



"To Build Knowledge and Skills for Success Today and Tomorrow"

File: JB

EQUAL EDUCATIONAL OPPORTUNITIES

All students of the District will have equal educational opportunities. The Board will not discriminate on the basis of race, color, creed, religion, gender, disability, homelessness, marital status, pregnancy, national origin, or ancestry in its policies or programs.

LEGAL REFS.:

Civil Rights Act of 1964, as amended in 1972, Title VI, Title VII
Executive Order 11246, 1965, amended by Executive Order 11375
Education Amendments of 1972, Title IX (P.L. 92-318)
45 CFR, Parts 81, 86 (Federal Register, June 4, 1974, August 11, 1975)
Education for All Handicapped Children Act (P.L. 94-142)
Section 504 of the Vocational Rehabilitation Act of 1973
SDCL 13-28-5
13-28-6
13-28-14

Revised January 12, 2010
Adopted July 14, 1986



"To Build Knowledge and Skills for Success Today and Tomorrow"

File: JC

SCHOOL ATTENDANCE AREAS

The Board will determine attendance areas for the various schools of the District, after considering the recommendations of the superintendent. In recommending boundary lines, the superintendent will take into consideration the best use of school facilities, the equalization of enrollments in classrooms, natural barriers, traffic hazards and patterns, and residence patterns of students.

Students in elementary grades who change residence from one elementary attendance area to another shall be transferred at the time of moving, unless otherwise authorized by the superintendent.

Students for whom special education classes are provided by the school district shall be enrolled in the school where such classes are located.

Students normally will be assigned to the school nearest their residence, unless established bus routes, accessibility, programs, or capacity dictate otherwise.

The attendance areas are listed below. Parents or guardians who wish to have their student attend a school other than the assigned school must follow the provisions of Policy JECB/JECC. Principals and/or the superintendent may make exceptions to the attendance areas in unusual circumstances.

Attendance Areas

| | |
|-----------------------------------|-------------|
| Sturgis Elementary School | Grades K-5 |
| Piedmont Valley Elementary School | Grades K-6 |
| Whitewood Elementary School | Grades K-6 |
| Rural Schools (Operational) | Grades K-8 |
| Sturgis Williams Middle School | Grades 6-8 |
| Sturgis Brown High School | Grades 9-12 |
| Sturgis Brown High School Academy | Grades 9-12 |

LEGAL REFS.: SDCL 13-28-15
13-28-19

Revised January 12, 2010; August 16, 2005
Revised July 12, 1999; July 13, 1998; January 16, 1996
Revised March 16, 1993; February 18, 1992; July 10, 1989
Adopted July 14, 1986



"To Build Knowledge and Skills for Success Today and Tomorrow"

File: JEB

ENTRANCE AGE

Mandatory Kindergarten Attendance:

Effective July 1, 2010, all children must attend kindergarten prior to age seven. ~~A child must begin kindergarten at age six; a child may, at the parents' discretion, enroll in kindergarten at age five.~~

Minimum Age Requirement:

Any child entering kindergarten must be at least five years of age on or before the first day of September.

Out-of-State Transfer Exception:

Any child who transfers from another state need not attend kindergarten if:

- (a) the child has successfully completed kindergarten in another state; or
- (b) the child has begun a continuous education program in another state (i.e., the child has completed first grade in another state, even if he/she never previously attended kindergarten).

Proof of Birth Required:

Proof of birth will be required through a birth certificate or an affidavit in lieu of a birth certificate issued by the Department of Health in cases where the original birth certificate is deemed unattainable.

