

## Wellness Policy

As required by law, the Board establishes the following wellness policy for the School District of West Salem as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in students healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board sets the following goals in an effort to enable students to establish good health and nutrition choices to:

- A. promote nutrition education with the objective of improving students' health and reducing childhood obesity;
- B. promote the health and well-being of our children, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits;
- C. promote nutrition guidelines, a healthy eating environment, child nutrition programs, and food safety and security on each school campus with the objective of promoting student health and reducing childhood obesity;
- D. promote opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short and long-term benefits of a physically active lifestyle;
- E. promote the health and wellness of students and staff through other school-based activities.

## Development and Review

The District shall invite a diverse group of District stakeholders, which may include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, School Board members, members of the public, and other school administrators to provide input in the development, implementation, evaluation, and periodic review and update, if necessary, of the wellness policy.

## Policy Leadership and Reporting Requirement

The Director of School Nutrition shall implement and ensure compliance with the policy by ensuring the review, update, and evaluation of the policy takes place. Policy requirements can be found at <https://dpi.wi.gov/school-nutrition/program-requirements/local-wellness-policy>.

The policy developed shall include the following items, along with any additional measures deemed appropriate:

1. identify specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, with consideration for evidence-based strategies;
2. develop nutrition guidelines for all foods and beverages sold during the school day, that are consistent with Federal requirements for meal nutrition standards and smart snacks, and restricting marketing efforts to only those items that meet established guidelines;
3. develop policies pertaining to other food items in the schools, including for classroom parties, birthday snacks, or other food items not for sale, but distributed in the schools;
4. describes the process and public involvement in the development of the wellness program and initiatives.

## Nutrition Education and Promotion

Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the curriculum standards and benchmarks established by the State.

Nutrition education standards and benchmarks promote the benefits of a balanced diet that includes fruits, vegetables, whole grain products, and low-fat and fat-free dairy products.

- The District will incorporate nutrition education at all grade levels, consistent with the current Dietary Guidelines for Americans.
- The District will provide nutrition education that will teach, encourage and support healthy behaviors.
- Students in grades K-5 will receive at least five hours of nutrition education per year. Students in grades 6-8 will receive nutrition education in one class required to complete middle school. Students in grades 9-12 will receive nutrition education within two courses required for graduation.

Promotion of health and nutrition education will come from various sources. These may include: newsletters, health fairs, school website, posters and handouts, taste test days, school garden, Harvest of the Month, and Farm to School.

School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self-Assessment to determine ways to improve the school meals environment. School nutrition services shall implement at least five (5) techniques at each school. The Meal Appeal Self-Assessment can be found at <https://dpi.wi.gov/wisconsin-school-meals-rock/school-nutrition-professionals>.

Greens from the aquaponics lab will be offered when available as part of the high school lunch program.

## **Physical Activity**

### **A. Physical Education**

1. A sequential, comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.
2. Planned instruction in physical education shall take into account the diverse needs and interests of all students.
3. Physical education credits cannot be waived for other activities.
4. School Facilities should be available for students and the community.
5. Encourage students to spend at least 50% of the physical education class time participating in moderate to vigorous physical activity.
6. The District will provide at least the minimum allocated instructional time as recommended by the Wisconsin Department of Public Instruction.

### **B. Physical Activity**

1. Physical activity shall not be employed as a form of discipline or punishment.
2. Schools will encourage students to actively commute to and from school and, encourage physical activity before, during, and after school.
3. Encourage active recess: provides children with a guarantee of non-structured physical activity.
4. Encourage active classrooms: integrate short, movement breaks into the classroom.

5. Ensure that the District provides outdoor green space for physical activity.
6. School Transportation-Related Physical Activity
  1. The District will continue to collaborate with the Village of West Salem and the La Crosse County Health Department to explore the availability of Federal Safe Routes to School funds to continue the Walking School Bus Program and other Safe Routes to Schools activities. Safe Routes to School Program creates safer walking and biking routes. Therefore, parents will perceive few barriers to walking or biking to school, resulting in increased physical activity of students.
  2. Participation in Safe Routes to Schools and Active Transportation programs will be accompanied by educational activities in the classroom, at family education nights, and any other sponsored events when possible. Active Transportation is an organized effort to provide adult supervision as children walk or bike to school, such as a walking school bus.

### **Other School-Based Strategies for Wellness:**

- A. Students, parents, and other community members shall have access to, and be encouraged to use, the school's outdoor physical activity facilities outside the normal school day.
- B. An organized wellness program shall be available to all staff.

### **Additional Strategies for Consideration:**

The school shall provide a clean environment in which the students eat.

### **Nutrition Guidelines:**

The District will follow all of the Nutritional Standards guidelines based on the Dietary Guidelines for Americans; as outlined with the adoption of the current Healthy Hunger Free Kids Act and Smart Snacks Rulings; along with any additional rulings from the USDA or State regulations thereafter, in regards to the best interest of the children served. Policy includes:

- A. Providing, at minimum, the required grain, vegetable, fruit, milk, and protein offerings as outlined by the Dietary Guidelines for Americans in the USDA Nutrition Standards in the National School Lunch and School Breakfast programs. Information on current meal pattern requirements can be found at <https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning>.

B. Ensuring the integrity of the school meals program by prohibiting food sales for students that are in direct conflict with the National School Lunch and Breakfast programs, also known as competitive foods.

C. Competitive foods will be limited to those compliant with the Smart Snacks ruling. Soda will not be available in ala carte, vending or concession to students in any school, during the school day. Smart Snack guidelines can be found at <https://dpi.wi.gov/school-nutrition/program-requirements/smart-snacks>.

D. Fundraising items sold fall under the Smart Snacks ruling and will be complied with.

1. The sale of food items that meet nutrition requirements at fundraisers is not limited in any way under the standards.
2. These standards do not apply during non-school hours, on weekends, and at off-campus fundraising events.
3. The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards as regulated by the Wisconsin Department of Public Instruction.

#### E. Class Celebrations/ Student Incentives

Parents are encouraged to bring healthy snack choices for classroom celebrations such as but not limited to children's birthdays, holiday celebrations and special classroom events. Teachers will also make parents aware of restricted food/non-food products to prevent any allergic reactions within the class population.

It is recommended that teachers follow district nutrition guidelines with regard to snacks they purchase for student treats or student incentives. Strong consideration should be given to non-food items as part of any teacher to student incentive program.

F. The food service program will provide all students affordable access to the varied and nutritious foods they need to be healthy and to learn well.

## Public Notice

The District shall be responsible for informing the public, including parents, students, and community members, on the content of and any updates to the policy at least annually. In order to inform the public, the District shall include information in the student handbook and post the wellness policy on the District's website.

## Record Retention

The Superintendent shall require that the District retains documentation pertaining to the development, review, evaluation, and update of the policy, including:

- A. copy of the current policy;
- B. documentation pertaining to the most recent triennial assessment of the local school wellness policy, including WellSAT scorecard, for all schools within the District;
- C. documentation of efforts to publicize the policy, updates to the policy, and the triennial assessment;
- D. documentation of efforts to review and update the policy, including the invitation to stakeholders to participate and a list of stakeholders involved in the review and update.

The District will evaluate compliance with the Wellness Policy no less than once every three (3) 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.