintain a Coordinated School Health Program that addresses all components of school health, including mental health services and school health services which are not addressed in this policy. The state recommends that school may also choose to expand their wellness policy to address other risk behaviors (counseling services for those with eating disorders, food safety policies, and policies to reduce weight-related bullying, hosting health clinics, health screenings), or encouraging the enrollment of eligible children in the Children’s Health Insurance Program.

Rationale

Supporting the 2011 United States Department of Agriculture (USDA) Nutrition Standards is important for student health and academic success (USDA Website: 2010 Dietary Guidelines for Americans). Studies show that students who eat breakfast have better nutrition, fewer sick days, fewer disruptive behaviors, and better school performance. Also students with increased consumption of fruits and vegetables and lower caloric intake levels of fats were significantly less likely to fail the literacy assessment text (SOURCE: A Recipe for Academic Success brochure). All foods made available on school campuses should offer children nutritious choices.

A healthy school environment goes beyond school meals in the cafeteria. Nutrition education and physical activity should be incorporated into the school day as often as possible. Studies have shown that physical activity can enhance cognitive functioning and academic achievement. (American Journal of Public Health, 100(4), 646-653) The increasing rate of overweight and obesity among youth continues to jeopardize the future health and productivity of our children. This generation of children may live shorter lives than their parents/guardians. During the last three decades, the prevalence of obesity has tripled among persons aged 6-

19 years. Multiple chronic disease risk factors, such as high blood pressure, high cholesterol level, and high glucose levels are related to obesity. Schools have a responsibility to help prevent obesity and promote physical activity and healthy eating through policies, practices and supportive environments.

School Wellness Council

In March of 2006, the Cheyenne-Eagle Butte Schools convened a Wellness Committee, composed of educators, school food service personnel and administrators, State Cooperative Extension Services Coordinators, parents/guardians, and local and school health professionals, for the purpose of collaborating, designing and orchestrating a school Wellness Policy, and ensuing program, which would effectively improve the health and nutritional status of children in our school system. Our committee completed the School Health Index Survey to determine areas of competence, as well as areas for improvement. These findings were compiled to form our basic wellness policy in 2006-2007. Cheyenne Eagle Butte Schools have a strategic role to play in improving the health and well-being of children. Additionally, the implementation of this plan will help our students to become more aware of the positive impact that good nutrition has on deterring the risk of preventable diseases. The council **must** include the following representation:

- Administrator
- Classroom educator
- Community member/parent
- Physical Education teacher
- School board member
- School food authority and/or food service representative
- School Health professional
- Student

Implementation

- Cheyenne-Eagle Butte Schools are required to inform and update the public about the content and implementation of the Wellness Policy.
- The Wellness Policy should be reviewed, updated, and reported to community annually at minimum.
- Students, staff, parents/guardians, and visitors will receive positive, proactive messages, both verbal and non-verbal, regarding the association between healthy eating, physical activity and good health throughout the Cheyenne-Eagle Butte Schools. All school personnel will help reinforce these positive and healthy messages.
- Cheyenne-Eagle Butte Schools will consider student needs in planning for a healthy school nutrition environment through participation in their representative student bodies, survey input and/or feedback, etc.
- Cheyenne-Eagle Butte Schools will promote healthy food choices and eating habits and will not allow advertising that promotes less than desirable nutritious food choices.
- Healthy eating and physical activity will be actively promoted to students, parents/guardians, teachers, administrators and the community at registration, PTO meetings, Open houses, Health fairs, teacher/staff in-services, etc.
- Cheyenne-Eagle Butte Schools will work with the media to inform the public, school staff, and students about the efforts being made regarding USDA compliance.
- Cheyenne-Eagle Butte Schools are required to designate one or more district officials, as appropriate, to insure each school complies with the schools' wellness policy. In addition, Cheyenne-Eagle Butte

Schools will have one or more school personal to facilitate implementation and compliance with each school.

- In order to assist with the annual assessment and documentation of the local wellness plan, the SDDOE will provide schools with a template upon request.

Four Components to be addressed:

- Nutrition Standards
- Nutrition Education and Promotion
- Physical Activity, Physical Education and Promotion
- Other School Based Activities

Nutrition Standards Component

Student's 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, lean meat, whole grain products, and plain water will be available wherever food is sold or otherwise offered at school during the normal school day. Examples may include a la carte, snacks, vending machines, school stores, fundraising activities, parties, celebrations, and other school sponsored events.

