

Wellness Policy

Rationale:

This policy has been developed to meet both the requirements of the Child Nutrition and WIC Reauthorization Act of 2004, **Healthy Hungry-Free Act of 2010** and to support the school district's desire to have a positive impact on student learning and health. Good nutrition habits have a direct impact on a child's development, health, well being and potential for learning. Students must also attend school with minds and bodies that are fully ready to take advantage of their learning environment. This district-wide wellness policy encourages all members of the school community to create an environment that supports physical activity and healthy eating habits.

Committee Members

The committee shall be made up of the following members:

District Administrator: Brad Ayer

Board Member:

Director of Food Service: Penny Kobernick

Physical Education/Health Instructor: Kristen Lehman

Food Service Administrative Assistant: Joy Nordby

School Nurse: Teresa Cline

Student Representative: Student Council President

Concessions Coordinator: Diane Blanchard

Community Education Coordinator: Heidi Paulson

Parent Representative: Michele Weyer

Committee meetings will be held yearly on an as needed basis to update procedures and policies. The Committee will meet every three years to review/update BP 768. The Wellness Policy will be included on the District web page. Notice regarding participation in the Wellness Committee will be included in District pre-school information packet.

District Nutrition Procedures:

School Meals

Our school district is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

All schools within the District participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP).

All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;

- Are appealing and attractive to children;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)

The district will provide separate 'a la carte' lunch choices according to standards.

Food Brought from Home:

- Parents will be encouraged to support a healthy school environment by providing a variety of nutritious foods if meals or snacks are sent from home.

Lunchroom Climate:

- The district will work to provide students with a relaxed, enjoyable lunchroom environment.
- The district will provide adequate time for meals. (The American Food Service Association recommends at least 20 minutes for lunch from the time students are seated.)
- Students will have convenient access to hand washing facilities before meals.
- The district will work to provide each student with adequate space and pleasant surroundings.
- Lunch will be served as near as possible to noon recess

Vending Machines:

- Vending machines will provide healthy drinks and snacks according to the [Smart Snacks guidelines](#).
- Vending machines will provide nutritional choices which are low in fat, sugar or other sweeteners, and artificial ingredients that follow [Smart Snack guidelines](#).

Fundraising:

- All food-related fundraising projects are encouraged to follow the District Nutrition Standards.
- Fundraising projects which do not follow the District Nutrition Standards should not be sold during the school day.

Student Incentives:

- Teachers will be encouraged to give non-food rewards.
- When food rewards are used, they should meet the District Nutrition Standards.
- Soda will not be given during the school day as a part of any reward.

Water Consumption:

- Staff members should encourage students to consume water throughout the day, especially on hot days or during physical activity.

District Nutrition Standards:

The District is committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Breakfast and Lunch meals are designed to incorporate the following recommendations of the dietary guidelines:

1/3 of the Recommended Dietary Allowances (RDA) appropriate for the age or grade level for the following nutrients: calories, protein, calcium, iron, vitamin A, and vitamin D

- Breakfast meals provide 1/4 of the RDA for the above nutrients
- No greater than 30% calories from fat and no greater than 10% calories from saturated fat
- Minimize trans-fats, sodium, cholesterol, and added sugar
- Maximize dietary fiber
- Will serve fruits, vegetables, grains that are whole grain rich and low-fat dairy choices
- Menus may be planned with input from students, family members, and other school personnel and may take into students' cultural norms and preferences

District Nutrition Education:

In addition to the required nutrition curriculum, all staff will be encouraged to integrate nutritional themes into lessons where appropriate, emphasizing the benefits of good nutrition. These themes include but are not limited to:

- Knowledge of food guide
Knowledge of My Plate
- Healthy heart choices
- Sources and variety of foods
- Healthy breakfast
- Diet and disease
- Understanding calories
- Healthy snacks
- Guide to a healthier diet
Caloric Value
- Food labels
- Major Nutrients
- Multicultural influences
- Serving sizes
- Proper sanitation
- Identifying and limiting junk food

Students should receive consistent nutrition messages throughout the classroom, cafeteria and school.

District Physical Activity Standards:

It is the school district's goal to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to develop a pattern of lifelong physical fitness, to regularly participate in physical activity, and to understand both the short-term and long-term benefits of a physically active lifestyle.

The district will make its best effort to meet the following physical activity goals:

Daily Physical Activity K-6

- All students in grades K-6, including those with disabilities and special health-care needs, will receive the equivalent of 300 minutes of physical activity per week. This includes, on average, 100 minutes of physical education per week and 40 minutes of recess per day.
- Student involvement in other activities requiring physical activity (i.e. community recreation programs) will be encouraged.
- A certified physical education teacher will teach all physical education classes.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Physical Activity 7-8

- All students in grades 7-8, including those with disabilities and special health-care needs, will receive on average, 220 minutes of physical education per week.
- All students in grades 7-8 will receive an activity break averaging 15 minutes following lunch each day.
- Student involvement in other activities requiring physical activity (i.e. community recreation programs) will be encouraged.
- A certified physical education teacher will teach all physical education classes.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Daily Physical Activity 9-11

- All students in grade 9-11, including those with disabilities and special health-care needs, will receive on average, 112 minutes of physical education per week **OR** 220 minutes of physical education per week for one semester.
- All students in grade 9-11 will receive an activity break averaging 15 minutes following lunch each day.
- Student involvement in other activities requiring physical activity (i.e. community recreation programs) will be encouraged.
- A certified physical education teacher will teach all physical education classes.
- Students will spend at least 50% of physical education class time participating in moderate to vigorous physical activity.

Physical Activity Outside of School

- The district will offer extracurricular physical activity and sports programs throughout the school year.
- The district will cooperate with community groups that provide physical activity for K-12 students. These programs should meet the needs, interests and abilities of all students, including both boys and girls and students with disabilities and special health-care needs.
- Students will be encouraged to walk or bike to school
- Students will be provided information via Community Education regarding activities outside of school.

Approved:

March 2015