

## **SCHOOL DISTRICT OF WAUZEKA-STEUBEN**

### **SCHOOL WELLNESS**

The School District of Wauzeka-Steuben promotes a healthy school by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The District supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential and ensures that no child is left behind.

#### **Student Nutrition Guidelines**

##### Hot Lunch/Breakfast Program

The full meal program will continue to follow the U.S. Government's Nutrition Standards.

##### Lunchroom Climate

1. A lunchroom environment that provides students with a relaxed, enjoyable climate should be developed.
  
1. The lunch room environment should be a place where students have:
  - a. Adequate space to eat and pleasant surroundings
  - b. Adequate time for meals (the American Food Service Association recommends at least 10 minutes for breakfast and 20 minutes for lunch from the time they are seated)
  - c. Convenient access to hand-washing facilities before meals.

##### Fundraising

1. All fundraising projects will need prior approval from administration and are encouraged to follow the District Nutrition Standards.
  
2. Items being sold that do not meet the District Nutrition Standards may be acceptable for student consumption within moderation (i.e., limit quantity sold to an individual student and encourage consumption at the conclusion of the instructional day).
  
3. Items being sold must not interfere or compete with the National School Lunch or Breakfast program.
  
4. Organizations will be provided with a list of suggested fundraising ideas that promote healthy choices for children and adults.

##### Concessions

The following recommendations are made to promote healthy food and beverage choices for children and adults:

1. Organizations operating concessions at school functions should include at least some healthy food and beverage choices in their offerings.

2. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by children and adults.
3. Organizations will be provided with a list of suggested concession ideas that promote healthy choices for children and adults.

#### Classroom Incentives

1. Strong consideration should be given to nonfood items as part of any teacher/staff-to-student incentive programs.
2. Should teachers or staff feel compelled to utilize food as an incentive, they are encouraged to adhere to the District Nutritional Standards.
3. A list of suggested ideas that promote healthy choices for students will be provided to all school staff.

#### Classroom Parties & Celebrations (i.e.: Halloween, Christmas, Valentine's Day, etc.)

Efforts should be made to encourage parents/legal guardians to provide healthy snacks and treats for student celebrations and other events via written and verbal communication.

#### Water/Beverage Consumption

1. Vending sales and/or consumption of soda or artificially sweetened drinks will not be permitted before and during the school day by students. The vending sale and/or consumption of soda or artificially sweetened drinks may begin at the conclusion of the instructional day for students. Staff are strongly encouraged to model similar behavior in the presence of students.
2. Milk, water (flavored or unflavored) and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day. Teachers have discretion in determination of classroom use.
3. Students and staff should refrain from working on the computer with a beverage nearby. If a beverage is present it should contain a lid to prevent spills.
4. Students and staff will be encouraged to drink water throughout the day.
5. To prevent the spread of germs water bottles should not be shared.
6. Empty bottles should on a regular basis be recycled, (if appropriate) discarded, or taken home for sanitized reuse.
7. Students misusing water bottles will be subject to disciplinary actions.
8. Water sales should be a significant option through the school vending and concession services.

#### **District Nutrition Standards**

The District strongly encourages the sale or distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient

content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the District has adopted the following Nutrition Standards governing the sale or distribution of food, beverages and candy on school grounds.

#### Food

1. Any given food item for sale or distribution prior to the start of the school day and throughout the instructional day will follow a formula for nutrient density, utilizing a nutrient density worksheet method adapted from the National Dairy Council.
2. Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.
3. It is recognized that there may be occasions when the school Administration may allow a school group to deviate from these guidelines.
4. Encourage the consumption of nutrient dense foods, like whole grains, fresh fruits and vegetables.

#### Candy

1. Vending sales of candy will not be permitted on school grounds.
2. Non-vending sales of candy will be permitted at the conclusion of the instructional day.
3. Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose “dextrose”, high fructose corn syrup, honey, inverted sugar, lactose, maltose, molasses, raw sugar, table sugar “sucrose”, syrup) listed as one of the first two ingredients.

### **Physical Education**

The District will provide organized health and physical education curricula and related programs.