General Guidelines

- Food and beverages sold, served, or brought onto school grounds or at school-sponsored events during the normal school day will meet the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this policy.
- C-EB schools will establish guidelines on nutrition standards for foods and beverages offered through parties, student picnics, etc. The schools will make every effort to offer, for sale, healthy and nutritious food selections and alternatives during these events, or modify popular FMNV items to substantially increase their nutritional content and contribution.

Standards for Food and Beverages

- Follow USDA Healthier US School Challenge Competitive Foods Criteria for Bronze/Silver award. Complete guidance to be found at: http://www.fns.usda.gov/tn/healthierus/2012criteria_chart.html

Total Fat	Calories from total fat must be at or below 35% (excluding nuts, seeds, nut butters, and reduces-fat cheese)
Trans Fat	"Trans fat-free" less than 0.5g trans fat per serving
Saturated Fat	Calories from saturated fat must be below 10%. Reduced-fat cheese is exempt.
Sugar	Total sugar must be at or below 35% by weight (including naturally occurring and added sugars). Fruit and vegetables are exempt.
Sodium	Must be at or below 480mg per side dish/entrée Must be at or below 600mg per main dish/entrée
Portion Sizes	Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.
Fruits and Non-Fried Vegetables	Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweetener; canned fruit must be packed in natural juices

	or light syrup.
Milk	Only low-fat (1% or less) or fat-free milk meeting State and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
Milk Serving Sizes	Milk serving is limited to 8-fluid ounces.
Other Approved Beverages	Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without nutritive sweeteners).
Juice Serving Size	Elementary/Middle School: 6 fluid ounces High School: 8 fluid ounces

Definitions-The following definitions apply to the Cheyenne-Eagle Butte Schools' Nutrition Policy:

- **A La Carte:** (Where and/or when applicable) Refers to individually priced food items provided by the school food service department. These items may or may not be part of the reimbursable meal.
- **Competitive Foods:** Foods and beverages sold and made available to students that compete with the school's operation of the National School Lunch Program, School Breakfast Program, and/or After School Snack Program. This definition includes, but is not limited to: food and beverages sold or provided in vending machines, in school stores or as part of school fundraisers.
- **Food Service:** Refers to the school's operation of the National School Lunch Program, School Breakfast Program, and/or After School Snack Programs and includes all food services operations conducted by the school principally for the benefit of school children
- **Foods of Minimal Nutritional Value (FMNV):** Refers to four categories of foods and beverages (soda water, water ices, chewing gum, and certain candies) that are restricted by the USDA under the child nutrition programs.
- **Fried Foods:** Foods that are cooked by total immersion into hot oil or other fat, commonly referred to as "deep fat frying". This definition does not include foods that are stir-fried or sautéed.
- **Fruit or Vegetable Drink:** Beverages labeled as containing fruit or vegetable juice in amounts less than 100%.
- **Fruit or Vegetable Juice:** Beverages labeled as containing 100% fruit or vegetable juice.
- **Fundraisers:** School fundraisers include food sold by school administrators or staff (principals, coaches, teachers, etc.), students or student groups, parents/guardians or parent/guardian groups, or any other person, company, or organization.
- **Saturated Fats:** Fats naturally present in animal products (meats, dairy products, eggs, butter, fatty fish, etc.), or in fried, creamed or buttery products (soups, desserts, gravies, baked goods, candies, etc.), or in products that have undergone a chemical process (referred to as 'hydrogenation') by the manufacturer-hydrogenation converts oils to solid fats, i.e. margarine (see trans-fat below).
- **School Day:** The school day begins with the start of the first breakfast period and continues until the end of the last instructional period of the day (last bell).
- **School Meals:** Meals provided under the National School Lunch Program (NSLP), School Breakfast Program (SBP) and/or After School Snack Program (ASP) for which schools receive reimbursement in accordance with all applicable federal regulations, policies, instructions, and guidelines.
- **Snacks:** Defined as either competitive foods or a la carte (see definitions above), depending on whether or not they are provided by the school food service department.