LEGAL REF: SDCL 13-27-1; 13-27-3.1; 13-28-2

Revised March 9, 2010, July 10, 1989
Adopted July 14, 1986



“To Build Knowledge and Skills for Success Today and Tomorrow”

File: JECB/JECC

ADMISSION OF NONRESIDENT STUDENTS/ASSIGNMENT OF RESIDENT STUDENTS

This policy is enacted to fairly allow admission and assignment of both resident and non-resident students in the Meade School District. For the purposes of this policy, the term "resident district" means the district in which the student has legal residence as determined by SDCL 13-28-9. The term "non-resident district" means any district in which a non-resident student seeks to enroll. The term "assigned school" means the attendance center within the district to which a resident student is assigned. The term "non-assigned school" means an attendance center within a resident student's district to which the student has not been assigned.

The Board will accept all students from other districts wishing to enroll, provided the Meade School District's facilities can accommodate the students without adversely affecting the quality of the educational program. The Board also will consider applications for resident students to enroll in non-assigned schools. The procedures and criteria to be used by the Board in making its decisions are specified below.

A. GENERAL RULES:

1. Transfers from another school district into the District may only take place prior to the last Friday in September during the first semester of any school year, and prior to the last Friday in January during the second semester of any school year. If the District approves an application for such a transfer after the deadline in the first semester, the transfer will occur at the start of the second semester. If the District approves an application for such a transfer after the deadline in the second semester, the transfer will occur at the start of the following school year. The deadlines for transfer do not apply if:
 - (1) A student is seeking to transfer to an alternative school or a specialized nonpublic educational program;
 - (2) A student enrolls in a school district after the deadline in either semester; or
 - (3) The District's Superintendent determines that special circumstances exist and allows a student to transfer into the District after the deadline.
2. All nonresident requests for open enrollment into the District must be submitted to the District's Superintendent on the official application form provided by the South Dakota Department of Education.
3. Nonresident student open enrollment applications to attend school within the District will be reviewed and acted upon in the order in which they are received. However, if the

applicant is a sibling of a student accepted into and currently enrolled in the District, that student's application shall take priority over all other applications.

4. The Superintendent shall either approve or deny the application for open enrollment. A decision of the Superintendent to deny an open enrollment application may be appealed to the School Board. A decision of the School Board to deny student's application for open enrollment may be appealed to the circuit court pursuant to State Law. ^(a)
5. Decisions to accept or reject open enrollment applications will be based on the criteria listed in "Criteria For Making Transfer Determinations" (Section E).
6. The applicant and the resident school board will be notified within five days of the decision.
7. An application may be withdrawn by the applicant prior to the approval of the request and upon written notification to the District's Superintendent.
8. Once approved by the District, the approved application serves as the applicant's notice of intent to enroll in the District and obligates the student to attend school within the District during the school year, unless the affected school board or boards agree in writing to allow the student to transfer back to the resident district or assigned school, or unless the parents, guardians, or emancipated student change residence to another district. A decision by either school board to deny a request to return to the resident school district may be appealed to circuit court pursuant to law.
9. Once enrolled under open enrollment in the District, the student may remain enrolled and is not required to resubmit annual applications.
10. The parent or legal guardian of a student who has been accepted for transfer under open enrollment is responsible for transporting the student to and from school without reimbursement.
11. The District shall accept credits for any course completed in any other accredited school district but shall award a diploma to a nonresident student only if the student satisfactorily meets the District's graduation requirements.
12. If two or more nonresident students from the same family, residing in the same household, request open enrollment into the District, all requests from that family must be either approved or denied and the District shall not deny an application if doing so would result in children from the same household enrolling in different school districts. However, if the District cannot provide an appropriate education for a child in need of special education or special education and related services, the District may deny that child's application for open enrollment.
13. Any student under long term suspension or expulsion will not be allowed to open enroll until the suspension or expulsion is completed.
14. The rules of the South Dakota High School Activities Association will govern eligibility for participation in activities.