The physical education curriculum teaches children the importance of physical exercise and exposes students to a wide range of physical activities so that students develop the knowledge and skills to be physically active for life. The District has adopted curriculum standards and learner outcomes for physical education that include an emphasis on physical fitness and lifetime activities. Physical education is taught at grades 7 through 12 by state licensed physical education teachers and at grades K through 6 by or under the direction of a licensed physical education teacher. High school students are required to have 1.5 credits in physical education for graduation. Students receive instruction in the five health-related components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition). The curriculum promotes lifelong physical activity and fitness, which includes healthy eating as its primary goal.

Elementary students (kindergarten through grade 6) will be provided with an average of at least 45 minutes of physical activity every other day.

The District provides additional opportunities for physical development and fitness through co-curricular sports, after school programs, and will work cooperatively with other organizations and summer recreation to provide additional programming.

## **Health Education**

The health curriculum will educate students to develop the knowledge, attitudes, skills and behavior for lifelong health eating habits and physical activity.

The District has adopted curriculum standards and learner outcomes for health education that include an emphasis on good nutrition, disease prevention and healthy lifestyles. Health education is emphasized at each grade level, kindergarten through grade eight. High school students are required to have .5 credit of health for graduation taught by a licensed health teacher.

## **Nutrition Education**

### Goal and Rationale

The goal of the Wauzeka-Steuben Nutrition Education program is to develop lifelong healthy eating patterns. Nutrition education is essential for children because their diet directly affects their growth and development, and because childhood is the time eating patterns, which extend into adulthood, are established. Good nutrition is not only important for physical health, but also is a factor in cognitive development and academic success. Research shows that children do not automatically select healthy foods. Schools thus have an important role in providing nutrition education. The school environment can be a positive influence, through role-modeling provided by staff, healthy choices available in the cafeteria and classroom, and exposure to positive peer habits. Nutrition education has an impact on these environmental factors and helps students learn to select healthy diets.

### Student Nutrition Education

The School District of Wauzeka-Steuben has a comprehensive curriculum approach to nutrition in kindergarten through eighth grade. Beginning with the 2006-2007 school year, all instructional staff will be encouraged to integrate nutritional themes into daily lessons when appropriate. The health benefits of good nutrition should be emphasized. These nutritional themes include but are not limited to:

Knowledge of My Plate	Healthy diet
Healthy heart choices	Food labels
Sources and variety of foods	Major nutrients
Guide to a healthy diet	Multicultural influences
Diet and disease	Serving sizes
Understanding calories	Proper sanitation
Healthy snacks	Identify and limit junk food
Healthy breakfast	Impact of physical activity on health and nutrition

The District's wellness policy reinforces nutrition education to help students practice these themes in a supportive school environment.

### **Parent/Legal Guardian Nutrition Education**

Nutrition education corresponding with the nutritional themes presented to students will be provided to parents/legal guardians beginning at the elementary level. The goal will be to continue to educate parents/legal guardians throughout the middle and high school levels. Nutrition education may be provided through newsletters, handouts, posting on the District website and presentations that focus on nutritional value and healthy lifestyles. The school district will partner with local parent/legal guardian educators and service agencies to provide nutrition education in a variety of formats to a variety of audiences.

**Staff Wellness**

The School District of Wauzeka-Steuben highly values the health and well-being of every staff member, and supports personal efforts by staff to maintain a healthy lifestyle. All staff members are encouraged to model healthy eating and physical activity as a valuable part of daily life.

**Implementation and Evaluation**

A sustained effort is necessary to implement and reinforce these guidelines that promote, support and teach healthy eating habits and physical activity. The purposes of monitoring the implementation of the District policy, evaluating policy progress, serving as a resource, and revising the policy as necessary is the shared responsibility of the School Health Council. The School Health Council shall include parents/legal guardians and students, administration, school board members, school nurse, food service director, teachers, and other community professionals as deemed appropriate.

**Legal References:** Wisconsin State Statutes §§ Sections 118.001, 118.01(2)(d)8, 118.12, 118.33(1), 120.13 and 121.01(1); Child Nutrition and WIC Reauthorization Act of 2004

**Cross References:** Policies 341.3 Health Education, 341.5 Physical Education, 345.6 Graduation Requirements, 374 Fundraising Activities, 377 Athletic Programs, 512 Employee Harassment, 720 Safety Program, 760 Food Services Management

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