

Tiospaye Topa School Wellness Policy



2024-2025

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Adopted 2024-2025

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I. Introduction

Tiospaye Topa School (hereinafter, “TTS”) is committed to the optimal development of every student. The TTS 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, throughout the school year.

II. School Wellness Committee

A. Committee Role and Membership

The TTS will convene a representative TTS wellness committee (hereinafter, “TTSWC”) that meets at least once every school year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this TTS wellness policy (heretofore referred as “wellness policy”).

The TTSWC membership will represent all school levels and include, but not be limited to, parents and caregivers; students; physical education and health education teachers; school health professionals; school administrators; school board members; community health professionals; and the general public.

B. Tiospaye Topa School Wellness Committee Members

Name	Title	Email address	Role
Sheri Drew	7-12 Health/ Science Teacher	sheri.drew@tiospayetopa.com	Coordinator
Pete Ducheneaux	Nurse	pducheneaux@horizonhealthcare.org	Member
Chelsey LeCompte	Head Cook	chelsey.lecompte@tiospayetopa.com	Member
Richard Smith Sr.	Teacher/Parent	bubba.smith@tiospayetopa.com	Member
Jeremiah Whalen	Para/Coach	jeremiah.whalen@tiospayetopa.com	Member
Rizzi Rubian	Teacher	rizzi.rubian@tiospayetopa.com	Member
Jesse Talks	Student	jesse.talks@tiospayetopa.com	Member

III. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

A. Implementation Plan

The TTS will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. This wellness policy can be found in the K-12 Principal's office.

B. Recordkeeping

The TTS Wellness Coordinator will retain records to document compliance with the requirements of the wellness policy.

C. Revisions and Updating the Policy

The wellness policy will be assessed and updated as indicated at least every three (3) years.

D. Community Involvement, Outreach, and Communications

The TTS is committed to being responsive to community input, which begins with awareness of the wellness policy. Parents and/or community members are welcome to serve on the TTSWC. The TTS will partner with the Horizon Health Care Clinic and other health related agencies if applicable. Communication with patrons may include, but is not limited to:

- Parent Involvement presentations
- Newspaper articles
- School Outreach
- Social Media Updates (FB, school website)

IV. Nutrition

A. School Meals

The TTS participates in USDA child nutrition programs, including the National School Lunch Program ("NSLP") and the School Breakfast Program ("SBP") 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. (The TTS offers reimbursable school meals that meet [USDA nutrition standards](#).)

The TTSWC will promote healthy food and beverage choices in one or more of the following ways:

- Making sliced or cut fruit available daily. Training all kitchen staff members, especially those serving, to politely prompt students to select and consume the daily vegetable options with their meal
- Posting menus on public bulletin boards in school lobby and/or Social Media monthly
- Allowing students at least twenty (20) minutes to eat breakfast and at least twenty (20) minutes to eat lunch

B. *Water*

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. The TTS will make drinking water available during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

C. *Competitive Foods and Beverages*

The TTS is committed to ensuring that all foods and beverages available to students during the school day support healthy eating. USDA Smart Snacks in School nutrition standards aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

D. *Celebrations and Rewards*

Foods offered on the school campus will be recommended to meet the USDA Smart Snacks in School nutrition standards.

E. *Fundraising*

The TTSWC recommends that foods and beverages sold through fundraisers during the school day meet the USDA Smart Snacks in Schools nutrition standards.

F. *Nutrition Promotion*

The TTS will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs, in one or more of the following ways:

- Implementing evidence-based healthy food promotion techniques through the school meal programs using Smarter Lunchroom techniques, e.g., those listed on this website: <https://www.cde.ca.gov/ls/nu/he/smarterlunchrooms.asp>; and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards, which are currently under revision but available at <https://www.fns.usda.gov/tn/guide-smart-snacks-school>.

- Additional possible promotion techniques that the TTS may use are available at www.healthiergeneration.org/smartsnacks.

G. Nutrition Education

The TTS aims to teach, model, encourage, and support healthy eating by students. TTS staff 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;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities; such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens;
- Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, other school foods and nutrition-related community services;
- Include nutrition education training for teachers and other staff.

H. Essential Healthy Eating Topics in Health Education

The TTS will provide health education; the following essential topics on healthy eating may be included:

- The relationship between healthy eating and personal health and disease prevention
- Food guidance from [MyPlate](#)
- Reading and using FDA's 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 (available at https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf)
- 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

I. Food and Beverage Marketing in Schools

Currently the TTS does not have a food and beverage marketing program in place.

V. Physical Activity

TTS is committed to providing physical activity opportunities that include these components: physical education, recess, classroom-based physical activity, walking and bicycling to school, and out-of-school time activities. TTS will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education.

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.

TTS will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The TTS will conduct necessary inspections and repairs.

Through a formal joint or shared use agreement, indoor and outdoor physical activity facilities will be available to students, their families, and the community outside of school hours.

A. Physical Education

The physical education classes will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits.

Students will be provided equal opportunity to participate in physical education classes. The TTS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

Elementary students in each grade will receive physical education for at least 60-120 minutes per week throughout the school year.

Secondary students (high school) are required to take the equivalent of ½ unit of physical education and meet minimum state PE/Health Education requirements.

The TTS physical education program will promote student physical fitness through individualized and group activities.

- *All physical education classes in TTS are taught by licensed teachers who are certified to teach physical education.*

B. Examples of Physical Activity Topics in Health Education

The TTS will promote the following essential topics on physical activity:

- 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, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.
- Differences between physical activity, exercise, and fitness.
- Phases of an exercise session, i.e., warm up, workout, 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, determining 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, including 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.

C. Recess (Elementary)

All elementary students will receive at least **30 minutes of recess** on all or most days during the school year. If recess is offered before lunch, schools 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 are required to use these mechanisms before eating.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school must conduct **indoor recess**, teachers and staff will supervise and promote physical activity for students, to the extent practicable.

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

D. Physical Activity Breaks (Elementary and Secondary)

The TTS recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classes at least three days per week. These physical activity breaks will complement, not substitute, physical education class, recess, and class transition periods.

The TTS will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through the USDA.

E. Active Academics

Teachers will incorporate and do their part to limit sedentary behavior during the school day.

The TTS will support classroom teachers incorporating physical activity.

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

F. Before and After School Activities

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

VI. Other Activities that Promote Student Wellness

The TTS will integrate wellness activities across the entire school setting, not just in the cafeteria and gym.

The TTS staff is encouraged to coordinate content across curricular areas that promote student health.

A. Community Partnerships

The TTS will continue relationships with community partners including but not limited to the Horizon Health Care Clinic, local businesses, and SD Department of Health.

B. Community Health Promotion and Engagement

The TTS will promote to parents/caregivers, families, and the general community the benefits of and approaches to healthy eating and physical activity throughout the school year.

C. Staff Wellness and Health Promotion

The TTSWC will address staff wellness issues and wellness resources.

The TTS will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors through staff meetings and education. The TTSWC 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.

D. Professional Learning

When feasible, the TTS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.