- **Trans Fat:** Occurs in foods when manufacturers use hydrogenation to convert liquid fat to solid fat. Trans fats may be found in foods like margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, salad dressings, and other processed foods.

Schools Food Service Program:

- Will operate in accordance with the National School Lunch Act and the Child Nutrition Act of 1996 as amended with applicable state laws and regulations. The Cheyenne-Eagle Butte Schools will comply with USDA regulations, State and established school nutrition policies.
- Will offer varied and nutritious food choices that are consistent with the Federal Governments' Dietary Guidelines for Americans which are designed to help people choose healthy diets, promote health, support active lives, and reduce risks for chronic health problems.
- Food and beverages sold or served in the school environment should assist students to comply with the dietary Guidelines for Americans, i.e. by providing a variety of grains, fruits, vegetables, foods low in saturated fats, trans fat, cholesterol, sugars and salt.
- Menus will be planned with input from students, parents/guardians, and school personnel, and will reflect student preferences.
- Students with special dietary needs (i.e. diabetes, allergies, food intolerances, etc.) will be accommodated as required by USDA regulation and/or doctor statement.
- School food service departments will not offer extra portions of desserts or fries.
- A production system will be developed and implemented to begin the reduction, utility and use of processed foods and increase the use of basic fresh foods that emphasize fruits, vegetables, whole grains and dairy foods which are low in fats, added sugars and sodium.
- An eligible vegetable dip will be offered with less liked vegetables (e.g. broccoli and cauliflower).
- The use of fresh fruits and vegetables will be encouraged by making fruit and vegetables available at all points where food is served/sold and promoting the intake of 5 servings of fruit and vegetables per day ("5-A-Day" campaign).
- Fruits and vegetables should be fresh whenever possible and washed to remove contaminants prior to distributing to children.
- No two same food choices will be served in the same week (e.g. hot dogs, corn dog).
- School staff will encourage students to participate in the school breakfast and lunch programs.
- Superintendents and School Principals will schedule lunch periods as near to the middle of the day with younger children eating first when possible. In all cases, lunch should not be served before 11:00 AM.
- Meals served to students shall be attractively presented and pleasing to the senses.
- Students will be provided with adequate time (in a safe and pleasant environment) to consume their meals. At least 10 minutes for breakfast and 20 minutes for lunch (from the time students are seated-not when they enter the cafeteria, or food service area). Overcrowding should be monitored and discouraged. Recess before lunch for elementary grades is strongly encouraged.
- It shall be the responsibility of the school staff to foster good manners and respect for fellow students. They will ensure that the rules for safe behavior and conduct are consistently enforced and that appropriate supervision during meal services will be provided. Similarly, the school will encourage socializing among students, between students and adults. Adults will serve as positive role models to students by demonstrating proper conduct, restraint and voice level and by consuming their meals with students when and if time permits.
- Will ensure that any snacks offered to students during the school days or in after-school programs will comply with our Nutrition Policy.

- Will incorporate food commodities made available under the Federal Food Commodity Program into school menus.
- Elementary classrooms may serve one nutritious snack per day. The snack must be consistent with the Wellness Policy, and must not be served immediately prior to or during lunchtime.
- Staff will assist all students to develop the healthy practice of washing or sanitizing their hands before meal service.
- Schools should not schedule tutoring, pep rallies, assemblies, club or organization meetings, and other activities during meal times.

Food Safety:

- Food Service Staff will be provided training in food safety, food marketing (i.e. how to encourage healthy food consumption), food production and service of healthy menu items on an annual basis. The Youth Diabetes Prevention Program Dietician, the Cooperative Extension Service staff and/or Food Services Supervisor will provide this training.
- The Cheyenne-Eagle Butte Schools will periodically provide parents/guardians information on safe and healthy foods via school newsletters and disseminate information regarding appropriate, safe and healthy snacks acceptable for special classroom events.
- The food services department shall not accept donations of food other than as provided in this policy without the expressed approval of the 20-1 Superintendent or 95-561 Supervisor because of the potential liability associated with contaminated food originating from unregulated sources. However, should the Board approve a food donation, the 20-1 Superintendent or 95-561 Supervisor (or designee) shall establish inspection and handling procedures for the food that would ensure food safety prior to distribution and/or consumption by the student population.