~~A. ADMISSION OF NONRESIDENT STUDENTS~~

- ~~1. A student who is a legal resident of another South Dakota district seeking to transfer to the Meade School District must make application to the Meade School District. The application must be on forms provided by the Department of Education. The application must be made by an unemancipated student's parent or guardian or by the emancipated student.~~
- ~~2. The application will be approved or disapproved by the Meade School Board. The applicant and the resident district will be notified of the decision within five days of the decision. Applications will be reviewed in the order received.~~
- ~~3. The application may be withdrawn by the applicant prior to the approval of the request through notification to the Board.~~
- ~~4. Once approved by the Meade School District, the applicant's intent to enroll obligates the student to attend school in the Meade School District for the next school year, unless the two boards agree in writing to allow a student to return to the original district or unless the parent, guardian, or student changes residence to another district.~~
- ~~5. Once enrolled in the Meade School District, the enrollment will continue unless a *bona fide* change of residence occurs or a subsequent transfer application is received.~~
- ~~6. The Meade School District will accept credits granted for any course successfully completed in another accredited district. The Meade School District will award a diploma to a non-resident only if the student satisfactorily meets the Meade School District's graduation requirements.~~
- ~~7. Transportation of non-resident students to school is the responsibility of the applicant.~~
- ~~8. Non-resident students may express a preference to attend a particular school within the Meade School District. However, the final determination of the school to which the student is to be assigned will be made by the Board.~~

15. In accordance with SDCL 13-28-10, a non-resident child who wishes to attend school within the Meade School District and who does not live with his or her parent or legal guardian, may be granted residency status upon petition to the School Board by the resident person with whom the child is living. The resident person with whom the child is living must present documentation verifying that he or she has Power of Attorney to act as the guardian of the child, including the right to act entirely *in loco parentis*; including the authority to approve or to decline medical treatment of any kind for the child and including the right to review medical records or school records. If the School Board rejects the request, the person who made the request may, within fifteen days after receipt of the rejection, appeal to the School Board for a hearing. The decision of the School Board after the hearing is final and may be appealed to the Circuit Court.

B. ASSIGNMENT OF RESIDENT STUDENTS

1. The attendance areas for schools in the Meade School District are contained in Policy JC. Parents or guardians who wish to have their student attend a school other than the assigned school (except for kindergarten students) must submit an application on prescribed forms.
2. The application will be approved or disapproved by the Meade School Board. The applicant will be notified of the decision within five days of the decision.

3. The application may be withdrawn by the applicant prior to the approval of the request through notification to the Board.
4. Applications from resident students to attend non-assigned schools will be processed prior to assigning non-resident students to specific schools in the Meade School District.
5. Assignments made by the Board of resident students to non-assigned schools and of non-resident students to specific schools will be considered tentative until pre-school registration has been completed in August. Students who move into the attendance area of a particular school prior to the dates of pre-school registration will be allowed to "bump" students who do not live in the attendance area. Notification of a reassignment based upon this provision will be made prior to the first day of school.
6. Resident students whose applications for reassignment have been denied due to lack of space in the requested school will have their names placed on a waiting list. Should spaces be available after pre-school registration in August has been completed, these students will be given the opportunity to attend the requested school. Notification of the availability of this option will be made prior to the first day of school.
7. Once the Meade School Board has approved an application, the applicant's intent to enroll obligates the student to attend school in the non-assigned school for the next school year, unless the Board agrees in writing to allow the student to return to the assigned school.
8. Students who are enrolled in a non-assigned school may receive bus service to the non-assigned school only if there is space available on an existing bus route. Students who are enrolled in a non-assigned school who are entitled to a mileage payment to the assigned school will receive the lesser of the mileage to the assigned school or the non-assigned school.

C. KINDERGARTEN STUDENTS

1. There will be a specific kindergarten registration period in the spring of each year. Should the number of students residing in an attendance area and wishing to attend the assigned school exceed the capacity of the assigned school, an attempt first will be made to find volunteers among parents residing in the attendance area who would be willing to enroll their students in another school. If this does not eliminate the excess number of students, a lottery will be held to determine which students may enroll in the assigned school. The administration will consult with the parents of the remaining students and assign them to another school.
2. Resident parents who wish to enroll their students in a non-assigned school will be provided with an application form for enrollment at a non-assigned school. The Board will approve such applications provided that the class-size limitations in the requested non-assigned school are not exceeded. Applicants will be notified of the decision within five days of the decision.
3. Should the number of applications for a given school from resident students exceed the class-size limitations, a lottery will be held to determine which applications shall be approved.

