

Melrose-Mindoro School District Wellness Policy:

Nutrition and Physical Activity

Based on the Alliance for a Healthier Generation's Healthy Schools Program Framework

Children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive. The prevalence of overweight among children aged 6-11 years has more than doubled in the past 20 years and among adolescents aged 12-19 has more than tripled.

Although school health programs are not the only answer to this crisis in children's health, schools can foster an environment that is health promoting and provides students with the knowledge and skills to create lifelong healthy habits. Children who eat well and are physically active are more likely to learn and become healthy, successful adults who contribute to our community.

Therefore, it is our policy to:

- A. Create a health-promoting environment in our schools;
- B. Provide students access to nutritious food;
- C. Provide opportunities for physical activity and developmentally appropriate physical education; and
- D. Provide accurate information related to these topics through a comprehensive health education program.

Coordination of Effort

School District Wellness Council

For the purpose of coordination of effort a school district wellness council shall be established. This council will be composed of diverse members of the school district and surrounding community to include district level staff, school level staff, family members, and members of the community. Student council representatives will be invited to provide input. The council's purpose will be to oversee the implementation, monitoring and evaluation of this policy. The

council may also recommend to the superintendent and the school board approaches in both programs and policies to enhance the health and wellness of students, families and staff.

The public will be informed and updated annually about the content and implementation of local wellness policies through the school district's website.

Connection to Other Initiatives and Programs

The school wellness council shall regularly assess efforts across the district and community focused on improving student health and learning. Where possible, the council will recommend policies and procedures to reduce duplication of these efforts, coordinate resources and make efficient use of district resources and staff.

Diversity Statement

The board acknowledges the link between disparities in health and academic achievement and the role this policy plays in mitigating these gaps. To this end, the adoption and implementation of this policy shall be carried out with respect for the diversity of the district's students, staff and families. Programs and opportunities outlined in this policy shall be applied and accessed equitably regardless of race, ethnicity, socio-economic status, family formation, religion, ability, gender, etc.

Nutrition

Guidelines

A. Foods and Beverages

Students' lifelong eating habits are influenced by the types of food and beverages available to them. The district shall take a proactive effort to encourage students to make nutritious food choices, ensuring that:

1. All foods and beverages made available on campus will be consistent with the current USDA Dietary Guidelines for Americans.
2. Foods and beverages sold individually during the school day (i.e. sold outside reimbursable school meals, such as vending machines, a la carte, school stores, etc.) will meet USDA Dietary Guidelines for Americans. District employee lounges may be exempt from this requirement.

3. The school district will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
4. The school district will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
5. The school district will discourage tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
6. The district will encourage school sponsored events and programs held outside of the school day to be supportive of the Wellness policy and guidelines.
7. School Administrators will monitor school fundraising activities in order to ensure they are not in conflict with sound nutrition messages. Items sold must not interfere or compete with the National School Lunch Program.
8. School personnel serve as nutrition educators and role models for healthy lifestyles. Staff shall not drink pop during teaching time; permitted during prep and lunch times.
9. Teachers are encouraged to consider non-food items or an activity as teacher to student incentives. Should teachers use a food item, they are encouraged to adhere to the guidelines.

B. School Nutrition Program/Personnel

1. The school district will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. The school district shall designate an appropriate person to be responsible for the district's nutrition program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. School food service staff will be trained annually to enable them to carry out the nutrition standards and federal rules required by the National School Breakfast and Lunch Programs.
4. School Nutrition personnel will take every measure to ensure student access to foods and beverages meets or exceeds all federal, state, and local laws and guidelines.

C. Free and Reduced-Price Food Services

1. The district shall provide free and reduced-price breakfasts, lunches, and milk to students according to the terms of the National School Lunch and Breakfast Programs and the laws and rules of the state.

2. The district shall inform parents of the eligibility standards for free or reduced price meals.

3. Reasonable efforts shall be made to protect the identity of students receiving such meals.

4. A parent has the right to appeal any decision with respect to his/her application for free or reduced-price food services to the superintendent.

D. Nutrition Education and Promotion

The primary goal of nutrition education is to positively influence students eating behaviors.

1. The school district will ensure that students in K through grade 12 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should include instruction that helps students learn more about the importance of various food groups; calorie, sugar and fat intake; healthy cooking methods; recognition of the role media plays in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.
2. The school district will encourage all students to make age appropriate, healthy selections of foods and beverages, including those sold individually outside the reimbursable school meal programs, such as through a la carte lines, vending machines, fundraising events, concession stands, and student stores.

Physical Education, Physical Activity

Physical Education

A comprehensive physical education curriculum consistent with Wisconsin requirements and aligned to state/national physical education standards shall be adopted. The curriculum will be developmentally appropriate, utilizing strategies that support needs of the diversity of the student population. All physical education classes will include student assessment of skills and

knowledge and this assessment will be reported on the report card every term that a student is enrolled in physical education. Physical education classes shall be appropriately modified or adapted to promote the participation of all students, in particular students with chronic health conditions and/or special needs.

All students in elementary grades K-5 are required to participate in 90 minutes of physical education per week throughout the academic year. All middle level students grades 6 and 7 are required to participate in 135 minutes of physical education per week, 8th grade students have an average of 125 min per week. This includes instruction and practice in basic movement and fine motor skills, progressive physical fitness, and wellness activities through age-appropriate activities. All high school students are required to complete 1.5 credits of physical education, and may enroll in additional physical education classes as their schedules permit. The district encourages all high schools to offer a variety of health and fitness classes for each grade in the high school.

It is the goal of the district to provide 135 minutes of physical education for elementary students and 150 minutes of physical education for middle school students.

Physical Activity

In addition to required physical education, students at the elementary level should have the opportunity to participate in daily recess and physical activity. The district shall provide daily recess period(s) for elementary school students for at least 45 minutes, featuring time for unstructured but supervised active play. Co-curricular physical activity programs, including fully inclusive, no cut policy, intramural programs and physical activity clubs should be available to all students. School facilities shall be used for physical activity programs offered by the school and/or community-based organizations outside of school hours as feasible.

Health Education and Nutrition Education

The school district shall adopt and implement a comprehensive health education curriculum consistent with Wisconsin requirements and aligned to state/national health education standards. The curriculum will provide opportunities for developmentally appropriate, skills-based instruction for grades K-12. Instruction will include topics of healthy eating and benefits of physical activity. All health education classes will include student assessment and this assessment will be reported on the report card every term that health education is offered.

Nutrition, health and fitness topics shall be integrated within the sequential, comprehensive health education curriculum taught at every grade level, kindergarten through grade 12, and coordinated with the district's nutrition and food services operation.

Because good health is integral to a successful and productive future, health education featuring information on healthy eating and physical activity will be integrated across the curriculum.

School Employee Wellness

The health, safety and attendance of school teachers and staff are critical to our students meeting the rigorous learning goals we have set. In addition, school staff members are a unique and valuable resource. It is a goal of the district to establish an employee wellness program.

Evaluation

The district school wellness council shall oversee the implementation of this policy and report to the school board at least annually on the status of policy implementation and recommendations for revisions.

References: Melrose-Mindoro School District Wellness Guidelines, 8/28/06

Winona Area Public Schools Policy 533, 5/18/06

Alliance for a Healthier Generation, www.HealthierGeneration.org

Healthy, Hunger-Free Kids Act 2010

USDA Guidelines

Approved by School Board on 6/23/14