



TAKINI SCHOOL



SCHOOL YEAR 2024 - 2025

WELLNESS POLICY

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Approved by Takini School Board Action February 17, 2024
CRST TED Committee Approved March 18, 2024

**BASED ON THE SOUTH DAKOTA MODEL WELLNESS POLICY
AND THE
ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY**

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Takini School Wellness Policy

Note: A local school wellness policy is a written document that guides a local education agency (hereinafter "LEA") in establishing a healthy school environment. Each LEA participating in the National School Lunch Program (hereinafter "NSLP") and/or School Breakfast Program (hereinafter "SBP") is required to establish a written local school wellness policy for all schools under its jurisdiction. 7 C.F.R. § 210.31. This "Basic" Takini School-level wellness policy template meets the minimum Federal standards for local school wellness policy implementation under the final rule of the Healthy, Hunger-Free Kids Act of 2010, 42 U.S.C. §§ 1751-1793, -and minimum best practice standards accepted in the education and public health fields. Takini School will choose policy language that meets its current needs and supports growth over time.

Preamble

Takini School is committed to the optimal development of every student. Takini School believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, and throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (hereinafter "USDA") School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods, including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines Takini's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. **Specifically, this policy establishes goals and procedures to ensure that:**

1. Students in Takini School have **access to healthy foods throughout the school day**- both through reimbursable school meals and other foods available throughout the school campus- in accordance with Federal and state nutrition standards.
2. Students receive quality **nutrition education** that helps them develop lifelong healthy eating behaviors.
3. Students have **opportunities to be physically active** before, during, and after school;
4. Takini School promotes nutrition, physical activity, and other activities that promote student wellness.
5. School staff is encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.

6. The community is engaged in supporting the work of Takini School in creating continuity between school and other settings *for* students and staff to practice lifelong healthy habits; and
7. Takini School establishes and maintains an infrastructure for **management, oversight, implementation, communication about, and monitoring of the policy** and its established goals and objectives.

School Wellness Committee

Committee Role and Membership

Takini School will convene a representative Takini School wellness committee (hereinafter “local wellness committee”) or work within an existing school health committee periodically to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this Takini School-level wellness policy (hereinafter “wellness policy”).

The local wellness committee membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: *parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services status [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], school Chief Administrator; principal; school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.*

Leadership

The Chief Administrator or designee(s) will convene the local wellness committee and facilitate the development of and updates to the wellness policy. It will ensure Takini School’s compliance with the wellness policy.

The designated official for oversight is the Wellness Policy Committee. The names, titles, and contact information of these individuals are:

Name	Title/Relationship to Takini School	Email address:	Role on Committee
Mora Dupris	Food Service Director	Mora.dupris@takiniskyhawks.com	Assist in the presentation of the wellness policy

Lonnie Brewer	Business Manager	lonnie.brewer@takinskyhawks.com	Assist with necessary items that support the application of the wellness policy
Tiffany Moore	Principal	tiffany.moore@takinskyhawks.com	Assist in the evaluation and implementation of the wellness policy
Kit Veit	Chief Administrator	kit.veit@takinskyhawks.com	Assist in the evaluation and implementation of the wellness policy

The TS Wellness Policy Coordinator is the Chief Administrator or their designee. The School Board may change the School Wellness Policy Coordinator by resolution or motion.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement
Implementation Plan

Takini School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines and includes information about responsibilities, specific goals, and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

This wellness policy and the progress reports/policy updates can be found at <https://www.takinskyhawks.com>.

Recordkeeping

Takini School will retain records to document compliance with the wellness policy requirements in the main office and for three years past the current year. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public.
- Documentation of efforts to review and update the Wellness Policy, including an indication of who is involved in the update and methods Takini School uses to make stakeholders aware annually of their ability to participate on the local wellness committee.
- Documentation to demonstrate compliance with the annual public notification requirements.

- The most recent assessment on the implementation of the local school wellness policy.
- Documentation demonstrating the most recent assessment on the implementation of the Wellness Policy has been made available to the public.

Annual Notification of Policy

Takini School will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy, and implementation status. Takini School will make this information available via the Takini School website and/or Takini School-wide communications. Takini School will provide as much information as possible about the school nutrition environment. This will include a summary of Takini School’s events or activities related to wellness policy implementation. Annually, Takini School will also publicize the name and contact information of the Takini School/school officials leading and coordinating the committee and information on how the public can get involved with the school wellness committee.

Triennial Progress Assessments

At least once every three years, Takini School will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

The extent to which Takini School complies with the local wellness policy.

The extent to which the Takini School’s wellness policy compares to a model policy (like the Alliance for a Healthier Generation’s model wellness policy or the State Model Wellness Policy) and a description of the progress made in attaining the goal of the Takini School’s wellness policy.

- Assessment will identify how the policy will be updated to add areas as needed, improve progress toward goals, etc.
- Documentation of when and how the policy was evaluated will be maintained.

The position/person responsible for managing the triennial assessment and contact information is *Tiffany Moore, Principal*.