4. Non-resident kindergarten students will be accommodated on a space-available basis after the above steps have been followed. Applications will be reviewed in the order received.
5. Assignments made by the Board of resident kindergarten students to non-assigned schools and of nonresident kindergarten students to specific schools will be considered tentative until pre-school registration has been completed in August. Students who move into the attendance area of a particular school between the spring registration and the dates of pre-school registration in August will be allowed to "bump" students who do not live in the attendance area. Notification of a reassignment based upon this provision will be made prior to the first day of school.
6. Resident students whose applications for reassignment have been denied due to lack of space in the requested school will have their names placed on a waiting list. Should spaces be available after pre-school registration in August has been completed, these students will be given the opportunity to attend the requested school. Notification of the availability of this option will be made prior to the first day of school.

D. SPECIAL EDUCATION STUDENTS

The district will observe the provisions of SDCL 13-28-40 through 13-28-47 when considering the transfer application of any non-resident student in need of special education or related services.

E. CRITERIA FOR MAKING TRANSFER DETERMINATIONS

The standards will be available to any individual so requesting. Discrimination based upon the basis of gender, color, disability, national origin, race, creed, religion, homelessness, marital status, or pregnancy is prohibited. All members of the same family in the same household will be treated the same.

In making decisions regarding the acceptance of non-resident students and the approval of the transfer of resident students from the assigned school to a non-assigned school, the Meade School Board will consider the following criteria:

1. The capacity of the Sturgis Academy will be 27 students per 1.0 FTE teacher.
2. The maximum class sizes will be as follows: kindergarten, 18 students; grade 1, 20 students; grade 2, 22 students; grade 3, 25 students; grades 4-6, 28 students. If there are special needs students assigned to a particular classroom, the principal may establish a lower maximum class size based upon the student needs. The Board will examine class sizes every year and reserves the right to raise or lower maximum class sizes in a particular year in order to accommodate student enrollment.
3. The maximum class size for grades 7-12 normally will be 30 students, except that the principals may establish lower or higher maximums for individual specialized classes at their discretion.
4. The capacity of special education program or classes will be determined by the Special Services Director on an individual basis. Applications of non-resident students for enrollment in a special education program may be denied if such enrollment would require the district to incur additional staffing or other related costs.

5. The capacity of rural school classrooms will be determined by the principal on an individual basis. Applications of non-resident students for enrollment in a rural school or of resident students who reside in another attendance area will be rejected if such enrollment would require the addition of a teacher aide as per Policy IIBA or an additional teacher as per the recommendation of the principal.
6. It is not the intent of the Meade School Board to add class sections in order to accommodate non-resident students. However, the Board may at its discretion add such sections if the number of applications for a particular grade or class is such as to justify an additional section.
7. The Board may deny applications for any of the following reasons:
 - a. The standards established above in this section are violated;
 - b. The applicant is under suspension or expulsion;
 - c. The applicant has been convicted of possession, use, or distribution of any controlled substance, including marijuana, and is under suspension pursuant to SDCL 13-32-43;
 - d. The applicant has been convicted of a weapons charge relating to the schools and is under suspension pursuant to SDCL 13-32-43.
 - e. The Department of Education has authority to promulgate rules setting forth procedural and administrative requirements of the open enrollment program. The District will follow any and all such rules and procedures.

F. MISCELLANEOUS PROVISIONS

1. The Board will assign all students among the schools within the district, pursuant to SDCL 13-28.
2. The District will make relevant information about the District, schools, programs, policies, and procedures available to all interested people.