Foods of Minimal Nutritional Value (FMNV) Policy:

The Cheyenne-Eagle Butte Schools will promote the use of healthy snacks in lieu of FMNV's and move toward elimination of FMNV's from distribution at school. FMNV's include:

- **Sweetened Soda Water or Any Sweetened Electrolyte Beverage:** No product shall be excluded from this definition despite the addition of discrete nutrients (i.e. vitamins, minerals, and protein).
- **Water Ices:** Any frozen, sweetened water (i.e. "...sicles", flavored ice, etc.) with the exception of products that contain fruit or fruit juice.
- **Chewing gum:** Any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- **Specific Candies:** Any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize and constitute the following types:
 - Hard Candy
 - Jellies and Gums
 - Marshmallow Candies
 - Fondant
 - Licorice
 - Spun Candy
 - Candy Coated Popcorn
- Students in possession of foods or beverages of minimal nutritional value will be asked to surrender such items to school staff members, who in turn will follow school policy/procedures for the disposal or return of said items to the students.
- Exceptions to the FMNV Policy:

- School Nurses: This policy does not apply during the course of providing health care/treatment to individual students, i.e. Type 1 Diabetes.
- Accommodating Student with Special Needs: Special Needs Students who's Individualized Education Program, Section 504 Plan, and/or Individual Accommodation Plan indicates the use an FMNV for behavioral medication. However, it is recommended that a nutritionally appropriate snack be offered first prior to dispensing an FMNV product to a Special Needs Student.
- Special School Events
- Instructional Use of Food in Classrooms
- Field Trips
- Athletic, Band and Other Competitions.

Parental/Guardian Responsivities and Restrictions:

The Cheyenne-Eagle Butte Schools' Nutrition Policy will not deny a substantive snack or restrict their inclusion in a home-prepared sack-lunch/meal. However, it will be incumbent upon parents to ensure that snacks provided in lunch sacks constitute reasonable effort to procure healthy foods and/or comply with the school's Nutrition policy. Parents/Guardians may not provide FMNV, candy or other restricted items to other children at the school. Should this occur, school officials/instructors will postpone the issuance and/or consumption of these products until school activities have officially ceased for the day. A school may adopt a more restrictive rule, however, as local policy.

Competitive Foods and Snacks:

The Cheyenne-Eagle Butte Schools may not serve or provide access to competitive foods during meal periods in areas where reimbursable meals are served. This does not pertain to food items made available by the school food service department. All competitive foods sold or provided to students must meet the nutrition standards previously addressed.

Eating Environment

Students and staff will have adequate space to eat meals in clean, safe, pleasant surrounding and will have adequate time to eat, relax, and socialize. Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.

Convenient and Safe drinking water

Each school will promote drinking water as an essential component of student wellness by improving access to free, safe drinking water in varied locations and encouraging student consumption of water throughout the school day.

Discipline, Behavior, Incentives and Rewards

School staff may not use food or beverages of FMNV as a reward for student achievement and/or accomplishments. The withholding of food/beverages as a consequence for inappropriate behavior or academic performance against students is strictly prohibited. Withholding meal time will not be used as a punishment.

Snacks

Snacks will need to meet the Standards for Food and Beverages and/or that follow the Department of Health Munch Code.

Parties and Celebrations

Cheyenne-Eagle Butte Schools recognize class parties are a tradition in public education. However, parents/guardians and staff will be encouraged to provide party snack items that are consistent with the goals of our Nutrition Policy and dispensed to classmates at the end of the regular school day whenever possible.

School Sponsored Events (such as athletic events, dances, or performances)

Healthy choices of food and beverages that meet the Standards for Food Beverages will be offered at school-sponsored events outside the school day.

Fundraising

- School fundraising activities will support healthy lifestyles. Such activities may include physical activities (e.g. walk-a-thon, fun run), healthy eating, school support (e.g. selling school memorabilia) and/or academic achievement (e.g. spelling bee).
- If food and/or beverages are sold, schools will use the Nutrition Standards as guidelines for the food sold and encourage locally-sourced items where appropriate.
- Schools will make available a list of ideas for acceptable fundraising activities.
- Bake Sale and/or Ice Cream Socials may be held with consideration to and consistency of the goals of the schools' nutrition policy.
- Organizations shall only use non-food items or foods designed for delivery and consumption after school hours as fund-raisers and offered only in area designated by the principal. For example: Indian Taco sales after school hours would be acceptable. The sales of individually wrapped candy (i.e. candy bars) as a fundraiser is prohibited; however, will be allowed at concession stands provided healthy alternative choices are also made available.

