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| Book | Policy Manual |
| Section | 8000 Operations |
| Title | WELLNESS |
| Code | po8510 |
| Status | Active |
| Adopted | October 9, 2017 |
| Last Revised | May 15, 2023 |

8510 - **WELLNESS**

Policy Preamble

Lake Mills Area School District (hereto referred to as the District) is committed to the optimal development of every student. Good nutrition and regular physical activity before, during, and after the school day are strongly correlated with positive student outcomes. The District believes that we need to create and support health-promoting learning environments throughout our schools, giving students the opportunity to achieve success. This policy outlines the District's approach to ensure all students practice healthy eating and physical activity behaviors throughout the school day.

Policy Leadership

The District Administrator shall implement and ensure compliance with the policy by leading the review, update, 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 four times 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:

- A. Administrator
- B. Classroom teacher
- C. Physical education teacher
- D. School food service representative
- E. School nurse
- F. Community member/parent
- G. Nutrition and/or health education teachers

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.

Standards and Guidelines for School Meals

The District is committed to ensuring that:

- A. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>).
- B. All meals are accessible to all students.
- C. Withholding food as a punishment shall be strictly prohibited.
- D. All meals are appealing and attractive and served in clean and pleasant settings.
- E. Drinking water is available for students during mealtimes.
- F. Every attempt will be made to schedule lunch following recess for elementary students.
- G. Menus shall be posted on the District website and will include nutrient content.
- H. Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.
- I. 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:

- A. 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.
- B. Allow students the opportunity to provide input on menu items.
- C. Restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings.
- D. 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

- A. 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>.
- B. 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.

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. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers, 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.

Nutrition Education

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

- A. Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.
- B. 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. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media. School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.

Physical Activity

The District shall provide students with age and grade appropriate opportunities to engage in physical activity. As such:

- A. The taking away of physical activity during the school day as a punishment is strongly discouraged.
- B. 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).
- C. Outdoor recess shall be offered weather permitting unless raining or the temperature is below zero with windchill.
- D. Recess monitors/teachers shall encourage students to be active during recess.
- E. Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.
- F. The District shall support active transport to and from school by engaging in the following activities:
- G. Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week.
- H. Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).
- I. Crossing guards are used.
- J. Crosswalks exist on streets leading to schools.

Physical Education

- A. All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.
- B. All District middle school students in each grade shall receive at least 80 minutes of physical education per week throughout the school year.
- C. All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- D. All physical education classes are taught by licensed teachers who are certified to teach physical education.
- E. 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

As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle. As such:

