

Pierre Indian Learning Center

Wellness Policy

8/14/2023

Objective: The Pierre Indian Learning Center realizes that obesity and malnutrition are problems that plague many American schools. Therefore, Pierre Indian Learning Center has taken steps to ensure students are given the opportunity to eat healthy foods, engage in physical activity, and are properly educated in how to live a healthy lifestyle.

Committee:

The following individuals comprise of the Wellness Policy committee:

1. Food service director: Cheryl Reed
2. Administrator: Dr. Veronica Pietz
3. Classroom Teacher: Renee Sears
4. Student member: TBA
5. School nurse: Mitch Kleinsasser

The administrator identified above is the staff member responsible for implantation and oversight of the Pierre Indian Learning Center's Wellness Policy.

Nutrition Education: The Pierre Indian Learning Center requires nutrition education for all students. The primary goal for nutrition education is to influence students on how to live a healthy lifestyle, and to influence students' eating behaviors.

- First through sixth grade students are required 45 minutes of health education per school week.
- Seventh and eighth grade students are required 90 minutes of health education per school week.

The Pierre Indian Learning Center teaches nutrition education to its students by following the state of South Dakota health education content standards. The standards include:

- Students will understand health promotion and disease prevention concepts and practices.
- Students will understand health promotion and disease prevention concepts and practices.
- Students will access and evaluate health information, products, and services,

- Students will understand the benefits of practicing health-enhancing behaviors that reduce health risks.
- Students will use interpersonal communication skills to enhance personal health.
- Students will contribute to the health of their families, peers, schools, communities, and the environment.
- Food provided by the Pierre Indian Learning Center to students follows USDA guidelines.

Physical activity component: The Pierre Indian Learning Center's primary goal for the school's physical education program is to provide students with opportunities, to maintain and improve their physical health. The Pierre Indian Learning Center also:

- Ensures that all students receive daily physical education classes.
- Has highly qualified physical education teachers teach the physical education classes.
- Requires that students spend at least 50 percent of the class time participating in moderate to vigorous physical activity.
- The physical education program will demonstrate progression and sequence in accordance to South Dakota State Standards.

Physical activity opportunities:

- First through fifth grade students will be given at least 20 minutes a day of supervised recess. First through third grade will be given 45 minutes (one thirty-minute recess period and one 15-minute recess period), and fourth through sixth grade will be given one half-an-hour recess period. Whenever possible, the recesses will be offered outside.
- Long periods of inactivity are discouraged (two or more hours). When students need to stay inactive for long periods of time, such as when state-wide testing is required, students will be given opportunities to become moderately active.

Rewards/Incentives/Consequences

- Students will not be withheld from physical education classes as consequences for inappropriate behavior.
- Students will not be denied physical activity as consequences for inappropriate behavior.
- Teachers will give students candy or pop as rewards or incentives for appropriate behavior in very limited circumstances.

Nutrition Guidelines:

- Students will be given the opportunity to eat healthy meals in a clean and safe environment.
- The Pierre Indian Learning Center will provide students with safe drinking water by allowing occasional use of its water fountains and hand sanitizer.
- Access to facilities for hand washing will be available during meal periods.
- Students will be provided with at least 20 minutes to eat for lunch once served.
- Pierre Indian Learning Center will only promote products that are compliant with USDA standards.

Food Guidelines: Students' eating habits are influenced by the types of foods that are available to them during the school day. Pierre Indian Learning Center recognizes this dilemma and therefore has set the following guidelines:

School Meal program:

- The Pierre Indian Learning Center's food service program operates in accordance with the National School Lunch Act and the Child Nutrition Act of 1996. Pierre Indian Learning Center also operates its food service program in compliance with USDA and CANS (Child and Adult Nutrition Services) regulations.
- Pierre Indian Learning Center serves varied nutritious food choices for its meals.
- Students with special dietary needs will be accommodated as required by USDA regulations.

School parties and Celebrations:

- Pierre Indian Learning Center employees will limit celebrations during the school day that involve food.
- If Pierre Indian Learning Center employees do have parties, the students will not have more than one food or beverage that does not meet the Standards for Food and beverages.

Vending machines:

- Vending machines in the school and gymnasium will be off limits to students during the school day. The Pierre Indian Learning Center's dormitory program will offer students with healthy food and beverage choices.

Assessment:

- The school wellness committee will meet yearly to ensure that the Pierre Indian Learning Center is meeting the requirements for the school's Wellness Policy. Pierre Indian Learning Center will assess the Wellness Policy every 3 years using the Triennial Assessment Summary.
- Stakeholders, administrators, and PILC staff are given the opportunity to participate in improvement of our PILC Wellness Policy at our yearly stakeholder's meeting which takes place during our yearly in-service training.