

Assessment on the Implementation of the Local School Wellness Policy
Spearfish School District
October 2017

As stated in the school's Wellness Policy, the Wellness Council will meet annually and will review this policy and suggest possible revisions, coordinate the implementation of this policy, and promote healthy eating and physical activity.

Recommendations:

1. Solicit student meal preferences through surveys and interviews.
 - a. Food staff consistently solicit student input regarding taste preferences.
 - b. The food vendor offers taste tests when introducing new items.
2. Create a Wellness Committee for the purpose of promoting student and staff physical activity through challenges and incentives.

Goals: Nutrition Education and Promotion

A review of the implementation of the Wellness Policy shows that the following policy goals are consistently met:

1. No student in Spearfish School District goes hungry during school.
2. Sampling and tasting in farmers markets shall be encouraged as part of nutrition education.
3. Lunch periods shall be scheduled so that students do not have to eat lunch unusually early or late, and ideally, so that they come after periods of exercise.
4. All school eating areas shall contain free, safe, drinking water sources and facilities for washing hands.

A review of the implementation of the Wellness Policy shows that the following policy goals are in the process of being met:

1. The Spearfish School District, Before/After Care Program, and City Recreation Center will train in and implement a consistent Nutrition and Physical Activity curriculum.
2. Meals will be attractively presented and served in a pleasant environment with sufficient time for eating, while fostering good eating habits, enjoyment of meals, good manners, and respect for others.

Goal: Physical Activity

A review of the implementation of the Wellness Policy shows that the following policy goals are consistently met:

1. Physical education teachers shall implement a curriculum that connects and demonstrate the interrelationship between physical activity, good nutrition, and health;
2. Physical Education classes will include participation in moderate to vigorous intensity physical activity for at least half the class.
3. The physical education curriculum should be consistent with the SD physical
4. An appropriate alternative activity shall be provided for students with a physical disability that may restrict excessive physical exertion.
5. Daily recess for students in all elementary schools is provided.

A review of the implementation of the Wellness Policy shows that the following policy goals are in the process of being met:

1. The Spearfish School District, Before/After Care Program, and City Recreation Center will train in and implement a consistent Nutrition and Physical Activity curriculum.
2. In the process of working on an acceptable student-teacher ratio in the middle school for both physical education and health education.

Goal: School-Based Learning Experiences

A review of the implementation of the Wellness Policy shows that the following policy goals are consistently met:

1. Students shall be offered the opportunity to participate in outdoor education programs that make connections between diet, health and the environment, and the interdependence of living things.

A review of the implementation of the Wellness Policy shows that the following policy goals are in the process of being met:

1. School food service will work with community partners to facilitate student understanding and appreciation of fresh, local, sustainably grown food.

Goal: Professional Development

A review of the implementation of the Wellness Policy shows that the following policy goals are *in the process of being met*:

1. Regular professional development will be provided, at least annually, to the Food Service Staff on basic nutrition, nutrition education, and benefits of sustainable agriculture.

Goal: Nutrition Guidelines

A review of the implementation of the Wellness Policy shows that the following policy goals are *being met*:

1. All qualified children will become eligible for free meals, through frequent checking and coordination with county social services;
2. Schools will provide students with at least 20 minutes to eat after sitting down for breakfast and 30 minutes after sitting down for lunch;
3. Foods offered to students and employees of the during the day as a snack, an incentive, or in school offices, whether provided by parents or staff, shall be consistent with the goals of the policy;
4. Parents and staff are encouraged to provide party snacks that are consistent with the goals of the policy, and to see to it that such items are served after the lunch hour whenever possible;
5. Schools shall offer a variety of fresh fruits and vegetables, at least two non-fried vegetables and fruit each day,