

SCHOOL WELLNESS

The policy supports the mission of the Dodgeland School District: *Providing the environment that cultivates maximum student potential.* To afford students the opportunity to fully participate in the educational process, students must attend school with minds and bodies 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 lifelong regular physical activity and healthy eating habits. Since nutrition influences a child's development, health, well-being and potential for learning, decisions made in all school programming shall reflect and encourage positive nutrition messages and healthy food choices. Healthy eating patterns and regular physical activity are essential for students to achieve their full academic and life potential.

Physical Activity Goals:

A quality physical education program is an essential component for all students to learn about and participate in physical activity. In addition to regular physical education, physical activity will be integrated across curricula and throughout the school day.

Elementary students (kindergarten through grade 5) will be provided with an average of 30 minutes of daily physical activity during recess time.

The District provides additional opportunities for physical development and fitness through extra-curricular activities.

The District works cooperatively with Dodgeland community park and recreation departments to provide additional programming. The District will inform students and parents/guardians of such available community activities and programs.

Nutrition Education Goals:

Nutrition themes will be integrated into lessons 4K-I2 within a variety of cross curricular subjects. Opportunities will be available for students to practice these themes in a supportive school environment.

Students will be taught the curriculum standards and student outcomes that emphasize good nutrition and healthy lifestyles within the health education curriculum.

Additional nutrition education may be provided to students and parents/guardians in the form of handouts, articles in the district newsletter or postings on the District website.

Nutrition Promotion Goals:

Vending Machines: Food items of minimal nutritional value may not be sold in student vending machines or other outlets such as a school store. During the school day, all student beverage vending machines in school buildings will be limited to water, milk and flavored milk, and juice products meeting district nutritional guidelines based on the USDA nutritional guidelines.

Concession Sales: Food items of minimal nutritional value including, but not limited to, soda and artificially sweetened drinks and candy will only be available in school facilities during concession sales at public events such as athletic contests, catered events, and non-school events held outside of school hours.

Other Fundraising: Any fundraising requires administrative approval. To create a school environment that supports the promotion of healthy food and beverage choices for students, it is important to consider all venues where food and beverages are consumed or sold. The following recommendations are made to

promote healthy choices for students related to fundraising activities sponsored or supported by the school:

- When school groups or other organizations sell food and beverages to raise funds for the school at least some healthy food choices shall be included. It is recommended that these healthy options be offered at a lower profit margin to encourage selection by students.
- Non-food items shall be offered to raise funds such as books, gift wrap, candles, plants, flowers, school promotional items, etc. Organizations operating concessions at school functions should offer at least some healthy food choices.
- Items being sold that do not meet the District nutrition guidelines may be acceptable when offered on an intermittent basis.

Learning Incentives: The use of foods of minimal nutritional value as learning incentives shall be kept to a minimum, and healthy food choices or non-food related items shall be substituted.

Food Service Program: All District schools shall participate in federal child nutritional programs including the school lunch and breakfast programs. The District shall comply with federal, state and local requirements, including established nutrition standards. These programs shall be accessible to all students. Students shall receive the same quality school lunch and breakfast regardless of eligibility status. Food safety shall be a major part of the food service program.

Other School-Based Wellness Promotion Goals:

School staff involved in the implementation of the wellness policy and in supporting a healthy school environment shall be provided with adequate pre-service and ongoing in-service training that focuses on effective strategies for increasing knowledge, establishing positive behavioral patterns and attaining system changes.

Wellness Policy Implementation, Assessment and Reporting:

The District Administrator shall be responsible for ensuring that the schools comply with this policy and its implementing procedures.

The District Administrator shall be responsible for assessing the extent to which the policy compares to model school wellness policies and the progress made in attaining the goals of the policy on a regular basis.

The District Administrator shall report the assessment results to the Board. Recommendations for changes in the wellness policy and related procedures to increase effectiveness shall be sent to the Board for approval. The public shall also be informed and updated about the wellness policy content, implementation and assessment results.

LEGAL REF.: Sections 118.01(2)(d) Wisconsin Statutes
118.12
118.33(1)(a)
120.13
121.02(1)(j), (k) and (L)
PI 8.01(2)(j) Wisconsin Administrative Code
Healthy, Hunger Free Schools Act of 2010

CROSS REF.: 458-Rule, School Wellness Policy Implementation Procedures
345.6, Graduation Requirements
370, Extracurricular Program Activities
374, Student Fund Raising Activities
377, Interscholastic Athletics
760, Food Service Program
762, Vending Machines

850, Public Sales and Solicitations on School Premises
851, Advertising in the Schools
881, Relations with Parent-School Support Organizations

Approved: July 24, 2006
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