Appeals from Board action under the 1997 Open Enrollment Act can be made under SDCL 13-46 and the court will conduct a *de novo* review. The time for appeal under SDCL 13-46 is within ninety days from the date of the decision.

LEGAL REFS.:SDCL 13-13-10.1, 13-15-8.1 through 13-15-9;13-15-11, 13-15-21, 13-15-21.1; 13-15-23 through 13-15-24; 13-28-9; 13-28-10 through 13-28-11;13-28-19; 13-28-19.1; 13-28-20; 13-28-21; 13-28-23; 13-28-30; 13-28-34; 13-28-40 through 13-28-47; 13-32-4.3; 13-37-35

Revised 2015, Revised 2/9/2010
Revised 1/14/03, 2/15/00, 7/12/99
Adopted 10/21/97



“To Build Knowledge and Skills for Success Today and Tomorrow”

File: JHCE

DISTRICT WELLNESS POLICY

The Meade School District will provide all students with a strong foundation of knowledge, fitness, nutrition and healthy choices in a challenging and changing world. The district will provide an environment that promotes, protects and preserves health. Effective health education is a shared responsibility that begins in the home and is reinforced in the community by its citizens, health agencies and schools.

Nutrition Education:

The K-12 nutrition education will include elements that incorporate South Dakota Health Education Standards on nutritional concepts which support healthy lifetime nutritional decisions.

Nutrition Standards:

The K-12 nutrition standards will include, but not be limited to, promoting healthy nutritional choices while impressing upon the students the importance of good nutritional decisions throughout their lives.

1. The district will encourage healthy food choices for classroom activities.
2. The district will offer healthy choice options in all school vending machines and school sponsored events.
3. The district meal program will comply with local, state and federal guidelines.

Physical Activity:

The K-12 fitness and physical education curriculum will incorporate elements of South Dakota Physical Education Standards. The district will promote lifetime physical activity choices and encourage students to invest themselves in activity-based programs throughout life.

1. K-12 students will have the opportunity to be involved in physical activity through district physical education programs, before and after school activities, OR other activity programs.
2. K-12 students will be encouraged to participate in community-offered fitness and/or athletic programs.
3. The district will support facility usage by students and community members for fitness and/or athletic activities.

Other School-Based Activities:

The K-12 school-based activities will provide opportunities for students and staff to engage in lifetime wellness activities and screenings throughout their schools and community. The district will provide nutrition education and physical education to students, staff, parents, and when appropriate, community members. The district personnel will encourage healthy eating and physical activities.

Policy Evaluation:

~~The district administrators, through evaluation of all staff responsible for nutrition education, nutrition standards, physical education/activity, and other school-based activities, will assure that the requirements of this policy are met.~~

The Meade School District will provide all students with a strong foundation of knowledge, fitness, nutrition and healthy choices in a challenging and changing world. The district will provide an environment that promotes, protects and preserves health. Effective health education is a shared responsibility that begins in the home and is reinforced in the community by its citizens, health agencies and schools.

This Wellness Policy has been modeled after the South Dakota Board of Education's Model Wellness Policy from September 24, 2012.

Notification to the Public

This Wellness Policy will be reviewed and updated annually. It will be reported by means of the school website which can be found at www.meade.k12.sd.us.

Wellness Policy Components

- Nutrition Education and Promotion
- Physical Activity, Physical Education, and Promotion
- Other School Based Activities
- Nutrition Standards

Measurement and Assessment

The District designated the school physical education teacher and the food service director to annually assess and document the implementation of this Wellness Policy. This assessment will include:

- Establishment of goals for nutrition education and promotion; physical activity, physical education, and promotion; nutrition standards; and other school-based activities.
- Identification of stakeholders involved in the development and implementation of the local wellness plan.
- Means of informing the public about the content and implementation of the Wellness Plan.
- Attainment of goals associated with the Wellness Plan.