Vending Machines

There is evidence that unhealthy food choices, such as soft drinks and candy, may be contributing factors to the obesity epidemic facing American children today. Cheyenne-Eagle Butte Schools can take a proactive role in encouraging and fostering healthy food behaviors through the options that are available in school vending machines.

- Foods and beverages sold through vending machines that meet the acceptable nutritional standards identified shall consist of the following:
 - Plain or naturally flavored, non-carbonated or carbonated water
 - Milk shall include but not necessarily be limited to chocolate, soy or rice beverages and other similar dairy or nondairy beverage
 - 100% fruit juices or fruit-based drinks composed of no less than 50% juice, without additional sweeteners
 - Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice
 - Other food/beverage suggestions included in the accompanying "Nutritious Vending Suggestions"
 - Any other food item containing:
 - Not more than 35% of total calories from fat and not more than 10% of those calories from saturated and trans fat
 - Not more than 35% of its total weight in sugar or other sweetening enhancer (i.e. corn syrup, dextrose, honey, etc.) and does not include the natural sugar or sugars that are contained in any fruit/fruit/juice component of the food or beverage.

- School personnel and students (through collaborative efforts, surveys, audits, etc.) will work with vendors to select foods and beverages that meet nutritional standards and the above criteria.

Other Sales Venues

These guidelines should be applied to all other venues in the school including: a la carte, snacks, vending machines, school stores, fundraising activities, parties, celebrations, and other school sponsored events. All foods and beverages sold in school must meet the Standards for Food and Beverages.

Best Choices

- Granola bars, whole-grain fruit bars
- Nuts and seeds-plain or with spices
- Nut mix
- Trail mix-plain
- Fresh fruit of all varieties
- Dried Fruit
- Fresh vegetables
- Low sodium varieties of jerky (beef, buffalo, turkey)
- Yogurt, low-fat and no sugars added
- String cheese
- Fruit/Vegetable juice 100%
- 1% or skim Milk
- Plain water
- Dry roasted peanuts, tree nuts, and soy nuts
- Fruit bars
- Frozen fruit juice bars (no sugar or high fructose corn syrup)

Good Choices:

- Nuts with light sugar covering; honey-roasted
- Popcorn without hydrogenated fats
- Individually packed fruit in natural juices only
- Fruit leather
- Animal crackers and graham crackers
- Pretzels
- Low fat ice cream and sherbet bars
- Peanut butter and crackers
- Low-fat pudding
- Baked chips, corn nuts

Approved Choices:

- Pickles
- Nachos

Nutrition Education and Promotion Component

Background- Cheyenne-Eagle Butte Schools promote a healthy school venue by supporting wellness, good nutrition and regular physical activity as part of the total learning experience and environment. By facilitating

learning through the support and promotion of good nutrition and physical activity, each school contributes to the basic health status of children. Improved health and nutrition education optimizes student performance potential and reduces their risk of/for long term health complications.

The entire school environment, not just the classroom, shall be aligned with healthy school goals that will positively impact on the students' understanding, beliefs, behaviors and habits as they relate to good nutrition, good health, and physical fitness. The primary goal of nutrition education is to influence the students' eating behaviors. The building of nutrition knowledge and skills help children make healthy eating and food choices. The provision of nutrition education should:

- Be commensurate with the learning and developmental capacities and skills of the child
- Reflect each student's cultural background and heritage
- Be integrated in more than just a physical education curricula, i.e. science, math, arts, social sciences, language arts, English and elective subjects
- Provide children the opportunity to practice learned skills, and most importantly have fun through nutrition contests, promotions, taste testing, farm visits and/or school gardens
- Be maintained through an education curriculum that is simple to teach and allows for the fostering of lifelong healthy eating habits