The local wellness committee will monitor Takini School’s compliance with this wellness policy.

Takini School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The local wellness committee will recommend updates or modifications to the wellness policy to the School Board and the School Board will approve amendments based on the results of the annual School Health Index and triennial assessments and/or as Takini School priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years following the triennial assessment. Documentation of updates**

will be maintained, such as attendance sheets, meeting minutes, etc.

Community Involvement, Outreach, and Communications

Takini School is committed to being responsive to community input, which begins with awareness of the wellness policy. Takini School will actively communicate ways in which representatives of the local wellness committee and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that Takini School.

Takini School will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply them, and a description of and compliance with Smart Snacks in School nutrition standards. Takini School will use electronic mechanisms, such as email or displaying notices on the Takini School's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all family is actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. Takini School will ensure that communication is culturally and linguistically appropriate to the community and accomplished similar to other ways that Takini School is communicating important school information with parents.

Takini School will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. Takini School will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

Nutrition

School Meals

Takini School is committed to serving children healthy meals, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans*-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children to help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Takini School participates in USDA child nutrition programs, including the NSLP and the SBP. Takini School is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (Takini School offers reimbursable school meals that meet USDA nutrition standards.)
- Promote healthy food and beverage choices, such as one or more of the following:

- Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
- Sliced or cut fruit is available daily.
- Daily fruit options are displayed in a location in students' line of sight and reach.
- All available vegetable options have been given creative or descriptive names.
- Daily vegetable options are bundled into all grab-and-go meals available to students. All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meals.
- White milk is placed in front of other beverages in a cooler.
- Alternative entree options (e.g., salad bar, yogurt, parfaits, etc.) are highlighted on posters or signs within all service and dining areas.
- A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.).
- Student surveys and taste-testing opportunities are used to inform menu development, dining space décor, and promotional ideas.
- Student artwork is displayed in the service and/or dining areas.
- Daily announcements are used to promote and market menu options.

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer USDA's Professional Standards for School Nutrition training website to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day at Takini School. Takini School will make drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages

Takini School is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (e.g., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase the consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information and a Guide to Smart Snacks in Schools are available at <https://www.fns.usda.gov/tn/guide-smart-snacks-school>. The Alliance for a Healthier Generation provides a set of tools to assist with the implementation of Smart Snacks that is

available at www.foodplanner.healthiergeneration.org.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day and the extended school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in the cafeteria, vending machines, school stores, and snack or food carts.

Celebrations and Rewards (Optional)

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. Takini School will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents. Takini School will provide parents a list of foods and beverages that meet Smart Snacks nutrition standards.
3. Rewards and incentives. Takini School will provide teachers and other relevant school staff with a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. Takini School will make available to parents and teachers a list of healthy fundraising ideas.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout the school, classrooms, gymnasium, and cafeteria. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community.

Takini School will promote healthy food and beverage choices for all students throughout the school

campus and encourage participation in school meal programs. This promotion will occur through at least:

Reviewing and considering evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques; and

Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional promotion techniques that Takini School and individual schools may use are available at <https://foodplanner.healthiergeneration.org/>.

Nutrition Education

Takini School will teach, model, encourage and support healthy eating by all students. Takini School will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects.
- Includes enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods.
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise).
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services.
- Teaches media literacy with an emphasis on food and beverage marketing.
- Includes nutrition education training for teachers and other staff.

In the elementary school, nutrition education will be offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum that meets state and national standards. All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula.

Essential Healthy Eating Topics in Health Education

Takini School will include a health education curriculum; examples of topics are below:

- Relationship between healthy eating and personal health and disease Prevention,
- Food guidance from MyPlate,

- Reading and using FDAs nutrition fact labels,
- Eating a variety of foods every day,
- Balancing food intake and physical activity,
- Eating more fruits, vegetables and whole-grain products,
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans*-fat
- Choosing foods and beverages with little added sugars,
- Eating more calcium-rich foods,
- Preparing healthy meals and snacks,
- Risks of unhealthy weight control practices,
- Accepting body size differences,
- Food safety,
- Importance of water consumption,
- Importance of eating breakfast,
- Making healthy choices when eating at restaurants,
- Eating disorders,
- The Dietary Guidelines for Americans,
- Reducing sodium intake,
- Social influences on healthy eating, including media, family, peers, and culture,
- How to find valid information or services related to nutrition and dietary behavior,
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully,
- Resisting peer pressure related to unhealthy dietary behavior,
- Influencing, supporting, or advocating for others' healthy dietary behavior.

Food and Beverage Marketing in Schools

Takini School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Takini School strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on Takini School property that contains messages inconsistent with the health information Takini School is imparting through nutrition education and health promotion efforts. It is the intent of Takini School to protect and promote students' health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with Takini School's wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food and beverage marketing is defined as advertising and other promotions in schools. Food and beverage marketing often includes oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos, or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards. (Note: immediate replacement of these items is not required; however, Takini School will replace or update scoreboards or other durable equipment when existing contracts are up for renewal to the extent that is financially possible over time so that items are in compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books or school supplies displayed, distributed, offered, or sold by Takini School.
- Advertisements in school publications or school mailing.
- Free product samples, taste tests or coupons of a product, or free samples displaying advertising of a product.

