

## Section 300: Instruction

### District Wellness Policy

Code #341.33

The Tri-County Area School District recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition and regular physical activity. This policy promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential.

The District also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment.

Specifically, the District shall strive to accomplish the following: physical activity, nutrition education, and nutrition and wellness goals:

#### **1. Physical Education**

The Physical Education Department will provide a comprehensive, sequential curriculum that empowers all students with the knowledge, skills and planning techniques required to lead a healthy, active and sustainable lifestyle. The physical education curriculum strives to meet State expectations.

#### **2. Recess and Other Physical Activities**

The elementary and middle schools shall schedule daily recess for students and encourage students in active play.

#### **3. Nutrition Education**

The required nutrition education curriculum shall emphasize the knowledge and skills needed to develop lifetime healthy eating behaviors. In addition, the curriculum will align with the Wisconsin State Nutrition Standards.

#### **4. School Nutrition Programs**

The School Nutrition Department shall promote healthy meals and healthy meal alternatives as part of the educational learning environment to promote a healthy lifestyle and reduce the incidence of childhood obesity. Students shall receive the same quality school lunch and /or breakfast regardless of eligibility status, under all circumstances. The District will participate in USDA child nutrition programs including the National School Lunch Program (NSLP), the School Breakfast Program (SBF), Summer Food Service Program (SFSP) Fresh Fruit and Vegetable Program (FFVP), and the After School Snack Program. The District shall meet or exceed current nutrition requirements.

#### **Staff Qualifications and Professional Development**

School nutrition program directors, managers and staff will meet or exceed annual continuing education/training requirements in the USDA professional standards for child nutrition.

#### **5. Nutrition and Wellness Promotion in the School Environment**

The entire school environment shall reflect the District's commitment to student and staff wellness. All food and beverage vending machines accessible to students on school campus shall be limited to products meeting minimal USDA nutritional guidelines. The exception to this is celebration foods. Celebration foods that are less nutritious should be limited to occasionally

(suggested no more than twice a month) and not served prior to lunch. Staff shall serve as role models for students. Parents are encouraged to provide nutritional foods for lunches and snacks.

#### **6. Employee Wellness**

The District shall provide wellness programs, educational opportunities and a healthy work environment to encourage employee health and well being. The employee wellness committee, with the assistance from the school nurse, will develop nutrition and physical activity challenges, coordinate health promotion tactics and schedule fitness classes and health screenings.

#### **7. School Health Advisory Committee**

The District will establish a wellness committee to formulate, implement, and annually evaluate the District's wellness policy and report information on the school health environment to the public. This committee will annually evaluate the effectiveness of this policy and its implementing procedures and make recommendations to the District Administrator.

#### **8. Wellness Policy Implementation and Enforcement**

The District Administrator will inform and update principals and employees on the wellness policy. All building administrators are responsible for implementing and enforcing the wellness policy at their building. All District employees are responsible for implementing and complying with this policy while in the workplace in the presence of students. The Wellness Committee will annually measure and make available to the public an assessment on the implementation of the wellness policy.

### **PROCEDURE**

#### **WELLNESS POLICY IMPLEMENTATION**

The District's general plan for implementing the wellness policy and achieving the stated goals is outlined below:

##### **1. Physical Education**

- a. Students shall spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- b. All students in grades K-12 shall meet the following requirements for physical education:
  - K: 60 minutes per week
  - 1<sup>st</sup> -4<sup>th</sup> : averages 90 minutes per week
  - 5<sup>th</sup>-6<sup>th</sup>: averages 50 minutes per week
  - 7<sup>th</sup>-8<sup>th</sup>: averages 100 minutes per week
  - 9<sup>th</sup>-12<sup>th</sup>: Students are required to take three classes. Each class will meet for 45 minutes daily.
- c. The schedule shall accommodate quality teaching for maximum student learning including class sizes that are equitable with other content areas.
- d. The classes shall be structured around appropriate developmental groups that foster student success.
- e. A state licensed physical education teacher will teach physical education.

- f. The curriculum will be based on state and national standards and integrate lessons with fitness, lifetime skills, social responsibility and academic content.
- g. The physical education curriculum will include the five components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility and ideal body weight).
- h. The physical education teachers will monitor student success through articulated PreK-12 common assessments and student self-assessments.

## **2. Recess and Other Physical Activity**

- a. Staff shall encourage students to engage in moderate to vigorous physical activity during recess, given provisions of space and equipment.
- b. The elementary school shall schedule at least 20 minutes each day of supervised recess. All K-4 students will walk or run one lap (1/3 mile) of the Healthy Highway prior to the start of recess every day. All 5th and 6th grade students will walk or run one lap (1/4 miles) around the HS track prior to the start of recess every day.
- c. Elementary and Middle School teachers are encouraged to implement classroom physical activity breaks into the day. Resources have been given to K-6 faculty.
- d. The District will offer extracurricular physical activity programs, such as physical activity clubs, intramural programs or interscholastic sport programs.
- e. The District supports and encourages the use of the school facilities outside of school hours for physical activity (i.e. fitness center, and gymnasium).