Procedures

- Students in grades K-4 will receive nutrition education that is interactive and consistent with scientifically-based nutrition messages provided/posted throughout the school, classroom, cafeteria, and media. The W.O.L.F (Weight Off; Low Fat) Curriculum may be employed to help supplement the nutrition education needs of the population.
- Students in grades 5-12 will receive nutrition education that is consistent with scientifically-based nutrition messages provided/posted throughout the school, classroom, cafeteria, and media. The Youth Diabetes Prevention Program Staff, along with the Cheyenne River Cooperative Extension Services staff and/or other nutrition education resources will address the nutrition education needs of the population.
- Nutrition education will be promoted in the school dining area as well as in classroom (health education classes and/or standalone courses), and coordinated between the foodservice staff, teachers, and the resources identified above.
- Staff assigned to provide nutrition education will be adequately prepared to deliver an effective nutrition education program, or prior to delivery, participate in professional development activities specific to appropriate nutrition education training. The Home Extension Service, the Youth Diabetes Prevention Program staff, and/or other nutrition education resources will address the nutrition education needs of school staff.
- Each school will employ South Dakota Health Education Standards to promulgate nutrition science and concepts in grades K-12.
- Each school will disseminate relevant nutrition information for meal planning and food budgeting to families in the form of newsletters and/or formal adult education, that encourages teaching children the importance of good nutrition principles.
- Nutrition education services will involve C-EB Schools' Wellness Team that will have the formidable task of coordinating/conducting nutrition education actives and promotions that involve parents/guardians, students, and/or the community.
- Staff Development: Cheyenne-Eagle Butte Schools will support, encourage and offer professional development training opportunities for staff in the area of food, nutrition and /or dietetics.

Nutritional Topics/Themes:

Staff will be encouraged to integrate singular, or serial, nutrition themes into daily lesson plans when appropriate. The health benefits of good nutrition should be emphasized during these core or elective curriculum lessons, bulletin boards, health fair, science projects, etc.

Physical Activity, Education, and Promotion Component

The primary goal for the 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 activities, reduce sedentary time, and provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthful lifestyle.

Physical Education Classes K-12

- Physical education classes and physical activity opportunities shall be available for all students.
- Physical activity opportunities may be offered before school, during school, recess, or after school.
- Ensure that most of the Physical Education classes be taught by a physical education instructor.
- Increase physical education class time/intramural opportunities within the parameter of human and space resources available in grades K-12.
- Student shall be encouraged to take physical education classes as electives after completing the required physical education credit.
- Students should spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- Provide information to parents/guardians to help them encourage students to engage in daily physical activity.
- Health related physical fitness testing may be integrated into the curriculum. Tests shall be appropriate to the students' developed levels and physical abilities. Such testing shall be used to teach students to assess their fitness levels, set goals for improvement and monitor progress in reaching their goals.
- Provide a physical and social environment that encourages safe and enjoyable activity for all students.
- Encourage physical activity into the core subject area when applicable. Encourage interdisciplinary and cross curricular activities.
- Students shall not be held back from P.E. class to complete work.

Daily Recess

- All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoor, during which students are encouraged to engage in moderate to vigorous activity.
- When feasible, recess will occur prior to lunch to ensure appropriate healthful food and beverage intake.
- Extended periods of inactivity, two hours or more, are discouraged.

Physical activity Opportunities Before and After School

Cheyenne-Eagle Butte Schools may offer extra physical activity programs before and after school. Participation shall be encouraged.

Outside the School Day

Intramural programs, physical activity clubs, and interscholastic athletics are valuable supplements to a student's education. The school system shall endeavor to provide every student with opportunities to

voluntarily participate in physical activities that meet his or her needs, interest and abilities. The school system will provide facilities when available to those programs that are inclusive rather than exclusive.

- Physical activities ideas may be sent home with students or in school newsletters.
- Encourage parents/guardians and community members to institute programs that support physical activity.

Other School-Based Activities Component

Cheyenne-Eagle Butte Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity; and contributes to forming healthy life long habits for student, staff, and community.

Employee Wellness

School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Professional development

School District will provide nutrition education for student, staff and parents where appropriate.

Community Access to Facilities for physical activity

Cheyenne-Eagle Butte Schools will provide community access to the schools' physical activities facilities outside of the normal school day.

Safe Routes to School

Cheyenne-Eagle Butte Schools shall assess and, if necessary and to the extent possible, make needed improvements for a safe and easy way for students to walk or bike to school. When appropriate, the schools will work together with local city and tribal departments in these efforts.