

STUDENT INSTRUCTION

Wellness

Recognizing that good health and wellness are positively correlated to success in school, the Helena Public Schools Board of Trustees is committed to providing learning environments that promote children’s health, well-being and ability to learn. This commitment includes nutrition, education, physical activity and other school-based activities that are designed to promote student wellness.

*Nutritional Standards for Foods Available to Students.*

The District will serve meals that, at a minimum, meet the nutritional requirements established by the United States Department of Agriculture.

The District strongly encourages that all foods and beverages individually sold outside the school meal programs (including those sold through vending machines, student stores, fundraising, or through programs for students after the school day) will meet nutrition and portion size standards. Schools are discouraged from using foods and beverages, especially those that do not meet the nutrition standards and are sold individually, as rewards for academic performance or good behavior. In addition, foods and beverages will not be withheld as a form of punishment.

Schools are encouraged to limit the number of celebrations during the school day that involve food. Each celebration should include healthy foods and beverage choices, including water. Foods and beverages offered and sold at school events should include choices that meet the nutrition standards for meals and beverages sold individually.

*Development, Review, and Implementation of the Policy*

The Superintendent or designee will establish a committee comprised of staff members, parents, educators, and the public. The committee shall be responsible for the development of procedures that support wellness for both students and staff and are necessary to implement this policy. Members may include but are not limited to parents, students, school food service staff, health and physical education educators, school and community health professionals, trustees, administrators and members of the general public.

The District will assess the implementation of this policy and inform and update the public every three years, at a minimum, regarding compliance with the policy, how it compares to model wellness policies, and progress in attaining the goals of the wellness policy.

Legal References:	P.L. 108-265	Child Nutrition and WIC Reauthorization Act of 2004
	P.L. 111-296	The Healthy, Hunger-Free Kids Act of 2010
	10.55.701, ARM	Board of Trustees

Cross References:

Policy History:

Adopted on: 2.28.2012

Revised on: 5.9.2017