## **3. Nutrition Education**

- a. Nutrition education curriculum will be sequential, comprehensive and align with the WI State Standards.
- b. In PreK-8<sup>th</sup> grades, nutrition will be offered in traditional classrooms as well as physical education.
- c. In High School, nutrition will be offered in 9<sup>th</sup> grade health, personal finance, and all physical education classes.
- d. Teachers will be encouraged to use the nutrition charts and resources to enhance lessons and provide hands-on opportunities for their students.
- e. Nutrition education will be provided to parents in the form of handouts, the school website, articles and information provided in newsletters, and presentations that focus on nutrition and healthy lifestyles.

## **4. School Nutrition Programs**

- a. The District will follow the USDA National School Lunch, School Breakfast, Fresh Fruit and Vegetable, and After School Snack Programs. Foods served through these programs shall meet all USDA nutritional standards.
- b. All food storage, preparation and service of food served to students shall comply with the Wisconsin Food Code and all USDA regulations.
- c. Food product nutritional information will be available through the school's Food Service area.
- d. Students will have the opportunity to provide input on the school menu and foods served.
- e. The Food Service Director will be responsible for offering a variety of fruits, vegetables and grains.

**5. Nutrition and Wellness Promotion in the School Environment**

The District shall create a school environment that supports the promotion of healthy food and beverage products and an active lifestyle by doing the following:

- a. All food and beverage products accessible to students shall be limited to products meeting the USDA nutritional guidelines and most recent state and federal legislation. Foods and beverages not meeting these guidelines will not be served/sold/provided to students on school grounds during the school day. This includes soda pop or other sweetened soft drinks, sports drinks, iced teas, fruit-based drinks that contain additional or artificial sweeteners, high fat snack foods and candies. Only snacks and other foods that meet USDA nutritional guidelines will be acceptable. Each building administrator shall ensure that their school is in compliance with district standards.
- b. Only foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may be marketed or promoted to students on the school campus during the school day.
- c. Only plain (unflavored, non-carbonated) water, nonfat and 1% unflavored milk and nonfat flavored milk will be available beverages for students during the school day.
- d. Under Building Administrator oversight, staff at each school will model a positive, healthy school environment.
- e. The District will encourage parents to support learning by providing nutritional foods for lunches and snacks that meet USDA nutritional requirements according to most recent legislation. Information on healthy snack choices will be provided to parents and teachers at the beginning of each school year. It will also be posted on the District website.
- f. School fundraisers will include non-food items such as books, gift-wrap, magazine, plant sales, and raffles, etc. If food items are sold, foods not meeting nutritional criteria cannot be sold during school hours.
- g. Food rewards or incentives shall not be used to encourage student achievement or desirable behavior. Students with specific Individuals Education Plans (IEP) may be exempted, but healthier rewards are encouraged.
- h. School faculty and staff will not withhold meals or physical education, or use physical activity as means of punishment.

**6. Employee Wellness**

- a. School employees serve as role models for students and are the key to implementation of a successful school wellness program.
- b. The Tri-County Area School District highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle.
- c. The District will maintain a staff wellness committee that will develop, implement, and oversee a plan to promote staff health and wellness. The plan should be based on input solicited from school staff.
- d. Employees will have access to use the school fitness center and exercise equipment at no cost.

**7. School Health Advisory Committee**

All of the following may participate (to the extent possible) in the District's Health Advisory Committee: Board Members, District Administrator, Principals, Food Service Director, Physical

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Education Teachers, School Nurse, classroom teachers, parents, students and members of the general public.

The Committee is responsible for all of the following:

- a. Annually informing the public about the content and implementation of the District Wellness Policy, including any subsequent updates to the policy;
- b. At least once every three years, conducting an assessment of the District Wellness Program, including:
  - i. The extent to which the District's schools are in compliance with the District Wellness Policy;
  - ii. The extent to which the District Wellness Policy compares to model local school wellness policies; and
  - iii. The extent to which progress has been made in attaining the goals of the District Wellness Policy.
- c. Revising, as appropriate, the District Wellness Policy based on the triennial assessment;
- d. Informing the public in an accessible and easily understood manner of the results of the triennial assessment, including information about each school's progress toward meeting the goals of and compliance with the District Wellness Policy.

A sustained effort is necessary to implement and reinforce District school wellness, nutrition, and physical activity guidelines.

\*The District reserves the right to use Administrative discretion when implementing the District Wellness Policy.

Prior Approval: February 27, 2017

Attorney Review:

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