

## **School Wellness Procedures Policy 458 Rule 1**

(A) 7-17-06  
(R) 4-9-12  
(R) 9-14-15  
(R) 10-10-16  
(R) 4-9-18

### **Physical Activity**

The physical education curriculum shall teach students the value of physical activity and how overall health and fitness contributes to longevity. Students will participate in a wide range of physical activity to develop the knowledge and skills to become physically active for life. The curriculum shall encourage that the recommended minimum times be met, as defined by the Wisconsin Department of Public Instruction, for physical education taught by a licensed physical education teacher. The minimum recommendations are: K-6 receives 150 minutes per week, grades 5-8 regular weekly instruction, and grades 9-12 at least 1.5 credits earned over three separate years. Students shall be offered co-curricular activities and recess to ensure their success in reaching the recommended allowance of engaging in 60 minutes of physical activity on most, and preferably all, days of the week. The District will further encourage student, staff and community physical fitness by providing access to the District facilities and promoting a District staff wellness committee.

### **Nutrition/ Wellness Education and Promotion**

#### Student Education

A K-12 health curriculum shall be offered that meets or exceeds the standards as established by the Wisconsin Department of Public Instruction. The districts food service program will also play an active role in reinforcing the following nutrition/wellness related topics:

- USDA's Myplate Food Guide
- Food varieties
- Healthy diet
- Diet and disease
- Cultural food choices
- Identify and encourage the consumption of whole grains
- Food label basics
- Healthy snack choices
- Understanding calories and nutrient dense foods
- Appropriate serving sizes
- Proper food safety and sanitation
- Food allergies
- Healthy food demonstrations and tasting
- Theme days/months featuring cultural food choices

#### Parent/Staff/Community Education

Adults serve an important role in modeling ideal behavior for our students. Adult wellness resources may be provided via the District web site, newsletters, handouts, food service menus, and/or presentations that focus on healthy lifestyles.

### **Nutrition Guidelines**

### School Meals

Menus shall be planned that meet or exceed the minimum standards set by the USDA National School Lunch/Breakfast Program mandates and ensure that all students have access to adequate and healthy food choices at reasonable prices. They shall place the highest priority on foods rich in whole grains, low in fat and sodium, trans fat free and utilize a variety of fresh fruits and vegetables. Milk shall be offered in fat-free (flavored) or skim (unflavored) varieties at every meal/nutrition break. Food service shall be sensitive to the presence of dyes, sulfites, MSG, caffeine, high fructose corn syrup and other additives by limiting their use and finding alternative products that have fewer additives when possible. Students who bring sack lunches from home will be encouraged to bring 100% juice or water with them instead of consuming heavily sweetened juice drinks or sport drinks. The use of locally produced products shall be utilized when possible.

### Cafeteria Climate

The cafeteria climate shall provide students with a relaxed and enjoyable environment for their meal. The School Nutrition Association recommends a minimum time frame of 20 minutes, from when the last student is served, for the students to enjoy their meal and provide needed socialization with other students.

### Ala Carte/Food Sales & Vending

Ala Carte items sold through food service shall be chosen with the emphasis placed on lower fat baked entrées, low calorie items, whole grain enriched, low sodium and high nutrient dense foods. Items shall be priced so the better value is the full reimbursable meal selection or the healthier food options.

No foods or beverages, other than those associated with the District's Food Service program, are to be sold during the hours that the food service program is operational. The food service program shall serve only food and beverage items that are in compliance with the current USDA guidelines and "Smart Snack" rules. Any food and/or beverages that are available for sale to the students on the school campus, between midnight and thirty (30) minutes after the close of the regular school day, shall also comply with the current "Smart Snack" rule. All sales or promotion of soda or diet soda to students will be prohibited on school premises during the instructional day and are prohibited from sale in any vending machine located in any public area on school property. No food items shall be sold in direct competition with or during the school lunch/breakfast programs.

### Healthy School Environment

To create and foster a healthy school environment it is important to consider all venues where food and beverages may be consumed or sold on school premises. The foods and beverages offered should reflect, promote and encourage positive nutritional messages and healthy food choices. A healthy school environment should not be dependent on revenue from high fat, low nutrient foods to support school programs. When curricular-based food experiences are planned, staff and students are encouraged to seek out good nutritional choices whenever appropriate. Food sales, parties or special events that will interfere or conflict with the student's participation in the school lunch or breakfast programs shall be discouraged.

### Fund Raising

The Board of Education will approve all fund raising activities before they begin, in accordance with Board Policy. The sale of non-food items shall be encouraged and are recommended to include items such as wrapping paper, books, candles, plants, flowers and school promotional items. If the sale of food or beverages is approved, the items sold should include healthy food choices.

### Concessions

Any organizations operating concessions at school functions outside of the instructional day shall be encouraged to include healthy food choices and offer these healthier foods at a lower profit margin to encourage their selection. The Director of Food Service shall be available for consultation and may be contacted to assist with suggestions for appropriate selections.

### Classroom/School Functions/ Learning Incentives

The use of foods of minimal nutritional value as learning incentives shall be discouraged; healthy food choices or non-food items are recommended. At school functions (parties, celebrations, feasts, sporting events) healthy food choice options shall be made available. A list of recommended items shall be distributed to parents so they may be encouraged to send healthier items to school with their student.

Some suggested foods are listed below:

- Raw vegetables sticks w/low fat dressing
- Fresh fruit w/yogurt dip and yogurt cups
- 100% fruit juices and frozen fruit juice pops
- Dried fruits and \*Trail mix
- Low fat meats and cheese sandwiches
- \*Dry roasted peanuts (not coconut or palm nuts)
- \*Party mix (variety of whole grain cereal, nuts, pretzels)
- Low sodium and whole grain crackers
- Baked, corn or multi grain chips
- Low fat muffins, Angel food or sponge cakes
- Granola or whole grain snack bars
- Low fat ice creams, frozen yogurts or sherbets
- Cheese snacks
- Gelatin and low fat pudding cups

\*Due to the increasing incidents of nut allergies it is recommended that you contact your student's teacher/advisor and inquire before sending a product that contains nuts into the classroom.

### Implementation/Assessment/Goals

The School District shall designate the staff responsible for the yearly review of this policy and to act as the chair of the wellness committee. The Committee Chair will have the responsibility to complete the "wellness policy review form" once per school year. If an area of improvement is required they shall monitor and document the completion of the area.. Promotion of this policy will be provided via the District web site, newsletters, handouts, food service menus, and/or presentations that focus on healthy lifestyles.

CROSS REFERENCE:           #374 – Fund Raising  
                                      #370 – Co-curricular Activities  
                                      #760 – Food Services Management

LEGAL REFERENCE: § 204 P.L. 108-265  
                                      42 U.S.C. 1751 et sec  
                                      42 U.S.C. 1771 et sec