

**PECATONICA AREA SCHOOL DISTRICT
BOARD OF EDUCATION
BLANCHARDVILLE, WI**

WASB CODE: 458

SCHOOL WELLNESS

Policy Preamble

The Board of Education of the Pecatonica Area School District (hereto referred to as the District) supports the health and well-being of the District’s students by promoting nutrition and physical activity at all grade levels. In accordance with federal law, it is the policy of the Board to provide students access to healthy foods and beverages; provide opportunities for developmentally appropriate physical activity; provide nutrition education; and require that all meals served by the District meet or exceed the federal nutritional guidelines issued by the U.S. Department of Agriculture.

Policy Leadership

Each school shall designate the building principal as the site coordinator who shall ensure compliance with the policy.

A Wellness Committee shall be formed and maintained to oversee the activities set forth in this policy. The Committee shall meet annually to review nutrition and physical activity policies and to develop an action plan (goals, objectives, and timelines) for the coming year. The Committee shall meet no less than two times during the school year to discuss the implementation of the established activities and address any barriers and challenges. The Committee shall report annually to the Board of Education on the implementation of the policy and any recommended changes or revisions. The Board will adopt or revise policies based on the Committee recommendations.

Wellness Committee Meeting Timeline

August	Start of school year meeting to determine wellness activities for the upcoming school year.
By end of October	Discussion on wellness policy implementation progress
By end of February	Discussion on wellness policy implementation progress; preliminary discussion for activities in the upcoming school year; begin planning end of year report for the Board of Education
April or May School Board Meeting	Provide an end of year report to the School Board on Action Plan and Wellness Policy implementation.

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:

- Administrator(s)
- Classroom teacher(s)
- Physical education teacher(s)
- School food service representative(s)
- Student(s)
- Nutrition and/or health education teachers(s)
- School counselor(s)
- Parent(s) and/or Community member(s)

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:

- All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010 (www.fns.usda.gov/sites/default/files/dietaryspecs.pdf).
- All meals are accessible to all students. Withholding food as a punishment shall be strictly prohibited.
- Drinking water is available for students during mealtimes.
- When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day for lunch. (See the school handbooks for more information.)
- Lunch shall be scheduled following recess for elementary students.
- 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 notify parents of the availability of the breakfast, lunch, and summer food programs and be encouraged to determine eligibility for reduced or free meals. Parents will be encouraged to apply for the school breakfast and lunch programs.

Foods and Beverages Sold Outside of the School Meals Program

- 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>.
- 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 held 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

Other than birthday celebrations, celebrations that involve food will be limited to one per month per classroom. In lieu of food-celebrations, non-food celebrations will be promoted and a list of ideas is available to staff and family members. For birthday celebrations at the elementary school and food-celebrations, a list of snack ideas that meet nutritional requirements will be posted on the school webpage and provided to parents at the beginning of the school year and encouraged by classroom teachers and building principals.

Nutrition Education

The primary goal of nutrition education is to influence students' lifelong eating behaviors. Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District as a part of the physical education curriculum and life sciences curriculum. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.

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. Students are encouraged to participate in the elementary school garden with their families. Teachers are encouraged to continue to nurture the school garden through inclusion of garden activities into classroom lessons and in summer school programming.

Physical Activity

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

- Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.
- District-sponsored activities such as inter-class or student–staff competitions, or affiliated fundraisers such as alumni tournaments, 5K walk/runs or other activity-based gatherings.
- District-sponsored community service activities such as wetlands cleanup or highway cleanup will be encouraged as a healthy way for physical activity, but also as a way to promote environmental stewardship.

Physical Education

- All District elementary students in each grade shall have physical education a minimum of three times per week.
- All District middle school students are required to take the equivalent of one academic year of physical education.
- All District high school students are required to receive 1.5 credits of physical education prior to graduation.
- All physical education classes are taught by licensed teachers who are certified to teach physical education.
- 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. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water. Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.

Staff Wellness

The District will implement the following activities below to promote healthy eating and physical activity among school staff.

- Administration of flu shots at school.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- Encouragement of staff members to access middle school/high school weight room, and building gymnasiums before or after school hours.
- Encouragement of staff group-exercise classes before or after school.
- Wellness programs in cooperation with the district health insurance provider such as weight loss assistance, exercise incentives, and community supported agriculture coupons.

Community Engagement

The District shall work with community partners, including Lafayette County and Iowa County Health Departments, and current district health insurance provider, to support district wellness. The elementary school shall continue to have a school garden and utilize community partnerships and family involvement in sustaining the garden.

Community is encouraged to participate in group classes when offered at the high school or elementary school. The school district will publicize such opportunities.

Monitoring and Evaluation

The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture. The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at www.pecatonica.k12.wi.us.

LEGAL REF.: PI 8.01(2)(j) Wisconsin Administrative Code
Child Nutrition and WIC Reauthorization Act of 2005

CROSS REF.: 760 Food Service Management

APPROVED: January 19, 1987
August 15, 2011
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