

450 STUDENT HEALTH AND WELFARE

451 DISTRICT WELLNESS POLICY¹ - OLD

- I. East Troy Community School District shall promote student wellbeing and academic achievement by supporting quality nutrition, physical activity, and nutrition and wellness education as part of a learning environment. The district recognizes that collaborating with parents, students, school personnel, health professionals, and community members is the most effective method of creating a healthy environment where children can learn about and adopt positive lifestyle habits. These behaviors are essential for children to achieve their full academic potential, as well as lifelong good health and wellbeing.
- II. A Wellness Advisory Committee will be established to monitor the implementation and evaluate the effectiveness of this policy and the specific administrative rules which guide this policy.
- III. The areas required in this policy are:
 - A. Nutrition standards for all foods available on school campus during the school day
 - B. Nutrition education goals
 - C. Nutrition promotion goals
 - D. Physical activity goals
 - E. School-based activities designed to promote student and staff wellness
 - F. Measurement and evaluation of wellness policy
 - G. Communication to the public (parents, students, others in the community) regarding content and implementation of the policy

¹ Legal Reference: The Child Nutrition and WIC Reauthorization Act of 2004
PL 108 – 206, sec. 204
USDA Dietary Guidelines for Americans 2005
www.healthierus.gov/dietaryguidelines
Approved: 5/06, 6/17



451 DISTRICT WELLNESS POLICY GUIDELINES - OLD

- I. Nutrition standards for all foods available on school campus during the school day
 - A. Standards and Guidelines for School Meals
 1. Eating Environment
 - a. The National Association of State Boards of Education recommends that students should be provided adequate time to eat.
 - b. Lunch periods should be scheduled as near the middle of the school day as possible.
 - c. Students should have access to hand-washing facilities before meal.
 - d. Use the cafeteria as a learning environment.
 2. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).
 3. Drinking water is available for students during mealtimes.
 4. Menus shall be posted on the District website and nutrient content is available.
 5. Menus shall be created/reviewed by a certified nutrition professional.
 6. 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.
 - B. Food and Beverages Sold Outside of the School Meals Program
 1. 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. The standards are available at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.
 2. The District adheres to the Wisconsin Department of Public Instruction fundraiser exemption policy and allows two exempt fundraisers per student organization per school 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.
 3. Foods Provided but Not Sold
 - a. 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, foods made in class, and classroom snacks brought by staff or family members.
 4. Classroom celebrations/parties provide a unique opportunity to help make healthful eating fun and exciting for children. Schools can take advantage of classroom celebrations to serve food that tastes good, is nutritious, and provides students with an opportunity for nutrition education experiences. Parties can even incorporate a fun nutrition lesson by involving students in the planning and preparation of healthy snacks.
 - a. Suggestions for healthy snacks and non-food celebrations are available on the website.
- II. Nutrition Education Goals



1. A comprehensive revision of the health curriculum will occur over the next two years (2006-2008). State and national standards for K-12 will be used as guidelines for this revision.
2. Nutrition education will involve sharing information with families and the broader community to positively impact students and the health of the community.
3. The school cafeteria serves as a learning environment to allow students to apply critical thinking skills taught in the classroom.
4. The classroom may use food as a teaching tool to educate students on good nutrition and its effect on our bodies.
5. Students will be encouraged to start each day with a healthy breakfast.

III. Nutrition Promotion Goals

- A. Positive nutrition and healthy food choice messages will be encouraged in school and in messages shared with parents.
- B. Coordinated efforts with the District food service provider will feature positive, motivating messages about healthy eating and may be displayed on bulletin boards and banners.
- C. The promotion of healthy nutrition for families may include education and information on accessing food in the community. The District may partner with community agencies, e.g. UW-Extension nutrition program, to provide these resources to families.
- D. Schools will restrict during the school day 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.

IV. Physical Activity

- A. Time allotted for physical activity will be consistent with research, national and state standards
- B. Physical education classes and physical activity opportunities will be available for all students to promote lifelong activities.
- C. Introduce developmentally appropriate components of a health-related fitness assessment, (e.g. Fitness Gram, Physical Best or President's Council) to the students at an early age to prepare them for future assessments.
- D. Begin fitness or activity logging in elementary school. Assist students to interpret their personal attainments and compare them to national physical activity recommendations.
- E. Schools will provide additional physical activity opportunities for students in Pre K – 12th grade during the school day.
- F. In addition to physical education for high school students, all students will have the opportunity to take a lifetime physical education elective course.
- G. The Physical Education Curriculum is aligned with state and national standards to promote a physically active lifestyle.

V. School-based activities designed to promote student and staff wellness

- A. Local wellness policy goals are considered in planning all school-based activities (such as school events, field trips, dances, and assemblies) to promote a healthy lifestyle.
- B. Support for the health of all students is demonstrated by hosting health clinics, health screenings, and helping children and families access available health care.
- C. The school district will organize a local Wellness Advisory Committee (WAC) comprised of families, teachers, administrators, and students to plan, implement and improve nutrition and physical activity in the school environment.



- D. Staff members are encouraged to participate in and model physical activity as an important part of daily life.
 - E. Schools will encourage students to participate in before and after school physical activity programs.
- VI. Measurement and evaluation of wellness policy
- A. During the implementation phase of the Wellness Policy (2006-2008), representatives of the WAC will meet with each building principal to assess which policy guidelines are in practice in that building and determine appropriate steps for implementation in that building. A WAC member from that building should be part of this meeting.
 - B. District Wellness Policy guidelines which are not being followed will be reviewed with the building principal and the district administrator by the WAC annually (at a minimum) and as needed though out the school year.
 - C. The District Wellness Policy should be reviewed by the WAC annually and revisions made and presented to the Board as needed.
- VII. Communication to the public (parents, students, others in the community) regarding content and implementation of the policy
- A. School newsletter articles, individual school websites and the District website may be used to inform parents of the local wellness policy. Parents are encouraged to be aware of the policy and its implications for parent provided snacks and special occasion treats.
 - B. Updates will be shared with parents as a school implements programs/activities related to the wellness policy.