As the Takini School/school nutrition services/Athletics Department/PTA/PTO reviews existing contracts and considers new contracts, equipment and product purchasing (and replacement) decisions should reflect the applicable marketing guidelines established by Takini School wellness policy.

Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (hereinafter "CSPAP"). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during, and after school; staff involvement and family and community engagement; and Takini School is committed to providing these opportunities. Takini School will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in the "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks, or physical education) will **not be withheld** as punishment for any reason. This does not include participation on sports teams that have specific academic requirements. Takini School

will provide teachers and other school staff with a list of ideas for alternative ways to discipline students.

To the extent practicable, Takini School will ensure that its grounds and facilities are safe and that equipment is available to students to be active. Takini School conducts necessary inspections and repairs.

Physical Education

Takini School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits) its, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All students will be provided equal opportunities to participate in physical education classes. Takini School will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All Takini School **elementary students** in each grade will receive physical education for at least 120 minutes per week throughout the school year.

All **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education and meet minimum state PE/Health Education requirements.

Examples of Physical Activity Topics in Health Education

- The physical, psychological, or social benefits of physical activity,
- How physical activity can contribute to a healthy weight,
- How physical activity can contribute to the academic learning process,
- How an inactive lifestyle contributes to chronic disease,
- Health-related fitness includes cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition,
- Differences between physical activity, exercise, and fitness,
- Phases of an exercise session are warm-up, work out, and cool down,
- Overcoming barriers to physical activity,
- Decreasing sedentary activities, such as TV watching,
- Opportunities for physical activity in the community,
- Preventing injury during physical activity,
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while

- being physically active,
- How much physical activity is enough, that is, determine the frequency, intensity, time, and type of physical activity,
 - Developing an individualized physical activity and fitness plan,
 - Monitoring progress toward reaching goals in an individualized physical activity plan,
 - Dangers of using performance-enhancing drugs, such as steroids,
 - Social influences on physical activity include media, family, peers, and culture,
 - How to find valid information or services related to physical activity and fitness,
 - How to influence, support, or advocate for others to engage in physical activity,
 - How to resist peer pressure that discourages physical activity.

Recess (Elementary)

Takini School will offer elementary students at least 15 **minutes of recess** on all days during the school year. This policy may be waived on early dismissal or late arrival days. If the recess is offered before lunch, Takini School will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating, and students will be required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/time frame before students enter the cafeteria.

Outdoor recess will be offered when the weather is feasible for outdoor play.

In the event that Takini School must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks (Elementary and Secondary)

Takini School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. Takini School recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for a physical education class, recess, and class transition periods.

Takini School will provide resources and links to resources and technology with ideas for classroom physical activity breaks. Resources and ideas are available through USDA and the Alliance for a

Healthier Generation.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language, social studies, and others) and do their part to limit sedentary behavior during the school day.

Takini School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities and activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

Takini School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. Takini School will encourage students to be physically active before and after school by:

Active Transport - Optional

Takini School will support active transport to and from school, such as walking or biking. Takini School will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to

Designate safe or preferred routes to school

Promote activities such as participation in International Walk to School Week, National Walk, and Bike to School Week

Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)

Instruction on walking/bicycling safety provided to students

Promote safe routes program to students, staff, and parents via newsletters, websites, local newspaper

Use crossing guards

Use crosswalks on streets leading to school

Use walking school buses

Document the number of children walking and or biking to and from school

Create and distribute maps of the school environment (e.g., sidewalks, crosswalks, roads, pathways,

bike racks, etc.)

Other Activities that Promote Student Wellness

Takini School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. Takini School will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

Takini School is encouraged to coordinate content that promotes student health across curricular areas, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the Takini School's curriculum experts.

All efforts related to obtaining federal, state or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the local wellness committee.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships - Optional

Takini School will develop, enhance, and continue relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation.

Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement- Optional

Takini School will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, Takini School will use electronic mechanisms (e.g., email or displaying notices on the Takini School's

website), as well as non-electronic mechanisms (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion - Optional

The local wellness committee will focus on staff wellness issues, identifies, and disseminates wellness resources, and perform other functions that support staff wellness in coordination with human resources staff. The Chief Administrator will lead the subcommittee.

Takini School will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Takini School promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Takini School will use a healthy meeting policy for all events with available food options created by the local wellness committee or one that currently exists that optimizes healthy food options with a variety of choices and selections of healthy foods for a variety of dietary needs.

Professional Learning - Optional

When feasible, Takini School will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help Takini School staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing Takini School reform or academic improvement plans/efforts.

Glossary:

Extended School Day - the time during, before, and after school that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals, and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g., on scoreboards, coolers, cups, and water bottles) or parking lots.

School Day - the time between midnight the night before, and 30 minutes after the end of the instructional day.

Triennial - recurring every three years.

Additional Resources

- 1 Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility **for** Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents' Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523-532.
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