

## Livingston School District

### INSTRUCTION 2510

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#### School Wellness

**This policy is in combination with written procedures that will outline ways to meet standards within this wellness policy.**

The Livingston School District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Livingston School District that:

The local wellness policy, at a minimum, includes:

1. *Community involvement*, including input from parents, students, school food service, the school board, school administrators, educators, and the public in the development of the school wellness policy. Training of this team of people on the components of a healthy school nutrition environment is recommended.

2. Standards for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines as appropriate.

**Standard 1:** Offer nutrition information and education from trained staff members throughout school campuses based on the U.S. Dietary Guidelines for Americans.

**Standard 2:** Educate children within our schools that teach the knowledge and skills needed to adopt healthy eating behaviors.

**Standard 3:** Integrate Nutrition education into the curriculum.

3. Nutrition guidelines **for all foods available on each school campus** under the local education agency during the school day with the objectives of promoting student health and nutrient-rich meals and snacks.

**This includes food and beverages sold or offered in:**

1. A la carte sales
2. Vending machines
3. Student stores
4. Food and beverages used for classroom rewards
5. Fundraising efforts

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4. Guidelines for reimbursable school meals to ensure that the District offers school meal programs with menus meeting the meal patterns and nutrition standards established by the USDA

**Standard 1:** Meet the expectations set by State of Montana for serving meals subsidized by the Federal government.

**Standard 2:** Encourage participation of the Healthy School Meal Challenge per school

5. A plan for measuring the implementation of the local wellness policy, including designation of one or more persons within the local education agency or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the District's local wellness policy.

**Standard 1-** Identify a wellness coordinator for the district

**Standard 2 –** Conduct student wellness policy reports (wellness coordinator) of the district to be submitted to the superintendent for a bi-annual report to be submitted to the Board of Education.

**Standard 3-** The School District will inform and update the public **every 3 years, at a minimum,** (including parents, students, and others in the community) about the content and implementation of the local wellness policies.

6. Livingston Public Schools is dedicated to the Farm to School initiative and encourages emphasis on Farm to School project based learning in the classroom along with the utilization of fresh, local food when possible in Food Services

**Standard 1-** Staff is encouraged to integrate experiential education activities, - such as gardening, cooking demonstrations, farm and farmers' market tours - into existing curricula when appropriate.

**Standard 2-** Students will be informed about the variety of local and regional foods and how food choices can affect health, economy and environment.

### Maintaining Student Wellness

The Superintendent shall develop and implement administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service program, the school board, school administrators, and the public shall be considered before implementing such rules. A sustained effort is necessary to implement and enforce this policy. The Superintendent shall measure how well this policy is being implemented, managed, and enforced. The Superintendent shall report to the Board, as requested, on the District's programs and efforts to meet the purpose and intent of this policy.

Legal Reference: PL 108-265 The Child Nutrition and WIC Reauthorization Act  
Of 2004

Policy History:

Adopted on: 4-25-06

Revised on: 3-13-12

Revised on: 12/13/2016