

## **SCHOOL WELLNESS**

The Board of Education of the Stanley Boyd 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**

The Superintendent shall implement and ensure compliance with the policy by leading the review, update, and evaluation of 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 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.

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
- Board member
- Physical education teacher
- School food service representative
- Community member/parent
- Student

### **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/dietary\\_specs.pdf](http://www.fns.usda.gov/sites/default/files/dietary_specs.pdf)).

In addition, the District's nutrition services shall notify parents of the availability of the breakfast, lunch, and summer food programs and shall be encouraged to determine eligibility for reduced or free meals;

### *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-Schoolsfocusing-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 sold 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*

The District encourages foods offered on the school campus 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.

### **Nutrition Education**

Nutrition education shall follow the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.

### **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.

### **Physical Activity**

The District shall provide opportunities for students to participate in physical activity in addition to physical education. As such:

- Children and adolescents should participate in 60 minutes of physical activity every day.

### *Physical Education*

The District shall provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. As such:

- 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.

### **Other School Based Activities that Promote Wellness**

The District supports the implementation of other programs that help create a school environment that conveys consistent wellness messages in an effort to promote student well Being.

#### *Staff Wellness*

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

- Organization of employee physical activity clubs.
- Periodic screening at school for blood pressure, blood cholesterol, body mass index, and other health indicators.
- Annual administration of individual health-risk appraisals to help staff members establish personal health-improvement goals.
- Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.

#### *Community Engagement*

The District shall inform and invite parents to participate in school-sponsored activities throughout the year. The District shall actively inform families and the public about the content of and any updates to the policy through the school's website and newsletter. The District shall provide information on how the public can participate in the school wellness committee on an annual basis.

### **Monitoring and Evaluation**

The Wellness Committee shall monitor goals and objectives for the District and compile an annual report to address the progress of the schools within the District in meeting wellness goals. This report will be published annually in July.

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