

Pingree-Buchanan Public Schools
Healthy School Nutrition Environment
Wellness Policy for 2016

Adopted May 10, 2006, Revised yearly, Last revision May 2016

The Pingree-Buchanan School District recognizes the importance of promoting a healthy school environment. The entire school environment shall be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and physical activity. To help promote such an environment, the district has set the following goals:

Nutritional Goals

The Pingree-Buchanan Public School District promotes a healthy school nutrition environment. The district supports and promotes the following nutritional goals:

- District health education curriculum standards and guidelines will include both nutrition and health classes.
- The high school offers a variety of health classes, which include: 10th grade health, 7-8 health, and Family and Consumer Science courses. Elementary School offers K-3 health classes 40 minutes per week, and 4-6 80 minutes per week. These courses teach students about wellness and healthy eating behaviors.
- The health and nutrition classes are taught by well-qualified and well-supported staff and are aimed at influencing students' eating habits as well as their knowledge and attitudes.
- The school website does display the lunch menu for parents, students, and the community to see.
- Both the high school and elementary school will link nutrition education activities with the health and food service program.
- School personnel are encouraged to be good role models and to practice consistent nutrition messages throughout the curriculum and school environment.
- The district will promote healthy eating to students, parents, teachers, administrators, and the community.
- Students are encouraged to bring healthier treats/snacks to school for birthdays, holiday parties, and other special events as listed in our student parent handbook.

Physical Education Goals

Pingree-Buchanan's primary goal for physical activities is to provide opportunities for every student to develop knowledge and skills to help them live a healthier life. The following guidelines are established to meet this goal:

- Every student in Pre-K through 6 does participate in physical education two to three times a week. Grades 7-12 shall be encouraged to participate in at least one program of school-based physical activity.
- Opportunities for physical activity for elementary students are available through daily recess periods before lunch and through the integration of physical activity during school hours.

- Opportunities for physical activities in grades 7-12 are available through a variety of weight lifting and physical education classes.
- A 20-minute open gym time will be offered to all 7th-8th grade students before lunch and to all 9th-12th grade students after lunch.
- The district will provide professional development to enable teachers and school staff to promote enjoyable, lifelong physical activity among students.
- The district will encourage parents and guardians to support their children's participation in physical activity.
- The district is encouraged to promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations.
- The district has added a fitness room to the high school campus that has a variety of weights and exercise equipment available for students, staff, and community members.

School Meal Guidelines

Pingree-Buchanan School District has implemented the following guidelines to ensure that meals offered through the National School Lunch and Breakfast Program meet all national and state standards.

- Meals will be appealing and attractive to students.
- Meals will be served in a clean, enjoyable environment.
- The school district will ensure adequate time for students to enjoy eating healthy foods.
- Water is available in the high-school lunchroom during lunch time. Water fountains are located in nearly all rooms at the elementary school. Access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.
- The school district will encourage students to participate in the school meals program and protect the identity of students who eat free and reduced lunch.

All foods available on school grounds and at school-sponsored activities should meet the district's nutrition standards. These guidelines include:

- High school vending machines located on school property do depict graphics of only 100% fruit or vegetable juices, or water. Vending machines will be turned off during the school day.
- Schools are encouraged to consider celebration activities other than food. This includes food or snacks brought from home.
- Classes will no longer be allowed to sell candy or pop during school hours for class fundraisers.

Implementation of the Wellness Policy

The school district recognizes the importance of implementing this wellness policy. Communication with students, parents, staff, and community members will ensure that all are in support of the district's efforts to provide a healthy diet and daily physical activity for students. The district will provide regular updates and information about nutrition education, physical activity, and physical education through the school website and newsletter.

The district's wellness committee will monitor policy compliance, assess progress, and determine areas of improvement within this policy. The committee will meet and report annually on the district-wide compliance of this policy. That report will be provided to the school board.