

SCHOOL DISTRICT OF WAUPACA

SERIES 400 STUDENTS

CODE: 457-R1

HEALTH AND WELLNESS

The School District of Waupaca:

**A. Will provide a comprehensive learning environment for the development and practice of lifelong wellness behaviors.**

The whole school environment, not just the classroom, will be aligned with healthy school goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity.

**B. Will support and promote proper dietary habits contributing to students' health and academic performance.**

All foods available prior to, during, and after the instructional school day should meet or exceed the district nutrition standards. Emphasis should be placed on foods that are nutrient dense per calorie. To ensure high quality, nutritious meals, foods should be served with consideration toward variety, appeal, taste, safety, and packaging.

**C. Will provide opportunities for students to engage in physical activity.**

A quality physical education program is an essential component for all students to learn about and participate in physical activity. Physical activity should be part of the daily education program from grades pre-K through 12. Physical activity includes regular instructional physical education, as well as co-curricular activities and recess with an emphasis on promoting healthy activities for a lifetime.

**D. Is committed to improving academic performance in high-risk groups so no child is left behind.**

Administrators, educators, health practitioners, parents and communities must consider the critical role student health plays in academic performance. The school district will make nutrition guides and physical activity guides available for community use.

**The School Breakfast/Lunch Programs:**

The full meal school breakfast and lunch programs will continue to follow the USDA Requirements for Federal School Meals Programs.

The Food Service Director is a member of the Nutrition & Physical Activity Advisory Council.

The School Food Service Program will follow the District's Nutrition Standards when determining items in the a la carte menu. However, a la carte items not meeting the District Nutrition Standards may be offered to students within moderation (i.e. limit the quantity sold to an individual) on an infrequent and intermittent basis.

**Cafeteria Environment:**

The Cafeteria should have a relaxed, enjoyable climate in an environment with:

- Adequate space to eat with clean, pleasant surroundings.
- Adequate time to eat meals.
- Convenient access to hand washing or hand sanitizing facilities before meals.

**Teacher to Student Incentives:**

The use of food items as part of a student incentive program is strongly discouraged. Regular meals (breakfast/ lunch) are never to be withheld to obtain work completion by students.

**Student Nutrition Education:**

The School District of Waupaca needs to develop a comprehensive curriculum approach to nutrition and health in Pre-kindergarten through 12<sup>th</sup> grade by May 1, 2007. Instructional staff will integrate nutritional themes into lessons when appropriate and emphasize the benefits of good nutrition. Nutritional themes include but are not limited to the following:

- Food Guide Pyramid
- Major nutrients
- Sources & variety of foods
- Serving sizes
- Diet and disease
- Identify foods of low nutrient density
- Healthy diet and physical wellness
- Healthy heart choices

**School District of Waupaca Nutrition Committee:**

With the purpose of monitoring the implementation of the District's policy, evaluating policy progress, serving as a resource to school sites, and revising the policy as necessary it is recommended that a Nutrition committee be established. The committee would meet a minimum of once annually with committee membership as follows:

- District Food Service Director
- Physical Education Teacher
- School District Nurse/Health Services Director
- Teacher
- Parent Representative
- Student Representative
- Administrative/School Board Representative

### **Staff Nutrition & Physical Activity Education:**

School staff will be provided educational opportunities in nutrition and physical fitness. These programs will include, but are not limited to, the arrangement of presentations and workshops that focus on nutritional value and healthy lifestyles, fitness activities, stress reduction, and other related topics and serve the purpose of:

- Encouraging staff to improve their own health & wellness.
- Creating positive role modeling.
- Building staff commitment to promote the health of students.
- Building staff commitment to help improve the nutrition and physical activity environment in the school.

### **Nutrition Standards:**

The School District of Waupaca 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 of food, beverages, and candy on school grounds. However, it is recognized there may be special occasions when the school principal may allow a school group to deviate from the Standards.

#### Nutrition Standards for Food:

- The consumption of nutrient dense foods, such as whole grains, fresh fruits, vegetables, and dairy products, will be encouraged.
- Any given food item for sale before, during, and after the instructional day will have no more than 30% of its total calories derived from fat & no more than 10% calories from saturated fat.
- Nuts and seeds with minimal added fat in processing (no more than 3 grams per 1.75 ounce or less package size) are exempt from these standards because they are nutrient dense and contain monounsaturated fat at high levels.

#### Nutrition Standards for Beverages:

- Vending sales of soda to students will not be permitted.
- The non-vending sale of soda will not be permitted before, during, or after the instructional school day, but may be permitted at those special school events that begin after the conclusion of the instructional day.
- Milk (skim, 1%, 2%, 16 oz Maximum), water, flavored water, 100% fruit juices, no added sugar, fruit based beverages that contain at least 50% juice, 16 oz. maximum and sport drinks & other beverages 20oz. maximum and no more than 25 grams of sugar, may be sold on school grounds both prior to and throughout the instructional day.

- It is understood that school staff may have vending machines that contain soda products, but they will not be accessible to students. Staff will be encouraged to offer more fruit juice and water choices in their vending machines. Staff will not have soda in the instructional areas.

#### Nutrition Standards for Candy:

- Vending sales of candy will not be permitted on school grounds.
- The non-vending sale of candy will not be permitted before, during, or after the instructional school day, but may be permitted at those special school events that begin after the conclusion of the instructional day.
- Candy is defined as any item that has sugar (including brown sugar, corn syrup, corn sweetener, fructose, glucose, dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, sucrose, syrup) listed as one of the first two ingredients. If sugar is more than 25% of the item by weight, it is candy.