Nutrition Education and Promotion Component

The primary goal of nutrition education and promotion is to influence students' lifelong eating habits. Nutrition education will be offered as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote their health. Nutrition promotions are messages targeted to a specific audience to inspire/motivate them to take action. Nutrition education and nutrition promotions will be incorporated into the school day as often as possible.

Nutrition Education and Nutrition Promotion:

- Nutrition education and nutrition promotion are intended for students, staff, parents, and community members.

- Nutrition education and nutrition promotion provide consistent scientifically-based nutrition messages throughout the school, classroom, cafeteria, home, community, and media.
- Nutrition education and nutrition promotion are part of health education classes and/or stand alone classes which include Health Ed and Dietetics and Nutrition at the high school level.
- Nutrition education is included in the scope and sequence of the curriculum in core subjects such as math, science, language arts, and social sciences, as well as in elective subjects and guidance classes.
- The school cafeteria serves as a learning laboratory to allow students to apply critical thinking skills taught in the classroom.
- Nutrition education follows the SD Health Education Standards to include health knowledge and skills.
- Nutrition education and nutrition promotion provide enjoyable, developmentally appropriate, culturally relevant, and participatory activities.
- Nutrition education and nutrition promotion shares information with families to encourage the learning to continue and healthy habits to continue at home.
- Nutrition education and nutrition promotion will be provided by staff who are adequately prepared and who participate in professional development activities in order to deliver effective programming.
- Nutrition promotion will create a school environment that inspires and enables healthy nutrition choices.
- Nutrition promotion will include an action plan that will have observable and measurable goals and objectives for nutrition promotion.
- Nutrition promotion encourages staff to be role models for health and to exhibit a positive outlook toward healthy behaviors.
- School staff and parents will be encouraged to celebrate nutrition accomplishments and to share successes.

Physical Activity, Education, and Promotion Component

The primary goal for the physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, reduce sedentary time, and provide health education in order to instill an understanding of the short and long-term benefits of a physically active and healthy lifestyle.

Daily Physical Education Classes K-12

- All students in grades K-8 will receive physical education and/or physical activity for the entire school year. High school students are required to take one semester of daily physical education and one semester of daily health education during their high school years. Students with disabilities and those with special health care needs will be included.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.
- The physical education curriculum should demonstrate progression and sequence and be consistent with South Dakota and/or National Physical Education standards for Pre-K through grade 12.

Physical Activity Across the Curriculum

- Physical activities will be regularly incorporated into other subject areas besides physical education. This will not be a substitute for physical education classes.

- Designated physical education time will not be used for the purpose of teaching students academic lessons and/or for therapies.

Recess and Transitional Time

- All elementary school students (K-6) will have at least one recess a day of supervised recess, preferably outdoors, during which students are encouraged (verbally and through the provision of space and equipment) to engage in moderate to vigorous physical activity.
- Extended periods of inactivity, two hours or more, are discouraged. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, students will be given periodic breaks during which they are encouraged to stand and be moderately active.
- When appropriate, physical activity should be encouraged during free time.

Physical Activity Opportunities Before and After School

- Activities will be offered that meet the needs, interests, and abilities of all students.
- Elementary, middle, and high school students will be offered extracurricular physical activity programs.
- The high school and middle school will offer interscholastic sports programs as appropriate.
- After-school programs will provide and encourage (verbally and through the provision of space, equipment, and activities) daily periods of moderate to vigorous physical activity for all participants.
- Students will be encouraged to seek active transportation (walking, biking, etc.) to and from school as appropriate.

Withholding or Punishing

- Food will not be denied students as a consequence for inappropriate behavior or academic performance.
- Teachers and other school personnel will not prohibit or deny students participation in recess or other physical activity unless such action has been approved by administration as an appropriate action to take.

Use of School Facilities Outside of School Hours

- When proper supervision and facilities are available, school facilities will be available to students, staff, and community members. This may also include weekends and periods of vacation. The over-riding authority will be the head custodian and superintendent.
- School policies concerning safety will apply at all times.

Other School-Based Activities Component

Schools will create an environment that provides and demonstrates consistent wellness messages, is conducive to healthy eating and physical activity, and contributes to forming healthy life long habits for students, staff and community.

Employee Wellness

- Staff members are provided opportunities to participate in physical activities and healthy eating programs.
- School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.

Professional Development

- School will provide professional development regarding the impact of nutrition and physical activity on academic performance to food service professionals, educators, administrators, and other staff.

Eating Environment

- Students and staff will have adequate space to eat meals in clean, safe, pleasant surroundings and will have adequate time (seat time 10 minutes for breakfast and 20 minutes for lunch).
- Convenient access to facilities for hand washing and oral hygiene will be available during all meal periods.
- Schools will schedule recess, if possible, for elementary grades before lunch so that children will come to lunch less distracted and ready to eat. If not possible to have recess before lunch a designated time will be used to eat lunch and all students will be dismissed at the same time so that students do not rush to eat and leave for recess. Activity before lunch also encourages nutrient intake.

Convenient and Safe Drinking Water

- Schools will promote drinking water availability as an essential component of student wellness by having access to free, safe drinking water and encouraging student consumption of water throughout the school day.

Rewards, Incentives, and Consequences

- Rewards and incentives will be given careful consideration as to the messages they send to the students receiving them. Unhealthy food items will not be used as a reward or incentive in the classroom, but other more appropriate rewards may be used (e.g. extra free time, physical activity opportunity, pencils, bookmarks, etc.)

Vending Machines and Fundraisers

- Vending machines with food or beverages will not be available to elementary students during the school day. After school only water and low sugar or no sugar items will be available in vending machines.
- School fundraising activities will support healthy lifestyles.
- The sale of food or beverages as a fundraiser will not be allowed from one hour prior to one hour after breakfast or lunch.
- The school will encourage fundraising activities that promote physical activity and/or the sale of healthy products.

Safe Routes to School

- The school district will assess and make improvements if necessary to make sure it is both safe and easy for students to walk and bike to school if appropriate. When appropriate, the district will work together with local public works, public safety, and/or police departments in these efforts.
- The school district will encourage students to use public transportation when available and appropriate for travel to and from school.

Nutrition Standards Component

Students' life-long eating habits are greatly influenced by the types of foods and beverages available to them. Foods of good nutritional content including fruits, vegetables, low-fat dairy foods, lean meat, whole grain products, and plain water will be available wherever and

whenever food is sold or otherwise offered at school during the normal school day. Examples include snacks, vending machines, fund raising activities, parties, celebrations, and other school sponsored events during the normal school day.

General Guidelines

- Foods and beverages of good nutritional values will be available whenever food and beverages are sold, served or brought onto school grounds or at school-sponsored events during the normal school day.
- Procedures will be in place for providing information to families, upon request, about the ingredients and nutritional values of the foods served.
- Prices will be set to encourage the purchase of school meals and the purchase of healthy foods and beverages whenever they are sold throughout the school day.
- The School Food Service Program will operate in accordance with the National School Lunch Act and applicable South Dakota law and regulations. The school will also comply with USDA regulations and state policy.
- The school lunch and breakfast program will offer varied and nutritious food choices consistent with the Dietary Guidelines for Americans and the Standards for Food and Beverages set forth in this policy. Choices will encourage diets that promote health and reduce chronic disease risks.
- Students with special dietary needs will be accommodated.

A La Carte Offering in the Food Service Program

- A la carte items available during the school day will meet the Standards for Food and Beverages set forth in this Policy.
- The school food service department will not offer or serve extra portions unless the item is from the fresh fruit and vegetable salad bar or unless the item is sold as a la carte.

