

SCHOOL WELLNESS

Laramie County School District #2 is committed to creating a healthy school environment that enhances the development of lifelong wellness practices to promote healthy eating and physical activities that support student achievement. The Wellness Policy for Laramie County School District #2 is based upon current USDA Wellness Policy requirements.

Nutrition Education

Throughout each school year, all students, Pre-K-12, in Laramie County School District #2 shall receive nutrition education that is aligned with the USDA Wellness Policy requirements, (Section 204 of the Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, added Section 9A to the Richard B. Russell National School Lunch Act (NSLA) (42 U.S.C. 1758b), *Local School Wellness Policy Implementation*) education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms and for the Fresh Fruits and Vegetables Program.

Nutrition Standards

Laramie County School District #2 shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. (Title 7—United States Department of Agriculture, Chapter ii - Food and Nutrition Service, Department of Agriculture, Part 210 - National School Lunch Program.)

Laramie County School District #2 will encourage students to make nutritious food choices. The district shall monitor all food and beverages sold or served to students, including those available outside the federally regulated child nutrition programs.

Laramie County School District #2 shall continually evaluate vending policies and contracts. Vending contracts that do not meet the intent and purpose of this policy shall be modified accordingly or not renewed.

Physical Education and Physical Activity Opportunities

The district/agency shall offer physical education opportunities that include the components of a quality physical education program. Physical education shall equip students with the knowledge, skills, and values necessary for lifelong physical activity. Physical education instruction shall be aligned with the *Wyoming Physical Education Content and Performance Standards*.

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

Nutrition Promotion and Student Wellness Activities

Laramie County School District #2 may implement other appropriate programs to help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

A. Educational Reinforcement

1. Encourage agencies and groups conducting nutrition education in the community to send consistent messages to students and their families.

B. Staff as Role Models.

1. School staff is encouraged to model healthy eating behaviors.
2. Encourage staff to participate in a wellness program.

C. Coordination of Programs

1. The food service program(s) shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as an environment to allow students to apply critical thinking skills taught in the classroom.

D. Nutrition-Related Health Problems

1. School counselors and school health services staff are encouraged to promote healthy eating to students and other staff. These professionals shall be prepared to recognize conditions such as obesity, eating disorders, and other nutrition-related health problems among students and staff and be able to refer them to appropriate services.

E. Other School-Based Activities Designed to Promote Student Wellness:

1. A safe, clean, and pleasant eating environment will be maintained in each school.
2. Students will have adequate time to eat during lunch.
3. Lunch periods will be scheduled as near to the middle of the day as possible.
4. Safe drinking water will be available throughout the day.

Implementation and Measurement

The Business Services Director/Food Service Director shall implement this policy and measure how well it is being managed and enforced. This same person shall develop and implement administrative rules consistent with this policy. Input from teachers (including specialists in health and physical education), school nurses, parents/guardians, students, representatives of the school food service program, school board members, school administrators, and the public shall be considered before implementing such rules. The Business Services Director/Food Service Director shall report to the local school board, as requested, on the district's programs and efforts to meet the purpose and intent of this policy.

Adoption Date: August 14, 2006

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