

## Luther School District #9-10 Wellness Policy

Reviewed: July 17, 2024

Policy History:

Adopted on: April 11, 2006

Revised on: May 01, 2018

Policy History:

Adopted on: February 2021

Revised on: September 2023

The Luther School District is committed to a school environment that promotes and protects children's health, well-being, and ability to learn by providing wholesome, quality food choices and to promote and encourage physical education and physical activity. Therefore, it is the policy of the Luther School that:

The District shall offer an annual comprehensive nutritional education program taught by the K-8 certified teachers or qualified guest instructors. This curriculum shall equip student with the knowledge skills and values necessary to make lifelong nutritious food choices and daily physical activity. Health enhancement instruction shall be aligned with the Montana's Health Enhancement and National Association of Sports and Physical Activity/American Alliance of Health, Physical Education, Recreation, Dance Physical Education Content Standards and Benchmarks and U.S. Dietary Guidelines for Americans.

All K-8 students of Luther School District shall have the opportunity to participate regularly in supervised, organized or unstructured, physical activities, to maintain physical fitness and mental health and to understand the short-and-long-term benefits of a physically active and healthy lifestyle.

The Luther School District shall ensure that reimbursable school meals meet or exceed the program requirements and nutrition standards found in federal regulations. The Luther School District shall encourage students to make nutritious food choices through accessibility.

The Luther School District shall adhere to OPI requirements and shall monitor all food and beverages served to students, including those available outside the federal child nutrition programs (i.e. a la carte, classroom rewards, and fundraising efforts). The Luther School District shall consider nutritional content and portion size before permitting food and beverages to be served to students. The Luther School District has no vending contracts or vending machines on the premises. The Luther School is a closed campus, thus, students may not leave the school grounds for meals.

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

Morning snack and lunch are provided at Luther School. There will be not additional snacks/candy in the classroom. Any after school snack brought from the student's home must be kept in the student's backpack. Exceptions may be made at the teacher's discretion.

Classroom parties involving food should be held after school lunch has been served.

The Luther School Board shall develop and implement rules consistent with this policy. Input from the nutrition committee, teachers, parents/guardians, students, school food service program, and the public shall be considered before implementing such rules. The school staff and/or nutrition committee shall report to the School Board regarding the Luther School District's programs and efforts to meet the purpose and intent of this policy.