

1 **Browning Public Schools**

2  
3 **Policy # 2510**

4 Policy Name: *School Wellness*

5 *Regulation:*

6  
7 The Browning School District is committed to providing school environments that promote and protect  
8 children’s health, well-being, and ability to learn by supporting healthy eating and physical activity.  
9 Therefore, it is the policy of the Browning School District that:

10  
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 health  
13 professionals, parents, students, school food service, the school Board, school administrators,  
14 educators, and the public. Training of this team of people on the components of a healthy school  
15 nutrition environment is recommended.
- 16 2. *Goals for nutrition education, nutrition promotion, physical activity, and other school-based*  
17 *activities* that are designed to promote student wellness in a manner that the local education agency  
18 determines appropriate.
- 19 3. *Implementation, Periodic Assessment, and Public Updates, including* expanding the purpose of the  
20 team of collaborators beyond the development of a local wellness policy to also include the  
21 implementation of the local wellness policy with periodic review and updates, inform and update the  
22 public every three years, at a minimum, (including parents, students, and others in the community)  
23 about the content and implementation of the local wellness policies, and to measure periodically and  
24 make available to the public an assessment of the local wellness policy, including:
  - 25 • The extent to which schools are in compliance with the local wellness policy;
  - 26 • The extent to which the LEA’s local wellness policy compares to model local school  
27 wellness policies; and
  - 28 • The progress made in attaining the goals of the local wellness policy.
- 29 4. *Nutrition guidelines* for all foods available on each school campus under the local education agency  
30 during the school day, with the objectives of promoting student health and nutrient-rich meals and  
31 snacks. This includes food and beverages sold in a la carte sales, vending machines, and student  
32 stores; and food and beverages used for classroom rewards and fundraising efforts.
- 33 5. *Guidelines for reimbursable school meals* to ensure that the District offers school meal programs with  
34 menus meeting the meal patterns and nutrition standards established by the U.S. Department of  
35 Agriculture.
- 36 6. *A plan for measuring implementation* of the local wellness policy, including designation of one or  
37 more persons within the local education agency or at each school, as appropriate, charged with  
38 operational responsibility for ensuring that each school fulfills the District’s local wellness policy.

39  
40 The suggested guidelines for developing the wellness policy include:

41  
42 **Nutrition Education and Nutrition Promotion**

43 All students K-12 shall receive nutrition education that teaches the knowledge and skills needed to adopt  
44 healthy eating behaviors and is aligned with the *Montana’s Health Enhancement Society of Health and*  
45 *Physical Educators (SHAPE) Health Education and Physical Education Content Standards*. Nutrition  
46 education shall be integrated into the curriculum. Nutrition information and education shall be offered and  
47 promoted throughout the school campus and based on the U.S. Dietary Guidelines for Americans. Staff who  
48 provide nutrition education shall have the appropriate training, such as in health enhancement or family  
49 and consumer sciences.

50  
51 **Health Enhancement and Physical Activity Opportunities**

52 The District shall offer health enhancement opportunities that include the components of a quality health

1 enhancement program taught by a K-12 certified health enhancement specialist.

2  
3 Health enhancement shall equip students with the knowledge, skills, and values necessary for lifelong  
4 physical activity. Health enhancement instruction shall be aligned with the *Montana's Health Enhancement*  
5 *Society of Health and Physical Educators (SHAPE) Health Education and Physical Education Content*  
6 *Standards*.

7  
8 All K-12 students of the District shall have a quality physical education and physical activity program. To the  
9 extent possible, all students will accumulate at least 60 minutes and up to several hours of physical activity  
10 per day while avoiding prolonged periods of inactivity.

11  
12 The District shall strive to provide 150 minutes of instructional physical education for elementary school  
13 children, and 225 minutes for middle and high school students per week for the duration of the entire school  
14 year.

15  
16 All K-12 students of the District shall have the opportunity to participate regularly in supervised, organized or  
17 unstructured, physical activities, to maintain physical fitness, and to understand the short- and long-term  
18 benefits of a physically active and healthy lifestyle.

19  
20 **Nutrition Standards**

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

24  
25 The District shall monitor all food and beverages sold or served to students, including those available outside  
26 the federally regulated child nutrition programs (i.e., a la carte, vending, student stores, classroom rewards,  
27 fundraising efforts), by meeting the United States Department of Agriculture (USDA) Smart Snacks in  
28 Schools nutrition standards. Snacks provided to students during the school day without charge (e.g. class  
29 parties) will meet standards set by the district. The Superintendent shall continually evaluate vending policies  
30 and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified  
31 accordingly or not renewed.

32  
33 **Other School-Based Activities Designed to Promote Student Wellness**

34 The District may implement other appropriate programs that help create a school environment that conveys  
35 consistent wellness messages and is conducive to healthy eating and physical activity, such as staff wellness  
36 programs, non-food reward system and fundraising efforts.

37  
38 **Maintaining Student Wellness**

39 The Superintendent shall develop and implement administrative rules consistent with this policy. Input from  
40 teachers, parents/guardians, students, school food service program, the school Board, school administrators,  
41 and the public shall be considered before implementing such rules. A sustained effort is necessary to  
42 implement and enforce this policy. The Superintendent shall measure how well this policy is being  
43 implemented, managed, and enforced. The Superintendent shall report to the Board, as requested, on the  
44 District's programs and efforts to meet the purpose and intent of this policy.

45  
46 Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act of 2004  
47 PL 111-296 The Healthy, Hunger-Free Kids Act of 2010

48  
49 **Policy History:**

50 Reviewed on: 4/13/21

51 Revised on:

52  
53