

**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.

Child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods which meet the health and nutrition needs of students; will consider the diversity of the student body in meal planning; and will provide clean, safe, and pleasant settings.

The intention of the District is to provide adequate time for students to eat.

The District strongly encourages that all foods and beverages sold before, during and 30 minutes after the school day, outside the school reimbursable meal programs, (including those sold through vending machines, student stores, a la carte programs, fundraising, or through programs for students after the school day) will follow the USDA Smart Snack regulations. 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. Helena Public Schools encourage the promotion of a positive learning environment by providing healthy celebrations that shift the focus from food to the child. Providing nutritious food options demonstrates a school commitment to promoting healthy behavior and supports classroom lessons. Each celebration should include healthy foods and beverage choices, including water. Physical activity during celebrations is encouraged.

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, 6.13.2023  
Reviewed on: