

BOARD OF EDUCATION POLICIES      (ADOPTED 1-14-2022) New 12-22-2025  
CCC. WELLNESS POLICY

Corsica-Stickney District School Wellness Policy

The Corsica-Stickney School District desires to pursue the following objectives:

1. Provide a positive environment and appropriate knowledge regarding food.  
    Ensure that students have access to healthy food choices during school and at school functions.  
    Provide a pleasant eating environment for students and staff.  
    Allow a minimum of 20 minutes for students to eat lunch and socialize in the designated cafeteria.  
    Enable all students, through a comprehensive curriculum, to acquire the knowledge and skills necessary to make healthy food choices for a lifetime.
2. When using food as a part of a class or student incentive programs, staff and students are encouraged to utilize healthy nutritious food choices.
3. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutrition choices whenever appropriate.
4. Make healthy food choices available.
5. To accomplish these goals  
    Child Nutrition Programs comply with gov't guidelines. Child Nutrition Programs are accessible to all children.  
    Sequential and interdisciplinary nutrition education is provided and promoted.  
    Patterns of meaningful physical activity connect to student's lives through an individualized activity program or appropriate classroom activities.  
    All school based activities are consistent with local wellness policy goals.  
    All foods made available on campus adhere to food safety and security guidelines.  
    The school environment is safe, comfortable, pleasing and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.
6. In compliance with this policy, Corsica-Stickney School uniquely & comprehensively addresses physical activity, nutrition education, food rewards/incentives and vending activities. Upon request specific activity attachments related to this policy are available.

The following are current members of the committee selected to assist in maintaining the Wellness Policy(Healthsmart Committee). They are Jessica DeVries-FACS-Instructor, Michelle Koch-Elementary Instructor, Cindy Bosma-School Cook & Parent, Ferra Kemp-Elementary Principal, Brittney Eide-Secondary Principal, Scott Muckey-Superintendent, Lacey Wieczorek-RN & Parent- Public Health Nurse, Student Council President, Mike Tuschen-PE Instructor. Public input/suggestions are welcome at any time and can be given to the committee members in written proposal or oral commentary. It is the responsibility of the Principals and Supt. to ensure each school complies with this wellness policy.

Physical Activity

The Corsica-Stickney School is aware that obesity and weight is a concern of the school, community & society as well as social emotional wellness. Creating a comprehensive healthy environment targeting physical, mental, social health is a priority for the Corsica-Stickney Educational System.

Grade School students will have Physical Education classes 2 times per week equaling 60 minutes, in addition to recess and noon time for physical activity as well as having weekly mental/emotional

sessions for wellness with the counselor. Middle School students are encouraged to be involved in various sports/physical activities in addition to moderate to vigorous recreation at noon and are encouraged to engage in lifetime physical activities they enjoy. The state mandates high school students must have 1/2 unit of Health and 1/2 PE for high school graduation. Corsica-Stickney High School students participate in a physical education class that allows students to develop an appreciation of lifetime activities as well as taking a health class incorporating making healthy choices of social, emotional, and physical matters. Training is given on how to do CPR and operate a defibrillator machine every year to 9<sup>th</sup> grade students.

Corsica-Stickney School encourages students/staff to lead healthy active life styles. Physical activity is encouraged to be incorporated into all curriculum areas. The Corsica-Stickney School acknowledges that all people need a balance between academic and physical activities to achieve maximum potential.

The Corsica-Stickney School Wellness Council(Healthsmart Committee) usually consists of the Family & Consumer Science teacher, the Principals(elem & secondary), a County Health Nurse, an Elementary Instructor, Student Council President, Parent and a School Cook, PE Instructor, but it is not limited to this group and may be adjusted as necessary.

#### Nutrition Education

All Elementary classrooms will incorporate nutrition education into the classroom setting. The County Health Nurse will integrate Dental Hygiene, Proper Handwashing, and Nutrition in addition to doing health screening along with Growth and Development Presentations. These will be done at appropriate grade levels. The 7th-8th graders will learn in their Family and Consumer Science class to promote healthy choices. All incoming high school students will be introduced to health education through the Family and Consumer Science Coursework they will take. In the health class they are also given CPR/AED Training. Impact Training for Freshmen students will take place annually to assist students in making healthy and safe choices for themselves in a variety of life situations.

The County Health Organization will support the classroom material along with the kitchen/health class allow students to learn more about their food choices through myplate presentations/posters available. The meals served through the school lunch program will meet all of the mandatory nutrition requirements. The Corsica-Stickney School will assist students to make good food and lifestyle choices.

#### Rewards, Incentives, Consequences

Students will not be retained from physical activity classes for punishment. Physical activity is not be used as punishment. Food and confectionary items will be monitored, used appropriately and moderately for various activities(examples include seasonal parties, fund-raisers, birthdays). Healthy food choices including fruits/vegetables are always encouraged.

#### Other School Based Activities Component

The Corsica-Stickney School will continue to create an environment that encourages wellness and encourages making good choices. The gymnasiums will be available for community walking during inclement weather and the track facility is open for all to use. In addition the Corsica Elementary Gym is available for wellness activities. A wellness center(gym and weightlifting) is available in the new auxiliary gym and is open 5:00 am to 10:30 pm for students/public to use for a small membership fee.

Policy is approved along with the policies and procedures each year by the Corsica-Stickney School Board in usually in July. The general public is encouraged to comment and provide input to the individuals on the Corsica-Stickney Wellness Council for review/consideration.

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#### Vending Machines and Fundraising

The vending machines will offer a wide range of products and the school will encourage the purchase of healthy products through various strategies whether it be through pricing or education strategies. The vending machines and concessions stands will offer healthy products in association with other concession items. Students will learn to make wise and healthy choices through education. The vending machines are typically used as after hours concessions.

A rubric to determine if the ideals proposed in this policy are being met will be evaluated by the Healthsmart Committee members on a triennial basis.

This policy is available for public on the Corsica-Stickney School website at [https://corsica-stickney.k12.sd.us/aboutchs/about\\_corsica\\_public\\_schools.htm](https://corsica-stickney.k12.sd.us/aboutchs/about_corsica_public_schools.htm)

More information on wellness policies can be found at <https://doe.sd.gov/cans/snp.aspx>

The Healthsmart Committee met on 12-17-2025/1-21-2026 to review, evaluate, and update. The committee set a target to review, evaluate, and update yearly or at the minimum of every 3 years to address the needs of students for Corsica-Stickney School

## Topics of Health Smart Committee Meetings for Corsica-Stickney School

### Assessment Tool-Items to Address in Evaluation/Review Meeting(Annual)

- 1) Wellness Policy Review(At least 1 time per 3 years)

Adequate                      Needs Improvement  
Suggested Improvements

- 2) Evaluate & Improve Objectives of Wellness Policy Plan

Adequate                      Needs Improvement  
Suggested Improvements

- 3) Published on the web for public review and comment

Adequate                      Needs Improvement  
Suggested Improvements

- 4) Healthsmart Committee meets at least once per year in the fall to review/assess Comprehensive Wellness

Adequate                      Needs Improvement  
Suggested Improvements

- 5) Future Wellness Objectives from Committee/Public Input.

Adequate                      Needs Improvement  
Suggested Improvements

- 6) Specific School Needs

Adequate                      Needs Improvement  
Suggested Improvements

Additional Assessment Notes from the Committee Meeting on\_\_\_\_\_

## Triennial Assessment Summary of the Local Wellness Policy

**Instructions:** The template below is offered to summarize the information gathered during your assessment. Members of a school wellness committee who are completing their triennial assessment for their school wellness policy may use this template.

**Requirement:** An assessment of your school wellness policy must be conducted at a minimum once every three years per United States Department of Agriculture (USDA) regulations. Local Educational Agencies (LEAs) may assess their policy more frequently if they wish.

This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals of the wellness policy.

**Results:** The final rule requires that LEAs update their wellness policy as appropriate and requires that LEAS must make available to the public:

- The wellness policy, including any updates to and about the policy at minimum on an annual basis.
- The Triennial Assessment results, including the progress that has been made in meeting the goals of the wellness policy.

**Record Keeping:** A copy of the most recent triennial assessment along with supporting documentation must be kept on file with your wellness policy documentation for three years plus the current year. The State agency will examine records during the Administrative Review, including:

- Copy of the current wellness policy
- Documentation on how the policy and assessments are made available to the public
- The most recent assessment of implementation of the policy
- Documentation of efforts to review and update the policy, including who was involved in the process and how stakeholders were made aware of their ability to participate.

## Triennial Assessment Summary of the Local Wellness Policy

### General Information:

School(s) included in the assessment: Corsica-Stickney School District(Elementary,JH, High School

Month and year of current assessment: 1-21-2026 \_\_\_\_\_

Date of last Local Wellness Policy revision: 12-25-2026 \_\_\_\_\_

Website address for the wellness policy and/or information on how the public can access a copy:

[https://corsica-stickney.k12.sd.us/aboutchs/about\\_corsica\\_public\\_schools.htm](https://corsica-stickney.k12.sd.us/aboutchs/about_corsica_public_schools.htm)

click on wellness policy.

**Wellness Policy Leadership:** LEAs must establish wellness policy leadership of one or more LEA and/or school official(s) who have the authority and responsibility to ensure each school complies with the policy.

How many times per year does your school wellness team meet? Once a year unless it is deemed different.

Designated School Wellness Coordinator:

Name	Job Title	Email Address
Scott Muckey	Superintendent	Scott.muckey@k12.sd.us

School Wellness Committee Members:

Name	Job Title	Email Address
Jessica DeVries	FACS Instructor/Parent	Jessica.devries@k12.sd.us
Michelle Koch	Elementary Instructor	Michelle.koch@k12.sd.us
Ferra Kemp	Elementary Principal/Parent	Ferra.kemp@k12.sd.us
Brittney Eide	Secondary Principal	Brittney.eide@k12.sd.us
Cindy Bosma	Cook	Cindy.bosma@k12.sd.us
Lacey Wieczorek	Health Nurse/Parent	lacey.wieczorek@state.sd.us
Mike Tuschen	PE Instructor	Mike.tuschen@k12.sd.us
Cali Vanden Hoek	Student Council President	

**Comparison to Model School Wellness Policies:** A comparison to a Model School Wellness policy is required. Keep a copy of the results on file for at least three full school years plus the current year. This will be reviewed during the next administrative review of your school nutrition program.

Indicate the model policy used for comparison:

☒ **SD Model Wellness Policy:** A model wellness policy along with a self-checklist to review and update your wellness policy and ensure it meets all requirements are available on the CANS SNP website, (<http://doe.sd.gov/cans/snp.aspx>) under the Program Requirements in the Wellness Policy section.

☐ **WellSAT 3.0 example policy:** You may complete the [WellSAT3.0 assessment tool](#) .

☐ **Other Model Wellness Policy:** If you choose this option, please specify in the space provided below

Describe how your wellness policy compares to the South Dakota model wellness policy:

The Corsica-Stickney wellness policy is specific to the Corsica-Stickney Communities. We try to encourage healthy lifestyles for students, staff, and community. Our 6 objectives address the components in the SD model wellness policy. We address committee membership from a variety of backgrounds and welcome commentary from any constituent via our committee membership or direct communication. The Corsica-Stickney community is very good at communicating concerns to those individuals who need to be aware of concerns. We try to be aware of nutrition, physical activity, mental and social health in the educational system at Corsica-Stickney. Our policy and assessment tool is published to the Corsica-Stickney webpage and is available on a continual basis. We continue to look for appropriate activities to enhance wellness at the Corsica-Stickney School.

## Progress towards wellness goals and compliance with the wellness policy:

At a minimum, local wellness policies are required to include:

- **Specific goals for:**
  - Nutrition promotion and education
  - Physical activity
  - Other school-based activities that promote student wellness.
- **Standards and nutrition guidelines for all foods and beverages** sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.
- **Standards for all foods and beverages provided, but not sold**, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- **Policies for food and beverage marketing** that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.
- **Description of public involvement, public updates, policy leadership, and evaluation plan.**

Use the tables below to assess whether the district is meeting the goal, partially meeting the goal, or not meeting the goal. Indicate the progress made for each goal and next steps that have been identified.

Nutrition Promotion and Education Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>We comply with all food guidelines/goals required in our food program. At class parties healthy foods are provided. During testing times also healthy snacks are provided. At all levels in classes nutrition is addressed when relevant to the content.</p> <p>We are looking at starting a beef to school program for our food service program to enhance the quality of food.</p> <p>We have also had a conversation about vegetables to school program for the food service as well. Practicality is somewhat of an issue.</p>	X			<p>We continue to help students to make good choices in regard to foods/beverages, etc. We will continue to monitor what meets the needs of our people in accordance with guidelines.</p> <p>We continue to observe students making better choices.</p> <p>We continue to look at new healthy food opportunities.</p>



Physical Activity Goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>Physical Activity is met through personal activity, PE, &amp; Competitions. In our policy participation in sports is encouraged as well as being active in general. PE is offered in the Grade School along with recess. Middle School has noon recess everyday along with sports activities and some PE. The High School has PE class, and sports offered. We also have an auxiliary gym available for anyone who wants to use it including students and community. The Track is available to run and walk as weather allows for all the community to use.</p> <p>Health Class is required in the high school as a graduation requirement.</p>	X			We offer many opportunities for an active lifestyle in our community. Resources are made available to encourage participation in all areas of physical activity and well-being. We want to maintain what we have and hope to improve if funding is available.

School-based activities to promote student wellness goal(s)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
<p>In the Grade school/middle school—we offer courses through county health resources that include wellness including physical, hygiene, and mental health. The high school offers wellness in mental/physical well-being through coursework and presentation. All students take AED/CPR training, Nutrition and Wellness courses, Digital Citizenship training on how to stay safe on the web. Impact training on how to take care of yourself and make good decisions. Continue to offer what we have and expand the resources.</p>	X			As a group we continually assess and look for additionally opportunities to improve our offered wellness opportunities. This may come through the health smart committee as well as community individuals and administration.

Nutrition guidelines for all foods and beverages for sale on the school campus (i.e. school meals and smart snacks)	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
No items are sold on campus other than concession items at games and after 4:00 PM. Water is available throughout the day for students via bottle fillers and ice as well.	X			We continue to limit the foods we supply to the food program only. Students are still allowed to make their own choices.

Guidelines for other foods and beverages available on the school campus, but not sold	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
We do not offer other items other than the food program. At class holiday parties usually healthy snacks are a part of the food used. Parents will assist in supplying foods for celebrations from time to time.		X		We only offer what the food program offers. We continue to offer healthy options to students.

Marketing and advertising of only foods and beverages that meet Smart Snacks	Meeting Goal	Partially Meeting Goal	Not Meeting Goal	Describe progress and next steps
We do not do smart snacks on our campus	X			We do not plan to expand this.

#### Additional information:

The Corsica-Stickney School continues to provide a positive environment and appropriate knowledge regarding food through classes/presentations.

We give students ability access healthy eating choices.

We provide opportunity for physical activity during the school day and beyond.

The Corsica-Stickney School uniquely and comprehensively addresses physical activity, nutrition education, food rewards/incentives, socio-emotional health.

Our summary goal is for students to be able to make good healthy choices for their well-being today and into the future.

**RECORD KEEPING:**

**Wellness Policy/Assessment Availability:**

The wellness policy/last assessment is available online continually for any individuals to view at our website.

The link below takes those individuals to the policy/assessment if they wish to view. It identifies those individuals on the healthsmart committee as well.

[https://corsica-stickney.k12.sd.us/aboutchs/about\\_corsica\\_public\\_schools.htm](https://corsica-stickney.k12.sd.us/aboutchs/about_corsica_public_schools.htm)

The health smart committee will again meet Fall of 2026 unless needed before to address opportunities that may enhance the wellness of the school community. Each year we will attempt to meet in the Fall to evaluate where we are at and at least once every 3 years.

1-21-2026