

## **450 STUDENT HEALTH AND WELFARE 451 DISTRICT WELLNESS POLICY**

### **Policy Preamble**

The Board of Education of the East Troy School District (hereto referred to as the District) supports the health and well-being of the District's students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the District meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

### **Policy Leadership**

The designated official for oversight of the wellness policy is the business manager or designee. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than one time during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

The District shall invite a diverse group of stakeholders to participate in the development, implementation, and periodic review and update of the wellness policy. Stakeholders may include:

- Administrator
- Classroom teacher
- Physical education teacher
- School food service representative
- School nurse
- Community member/parent
- Nutrition and/or health education teachers
- School counselor

### **Nutrition Standards for All Foods**

The District is committed to serving healthy meals to our students. The school meal programs aim to improve the diet and health of school children, model healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

Legal References: The Child Nutrition and WIC Reauthorization Act of 2004  
PL 108 – 206, sec. 204  
USDA Dietary Guidelines for Americans 2005  
[www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

Cross Reference: Policy 851 Advertising

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### *Standards and Guidelines for School Meals*

The District is committed to ensuring that:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. <https://www.fns.usda.gov/sfsp/meal-patterns>
- All meals are accessible to all students.
- Withholding food as a punishment shall be strictly prohibited.
- All meals are appealing and attractive and served in clean and pleasant settings.
- Drinking water is available for students during mealtimes.
- Menus shall be posted on the District website and will include nutrient content.
- Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

In addition, the District's nutrition services shall:

- Notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals.
- Allow students the opportunity to provide input on menu items.
- Explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.

### *Foods and Beverages Sold Outside of the School Meals Program*

- All food and beverages sold and served outside of the school meal programs ("competitive" foods and beverages) shall, at a minimum, meet the standards established in USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. [https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA\\_SmartSnacks\\_508\\_62019.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SmartSnacks_508_62019.pdf)
- Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.
- The District allows up to two exempt fundraisers per school club per year. All other fundraisers sold during the school day will meet the Smart Snacks nutrition standards. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

### *Marketing*

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule and/or per the guidelines in the next paragraph. Marketing includes brand names, trademarks, logos, or tags. This section does not apply to local restaurants or businesses

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(i.e. Gus's) as food choice at restaurants can still be healthy, but rather to specific foods and beverages (i.e. Snickers, Pepsi, etc.).

Non-Smart Snacks food may be sold per Smart Snacks guidelines after the end of the school day, or as an exempt fund-raiser. In such cases, marketing that occurs directly with the sale of such food is allowed. Examples of allowed marketing include but are not limited to: exteriors of vending machines, food and beverage containers, posters reflecting the fund raiser, etc. Marketing not directly associated with the allowable sale of a non-smart snacks food will not be allowed. Examples of marketing of non-smart snacks food not allowed include but are not limited to: school supplies, education materials, food service equipment, school equipment, message boards, scoreboards, signs, uniforms, advertisements in school publications/mailings, sponsorship of school activities or sports teams, educational incentive programs such as contests or programs, and free samples or coupons displaying advertising of a product.

### *Foods Provided but Not Sold*

- The District encourages foods offered on the school campus meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.
- Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

## Nutrition Education

Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors. As such:

- Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health.
- Curriculum will place an emphasis on: Promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate; Skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and Media literacy and the problems associated with food marketing to children.
- Staff members responsible for nutrition education will regularly participate in relevant professional development.

## Nutrition Promotion

The District is committed to providing a school environment that promotes students to practice healthy eating and physical activity. As such:

- Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.

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- School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment ([dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/meal-appeal-self-assessment.pdf](http://dpi.wi.gov/sites/default/files/imce/wisconsin-school-meals-rock/files/meal-appeal-self-assessment.pdf)) to determine ways to improve the school meals environment.

### Physical Activity

Children and adolescents should participate in 60 minutes of physical activity every day. The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education.
- The District shall also provide opportunities for students to participate in physical activity in addition to physical education.
- Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- Outdoor recess shall be offered, unless temperature is below 0 degrees.
- Recess monitors/teachers shall encourage students to be active during recess.
- Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible
- Teachers shall offer short (3-5 minute) activity breaks throughout the school day. Resources and ideas are available through [www.gonoodle.com](http://www.gonoodle.com).
- The District shall support active transport to and from school by engaging in the activities:
  - Crossing guards are used

#### *Physical Education*

- All District elementary students in each grade shall have physical education a minimum of three times per week.
- All District middle school students in each grade shall receive at least 82 minutes of physical education per week throughout the school year.
- All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- In health education classes, the District shall include topics of physical activity, including: 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; and decreasing sedentary activities.

### Other School Based Activities that Promote Wellness

Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

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### *Staff Wellness*

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Educational activities for school staff members on healthy lifestyle behaviors.
- Administration of flu shots at school.
- Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Biennial administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- District shall offer resources for staff to increase knowledge and skills about promoting healthy behaviors for staff and student wellness.

### *Community Engagement*

- The District shall work with community partners, including but not limited to Walworth County Health Department, Aurora, and ProHealth, to support district wellness.
- The District shall offer one family-focused event supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.
- The District shall inform and invite parents to participate in school-sponsored activities throughout the year.
- The District shall actively inform families and the public about the content of and any updates to the policy through summer newsletter.
- The District shall provide information on how the public can participate in the school wellness committee.

## Monitoring and Evaluation

The District shall notify school staff, students, and households/families of the availability of the wellness policy via newsletters and website postings. The policy will be made available at <https://www.easttroy.k12.wi.us/district/food-service.cfm>. The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance. The Wellness Committee will perform a triennial assessment of the policy, as well as an annual review.

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