#### **Fundraising Activities**

To support children's health and school nutrition education efforts, school fundraising activities will:

- Follow the District's current policy for fundraising.
- Encourage fundraising activities that promote physical activity.
- Make available a list of ideas for acceptable fundraising activities.
- Be expected to make every effort to follow the District's Nutrition Standards when determining the items being sold (items being sold that do not meet the District Nutrition Standards may be acceptable when offered on an intermittent basis and with prior approval of the Principal).
- All fundraising projects that involve food or beverages may not interfere, compete with, or be sold during the Breakfast or Lunch meal times.

#### **Snacks**

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water or milk as the primary beverage. Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, ages, and other considerations. The district will disseminate a list of healthful snack items to teachers.

#### **Rewards/ Teacher to Student Incentives**

Teachers are encouraged to consider nonfood items as rewards and incentives. Should teachers feel compelled to utilize food items as incentives/ rewards for academic performance or good behavior, they are encouraged to adhere to nutrition standards, and will not

withhold food or beverages (including food served through school meals) as a punishment. For example; restricting a child's selection of food choice or kind of milk due to misbehavior in the classroom.

### **Celebrations**

Schools should limit celebrations that involve food during the school day. Celebrations involving food must not be held during Breakfast or Lunch periods. The district will disseminate a list of healthy party ideas to parents and teachers.

### **School Stores**

All foods sold in school stores will adhere to the District's Nutrition Standards and portion size recommendations for items individually sold.

**School - sponsored Events** (such as, but not limited to, athletic events, dances, or performances).

Foods and beverages offered or sold at school- sponsored events outside the school day will make efforts to meet the District's nutrition standards, and offer at least some healthy alternatives\*.

**\*See appendix A**

### **District Physical Activity Goal:**

The School District of Waupaca shall provide physical activity and physical education opportunities that provide students with the knowledge and skills to lead a physically active lifestyle.

The School District of Waupaca shall implement and/or adhere to the following strategies:

- Physical education classes and physical activity opportunities will be available for all students.
- Physical activity opportunities shall be offered daily before school, during school (recess) or after school.
- Physical activity, physical education should not be withheld as punishment for behavior or incomplete academic work.
- As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
  - Expose youngsters to a wide variety of physical activities
  - Teach physical skills to help maintain a lifetime of health and fitness
  - Encourage self-monitoring so youngsters can see how active they are and set their own goals
  - Individualize intensity of activities
  - Focus feedback on the process of doing your best rather than on product
  - Be an active role model

- 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. The NASPE Guidelines include:
  - Children should accumulate at least 60 minutes, and up to several hours, of an age appropriate physical activity on all, or most days of the week.
  - Children should participate in several hours of physical activity lasting 15 minutes or more each day.
  - Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness and performance benefits.
  - Extended periods (periods of an hour or more) of inactivity are discouraged for children.
- Beginning in Middle School and through High School, offer a health-related fitness assessment with students. Students may receive results and use this as a baseline in understanding their own level of fitness, creating fitness goals and plans.
- Physical education classes shall be sequential, building from year to year, and content will include movement, personal fitness, and personal and social responsibility. Students should be able to demonstrate competency through application of knowledge, skill, and practice. Physical education is essential to total wellness and should be offered as part of the educational day, preschool through High School. Formal physical education at all grade levels is necessary to promote healthy development, a healthy life style, and improve quality of life.
- Students in grades k-12 will receive behavior-focused physical education that actively engages all youth, regardless of skill level, and that teaches the knowledge, attitudes, skills and behaviors that students need to adopt and enjoy a physically active lifestyle.
- The school district will offer ongoing professional development for staff in the area of physical activity.
- State-certified physical education instructors shall be scheduled to teach all physical education classes.
- The school district does not allow courses or activities to be substituted for physical education without prior approval of Administration.

## **HEALTH EDUCATION**

The District Wellness Policy reinforces health, wellness, and nutrition education to help students practice these themes in a supportive school environment. School District of Waupaca aims to teach, encourage, and support healthy eating and lifestyle choices by students. Schools should provide health education and engage in health promotion that:

- Is offered at each grade level as part of a sequential, comprehensive, program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of a comprehensive health education curriculum, which includes an emphasis on decision-making and personal responsibility.
- Includes enjoyable, developmentally-appropriate, interactive, culturally-relevant, participatory activities.
- Promotes healthy nutrition using the Food Pyramid, and healthy daily activity.
- Includes training for teachers and others staff.

**ADOPTED:** 080806

**REVISED:**

**REVIEWED:**

**LEGAL REFERENCE:**

**CONTRACT REFERENCE:**

**CROSS REFERENCE:**

The School District of Waupaca does not discriminate on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional or learning disability.

## **457-R1 - Appendix A**

### **Portion sizes:**

Suggested portion sizes of foods and beverages sold individually are listed below:

1. One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky.
2. One ounce for cookies
3. Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items.
4. Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream
5. Eight ounces for non-frozen yogurt

### **Suggested healthy alternatives:**

1. Fresh fruit
2. 100% fruit juice with no added sugar
3. Flavored water with no added sugar
4. Non-fat cheese sticks
5. Dried fruit
6. Dry roasted nuts