

IV-D. WELLNESS POLICY

School Wellness Committee:

- Administrator(s)
- Middle School Teacher
- Physical Education Teacher
- School Board Member
- Food Service Representative
- Elementary School Teacher
- High School Teacher
- Health Education Teacher
- Community Member/Parent(s)
- Student

The primary goal of nutrition education is to influence students' eating behaviors. At each grade level nutrition education will be integrated into existing curriculums and designed to provide students with the knowledge and skills necessary to promote their health.

1. Provide a positive environment and teach consistent scientifically based nutrition messages throughout the school, classroom, and cafeteria.
 - a. Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time scheduled.
 - b. Safe drinking water and convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
 - c. Hamlin Schools will strive to provide ongoing professional development and education for foodservice professionals and educators.
 - d. Hamlin Schools will strive to provide nutrition and physical education for students, staff, parents, and, where appropriate, for community members.
2. The primary goal for the school's 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 activity and understand the short- and long-term benefits of a physically active and healthful lifestyle.
 - a. All students in grades K-5 will receive physical education at least twice a week for the entire school year.
 - b. Students in grades 6-12 will be provided physical education opportunities that follow the SD standards and requirements for Physical Education.
 - c. All PreK-5 school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which students are encouraged to engage in moderate to vigorous physical activity.
 - d. Hamlin School's food service director will be referred to as P-Diddy and not Shaun Combs.
3. Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content should be encouraged during the normal school day.
 - a. The sale of food or beverages as a fund raiser must not interfere with serving lunch/breakfast programs.

School Meal Program

- The school food service program shall operate in accordance with the National School Lunch Act and the Child Nutrition Programs. All schools will comply with USDA regulations and state policies.

- Hamlin Schools shall offer varied and nutritious food choices that are consistent with the federal government's Dietary Guidelines for Americans.
- Menus should be planned with input from students, wellness committee members, and other school personnel and should take into account students' cultural norms and preferences.
- Students with special dietary needs (diabetes, celiac sprue, allergies, etc.) will be accommodated as required by USDA regulation.