Snacks

- Snacks provided by teachers to students should meet the Standards for Food and Beverages set forth in this Policy.
- Teachers who ask parents to provide snacks will provide them with a list of easy, healthy, affordable snacks options.

Parties and Celebrations

- The school will limit celebrations that involve food during the school day. Instead fun, healthy celebration ideas such as classroom games will be utilized.
- Each party should include no more than one food or beverage that does not meet the Standards for Food and Beverages outlined in this policy.

School Sponsored Events

- Healthy choices of food and beverages that meet the Standards for Food and Beverages will be offered at school sponsored events outside the school day.

Other Sales Venues

- Foods and beverages sold in school should strive to meet the Standards for Food and Beverages.

Best Choices for sale and snack items

- Granola bars, whole-grain fruit bars
- Nuts and seeds-plain or with spices
- Nut mix
- Trail mix

- Fresh fruit
- Dried fruit
- Fresh vegetables
- Low sodium varieties of jerky
- Yogurt, low fat
- String cheese
- Fruit/Vegetable 100% juices
- 1% or skim milk
- Plain water
- Dry roasted peanuts, tree nuts, and soy nuts
- Frozen fruit juice bars with no sugar or corn syrup

Good Choices for sale and snack items

- Nuts with light sugar covering; honey-roasted
- Popcorn without hydrogenated fats
- Individually packed fruit in natural juices only
- Fruit leather
- Animal crackers and graham crackers
- Pretzels
- Low fat ice cream and sherbet bars
- Peanut butter and crackers
- Low-fat pudding
- Baked chips and corn nuts

Standards for Food and Beverages Served or Sold at Meade School District

- Follow USDA Healthier US School Challenge Competitive Foods Criteria for Bronze/Silver Award. Complete guidance to be found at: <http://www.fns.usda.gov/tn/healthierus/2012criteria.chart.html>
- We will attempt to follow the following list of guidelines.
 - Total Fat: Calories from total fat must be at or below 35%. (excluding nuts, seeds, nut butters and reduced-fat cheese)
 - Trans. Fat: "Trans fat-free" less than 0.5g trans fat per serving
 - Saturated Fat: Calories from saturated fat must be below 10%. Reduced fat cheese is exempt.
 - Sugar: Total sugar must be at or below 35% by weight. (includes naturally occurring and added sugars) Fruits and vegetables are exempt.
 - Sodium: Must be at or below 480 mg per side dish/entrée. Must be at or below 600 mg per main dish/entrée.
 - Portion sizes: Not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.
 - Fruits and Non-Fried Vegetables: Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide. Dried fruit must have no added sweeteners; canned fruit must be packed in juice or light syrup.
 - Milk: Only low-fat (1% or less) or fat-free milk meeting state and local standards for pasteurized milk and/or USDA approved alternative dairy beverages may be offered daily.
 - Milk Serving Size: Milk serving size is limited to 8-fluid ounces.

- Other approved Beverages: Fruit and vegetable juices: 100% full strength with no sweeteners or non-nutritive sweeteners. Water (non-flavored, non-sweetened, non-carbonated, non-caffeinated, without non-nutritive sweeteners)
- Juice Serving Size: Elementary/Middle School: 6 fluid ounces, High School: 8 fluid ounces

Definitions

- School Food Authority (SFA)- The governing body which is responsible for the administration of one or more schools which has the legal authority to operate a nonprofit School Food Service there in or otherwise approved by (FNS) Food Nutrition Service of the United States Department of Agriculture to operate a national School Lunch program (NSLP)
- School Health Professionals- This may include school nurse, school counselor, and other staff supporting healthy living.
- Local Wellness policy (LWP) is a policy that promotes healthy living for students and teachers
- Local Education Agency (LEA) Refers to an agency that oversees a school district or an entity responsible for one or more sites.

Legal References: Title 42 USC 1751-1769;
Title 42 USC 1771-1791;
Title 7 CFR 210.1-210.31;
Title 7 CFR 220.1-220.21.

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