

341.21 WELLNESS, NUTRITION, AND PHYSICAL ACTIVITY

The Williams Bay School District supports the health and well-being of the District's students by promoting nutrition and physical activity at all grade levels. Following 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.

To ensure the health and well-being of all students, it is the policy of the Williams Bay School Board to:

1. Ensure that all children have access to adequate and healthy food choices on scheduled school days at reasonable prices.
2. Support and promote proper dietary habits contributing to students' health status and academic performance.

The District Administrator is charged with operational responsibility for ensuring that each school fulfills the District's Wellness policy and in making recommendations concerning the possible revision of that policy and its rule.

Wellness Committee

The District will have a Wellness Committee to develop, implement, monitor, review, and as necessary, revise school nutrition and physical activity policies.

The District wellness committee will consist of a diverse group of stakeholders and should include parents, students, representatives of the school food service, school administrators, teachers, physical education teachers, health professionals, and members of the public.

Nutrition Standard 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 Meal Programs:

- 1) Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8 as applicable. 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).

- 2) All meals are appealing and attractive and served in clean and pleasant settings.
- 3) Students are provided at least fifteen (15) minutes to eat breakfast and at least twenty (20) minutes to eat lunch after being seated.
- 4) All school campuses are “closed” meaning that students are not permitted to leave the school grounds during the school day.
- 5) The District will provide a breakfast program under USDA regulations for National School Breakfast Programs.
- 6) All students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la Carte) are given a code to enter at the cash register.
- 7) It is prohibited for students with unpaid balances to be shamed in any way, including announcing their names, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance.
- 8) Applications for free/reduced priced meals are made available on the District website.
- 9) The District will provide opportunities for students to provide feedback regarding the types of foods served and the quality.
- 10) The District discourages consumption of competitive foods in place of school meals by limiting competitive food choices during mealtimes in the cafeteria.
- 11) The food service vendor will ensure that managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals.
- 12) The district shall strive to provide healthy choices for all a la carte for sale.
- 13) Vending machines are not made available to students at any time.
- 14) Beverages containing caffeine are not sold to high school students during the school day.
- 15) The healthiest choices, such as salads and fruit, will be prominently displayed in the cafeterias to encourage students to make healthy choices.
- 16) Healthy snacks are served to students in the before and after school program.
- 17) Food rewards and incentives used in classrooms to encourage student achievement and desirable behavior are strongly discouraged.
- 18) Students and staff have access to drinking fountains and bottle fillers throughout the school day, including during mealtimes.
- 19) Menus shall be posted on the District website.
- 20) Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.

Foods and Beverages Sold Outside of School Meals

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/toolsschoolsfocusingSMARTsnacks>.

Foods Offered/Provided but Not Sold

The District encourages foods offered on the school campus to meet or exceed the USDA Smart Snacks in School nutrition standards including those provided at celebrations and parties and classroom snacks brought by staff or family members.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers during the school day. 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.

Nutrition Education

- 1) Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.
- 2) Nutrition lessons are integrated into the curriculum and the health education program.
- 3) Nutrition education shall be offered in the cafeteria as well as the classroom, with coordination between the food service staff and teachers.
- 4) Nutrition education will provide the knowledge and skills necessary to promote health including reading food labels and menus.
- 5) Nutrition topics shall be integrated within the comprehensive health education program and taught at every grade level. Nutrition education will be integrated into the broader curriculum, where appropriate.
- 6) Staff members responsible for nutrition education will regularly participate in relevant professional development.
- 7) Nutrition education shall be provided to families via handouts, newsletters, postings on the website, presentations, and workshops.

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. Also, the District shall offer students the ability to participate in culinary activities, such as cooking clubs and the Wisconsin Student Chef Competition.

Physical Activity

- 1) The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.
- 2) The District shall develop a comprehensive, school-based physical activity program that includes the following components: physical education, recess; classroom-based physical activity; walk to school; and out-of-school time activities.
- 3) Physical activity during the school day shall not be withheld as punishment.
- 4) Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g., academic or attendance requirements.
- 5) The Elementary School shall offer at least thirty (30) minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).
- 6) Outdoor recess shall be offered unless inclement weather makes it necessary to hold indoor recess.
- 7) Recess monitors/teachers shall encourage students to be active during recess.
- 8) The Middle/High School shall provide physical activity opportunities for all students before and after school through activities such as intramurals, recreation department activities, and co-curricular sports.
- 9) District facilities shall be made available to students and community members through the recreation department and the District's Facility Use Policy.
- 10) Opportunities to participate in the physical activity shall be promoted throughout the school day by school announcements, newsletters, flyers, and recreation department posters.
- 11) Students shall not be required to engage in physical activity as punishment. For example, students may not be singled out to run extra laps or perform other physical activities that the entire class is not engage in, as a behavioral consequence.
- 12) The district believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as punishment.
- 13) Storage racks for bicycles will be provided at each school.
- 14) Crossing guards are provided at major intersections and street crossings near the school.
- 15) Crosswalks exist on streets leading to the schools.

Physical Education

- 1) All District elementary students in grades K - 5 shall receive at least sixty (60) minutes of physical education per week throughout the school year.
- 2) All District middle school students are required to take the equivalent of one academic semester per year of physical education.
- 3) All District high school students are required to receive 1.5 credits of physical education before graduation.
- 4) Waivers, exemptions, or substitutions for physical education classes are not granted.
- 5) The school district's comprehensive, standards based physical education curriculum identifies the progression of skill development in grades K-12 and are aligned to the Wisconsin physical education standards.
- 6) Students shall be moderately to vigorously active for at least 50% of class time during all physical education class sessions.
- 7) All physical education classes for grades K-12 are required to be taught by Wisconsin licensed physical education teachers.
- 8) Physical education staff shall receive professional development yearly.
- 9) 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 Activities that Promote School Wellness

- 1) As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.
- 2) The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages to promote student wellbeing.
- 3) Staff is strongly encouraged to model healthful eating habits and physical activity behaviors.
- 4) Marketing on the school campus is limited to those products that are allowed to be sold according to the district's nutrition standards.
- 5) The district discourages display and advertising of unhealthy foods on school grounds.
- 6) Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.
- 7) Advertisements are not placed in the cafeteria. The district does not expose students to food marketing.

Staff Wellness

- 1) Educational activities for school staff members on healthy lifestyle behaviors are available.
- 2) Staff members are provided access to the fitness and physical activity equipment before and after school.
- 3) Distribution of an employee health newsletter to promote healthy behaviors.
- 4) Administration of flu shots at school.
- 5) The district will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom.

Community Engagement

- 1) The District will inform and invite parents to participate in school-sponsored Activities throughout the year.
- 2) The District will actively inform families and the public about the content of and any updates to the District's website www.williamsbayschools.org and student handbooks.
- 3) The District shall provide information on how the public can participate in the school wellness committee on an annual basis.
- 4) The district provides access to school facilities including the fitness center to provide expanded physical activity opportunities for all students and community members.

Monitoring and Evaluation

- 1) The district will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school complies with the policy and how the policy compares to a model policy, as established by the U.S. Department of Agriculture.
- 2) The District will 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.williamsbayschools.org.
- 3) The District wellness policy will be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new federal or state guidance are issued.

LEGAL REFERENCE: Administrative Regulations 458A

APPROVED: July 10, 2006

REVISED: June 8, 2009, July 13, 2009, May 8, 2017, March 12, 2018
February 22, 2021, March 13, 2023