



Book	District
Section	E - Support Services
Title	WELLNESS POLICY
Code	EFC
Status	Active
Adopted	May 16, 2006
Last Revised	September 20, 2022
Last Reviewed	September 20, 2022

The FCSD #1 Wellness Committee 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 Local Wellness for FCSD #1 includes, but not limited to, the following USDA Wellness Policy requirements:

- The involvement of students, parents, school food authority, school board members, and the public in the development of policy and specific goals;
- Goals for nutrition education, physical activity, and other school-based activities that promote student wellness;
- Nutrition guidelines for all foods available on each school campus during the school day that promote student health and reduce childhood obesity;
- A plan for measuring implementation of the policy;
- Designation of one or more persons charged with the operational responsibility;
- The plan includes PE teachers, school health professional, and school Administrators in the development, implementation, periodic review, and update of the policy;
- The Wellness policy includes a plan for nutrition promotion; and
- Informs and updates the public (including parents, students, and community) about the content and implementation of the policy.

Nutrition Education

Throughout each school year, all students, Pre-K- 12, in Fremont County School District #1 shall receive nutrition education that is aligned with the USDA Wellness Policy requirements (42 U.S.C. 1758b). 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. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

Fremont County School District #1 shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. (7 C.F.R. Part 210).

Fremont County School District #1 shall 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.

Fremont County School District #1 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

Fremont County School District #1 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.

Other School-Based Activities Designed to Promote Student Wellness

Fremont County School District #1 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.

A. Educational Reinforcement

1. School instructional staff shall collaborate with 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 staffs are encouraged to model healthy eating behaviors.
2. Support a staff wellness program and encourage staff to participate with incentives.

C. Coordination of Programs

1. The food service program shall be closely coordinated with nutrition instruction. The school cafeteria shall serve as a laboratory to allow students to apply critical thinking skills taught in the classroom. Food service staff shall also work closely with those responsible for other components of the school health program to achieve common goals.

D. Recess Before Lunch

1. Schools are encouraged to implement Recess Before Lunch (RBL) Benefits to RBL include:
 - Decreased plate to waste: Students eat more when they are not in a hurry to go outside.
 - Cafeterias are calmer and less disruptive as students are more focused on lunch rather than the playground.
 - Students are more ready to learn as they return feeling more full and settled.

Implementation and Measurement

Fremont County School District #1 Wellness Committee shall implement this policy and measure how well it is being managed and enforced. The Wellness Committee 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. A sustained effort is necessary to implement and enforce this policy. The Wellness Committee 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.

Fremont #1 Wellness Goals

Nutrition Standards Goals

For additional goals, please visit the Food Service page on the district website.

1. Meal Times and Scheduling
 - Schools will provide students with at least 10 minutes to eat after sitting down for breakfast and 15 minutes after sitting down for lunch.
 - Staff should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
2. Classroom Celebrations

- o Schools should limit rewards that involve food/beverages during the school day to no more than one event per class per month. The Wellness Committee will disseminate a list of health celebration ideas to teacher and principals.

Measurements and Outcomes:

Goal number	Date of Implementation	How the goal was implemented	Outcome
1	8/5/2022	School Year 2023-2024 scheduling should incorporate appropriate time allotments.	
2	8/5/2022	Teacher and principals will work together with the wellness committee to gear celebrations toward non-food rewards	