

Student and Staff Wellness

Introduction

The School District of Bonduel recognizes the importance of wellness, good nutrition, and regular physical activity for all students, staff, and residents. This policy promotes and supports life-long wellness behaviors and connects healthy nutrition and exercise to overall physical well-being, growth, development, scholastic performance and readiness to learn. Proper nutrition and regular physical activity are essential components to achieve full academic and life potential.

This policy contains guidelines and procedures designed to set and meet appropriate nutrition education and physical activity goals for students and staff. The policy also includes guidelines and procedures for establishing nutrition standards for all foods available on school campus during the school day as well as other school-based activities designed to promote staff and student wellness. Finally the policy addresses the guidelines for measuring and evaluating the effectiveness of the District's student and staff wellness programs.

Guidelines and Procedures

Nutrition Education Goals

The health curriculum shall educate students to develop the knowledge, attitudes, skills and behavior for life long healthy eating habits and physical activity. Nutrition education is a component of the health curriculum and is defined as learning experiences designed to encourage eating and other nutrition related behaviors conducive to health and well-being. The primary goal of nutrition education is to teach students life-long healthy eating behaviors. Topics covered as part of the health curriculum include eating habits, nutrients, dietary guidelines, food guide pyramid, serving sizes, labeling, weight problems, eating disorders, fad dieting, food safety, food allergies and food sensitivities.

1. Health instruction shall be provided in accordance with a written comprehensive health education curriculum which includes the curricular areas defined in Wis. Stats. 115.35 and 118.01(2)
2. Health education in grades kindergarten through sixth shall be under the direction of a licensed health teacher.
3. In grades 7-12 health education shall be conducted by or under the direction of a licensed health teacher and shall include one structured course in health taught by a licensed health teacher.

Physical Activity Goals

The primary goal of the physical education curriculum is to provide 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 and healthy lifestyle. A comprehensive physical activity program includes

a variety of opportunities for physical activity including: physical education, recess, walk-to-school programs, after-school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

1. Physical education instruction shall be provided in accordance with a developmental, sequential, comprehensive physical education curriculum and program of instruction for all students and shall:
 - a. emphasize knowledge and skills for a lifetime of regular physical activity.
 - b. be consistent with Wisconsin standards for physical education curriculum.
 - c. devote at least 50% of class time to actual physical activity in each week with as much time as possible spent in moderate to vigorous physical activity.
 - d. provide many different physical activity choices.
 - e. feature cooperative as well as competitive games.
 - f. meet the needs of all students.
 - g. take into account gender and cultural differences in students' interests.
 - h. teach cooperation, fair play, and responsible participation in physical activity.
 - i. promote participation in physical activity outside of school.
 - j. focus at the high school level on helping students make the transition to an active adult lifestyle.
2. Students shall receive physical education instruction as required by PI 8.0(2)(j).
3. High school graduation requirements shall include successful completion of a minimum of one and a half (1.5) credits of physical education.
4. The importance of physical activity will be emphasized by:
 - a. Maintaining a student-to-teacher ratio of ideally not more than 32 to 1 in all physical education classes.
 - b. Avoiding the practice of consistently removing a student from a physical education class in order to attend to work or assignments required in another class including driver training.
5. Students in grades K-8 shall be encouraged to engage in additional physical activity time during recess periods and their noon hour.

Nutrition Standards for All Foods Available on School Campus during the School Day

An individual's lifelong nutrition habits are greatly influenced by the types of foods and beverages available to them. Nutrition standards should focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size for all foods and beverages sold or served to individuals including those available outside of school meal programs.

1. In order to promote the consumption of nutrient dense foods in the school setting the following nutrition standards governing the sale of food, beverages, and candy will be followed on school grounds:
 - a. Food
 - 1.) Food items for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of total calories derived from fat.
 - 2.) Food items for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of total calories derived from saturated fat.

- 3.) Nuts and seeds are exempt from the standards because they are nutrient dense and contain high levels of monounsaturated fat.
 - 4.) The consumption of nutrient dense foods such as whole grains, fresh fruits, and vegetables will be encouraged.
 - 5.) On special occasions the building principal may allow a group to deviate from these guidelines.
- b. Beverages—
- 1.) Elementary students (grades K-5) will be permitted to purchase from vending machines only 1% or skim milk, water, and 100% juice.
 - 2.) Middle school students (grades 6-8) will be allowed to purchase only nutritious and/or lower calorie beverages including 1% or skim milk, water, 100% juice, sports drinks, and low-calorie juice drinks.
 - 3.) High school students (grades 9-12) will be able to purchase a variety of beverage choices from vending machines including bottled water, 1%, skim, or regular milk, 100% juice, sports drinks, and juice drinks
- c. Candy—
- 1.) Elementary students (grades K-5) will not be permitted to purchase candy from vending machines at any time.
 - 2.) Middle school students (grades 6-8) will be allowed to purchase only nutritious and/or lower calorie food items having less than 30% of total calories derived from fat and no more than 10% of total calories derived from saturated fat.
 - 3.) High school students (grades 9-12) will be able to purchase a variety of food choices from vending machines including nutritious and/or lower calorie food items having less than 30% of total calories derived from fat and no more than 10% of total calories derived from saturated fat.
 - 4.) Candy is defined as any item that has sugar including brown sugar, corn sweetener, corn syrup, fructose, glucose, dextrose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, or table sugar (sucrose) listed as one of the first two ingredients.
2. The district's food service program will follow the nutritional guidelines contained in this policy as well as those required by the DPI including those guidelines for portion size.
 3. All items sold through the district's a la carte program will follow the nutritional guidelines contained in this policy.
 4. All food and beverage items provided for parties, celebrations, or meetings on school grounds will follow the nutritional guidelines contained in this policy.
 5. After-school programs, field trips, or other school events will follow the nutritional guidelines contained in this policy
 6. Teachers are encouraged to give strong consideration to using nonfood items as part of any teacher-to-student incentive programs and if they feel compelled to use food items as an incentive, are encouraged to adhere to the district nutritional standards.
 7. All fundraising projects will be encouraged to follow the district nutrition standards.
 8. Although parents will be encouraged to send to school for their children's lunch or group celebrations only food and beverages that comply with the nutritional guidelines of this policy, the district recognizes that parents may use their personal discretion in selecting such items.

Other School-Based Activities Designed to Promote Staff and Student Wellness

Promotion of an effective wellness policy requires a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

1. The District will ensure that:
 - a. All students are able to obtain food in a non-stigmatizing manner.
 - b. Reimbursable school meals meet the program requirements and nutrition standards set forth under Title 7 (Agriculture) of the Code of Federal Regulations (7 CFR) Part 210 (National School Lunch Program) and 7 CFR Part 220 (School Breakfast Program).
2. Building principals will develop serving schedules for students and staff that:
 - a. Allot students sufficient time to move through the lunch lines and eat their meals in a reasonably relaxed manner.
 - b. Avoid scheduling organization meetings and other activities during the regular lunch period.
3. The lunch area physical settings will be arranged to create an environment that encourages students to participate in the food service program.
4. Marketing of food and/or beverages:
 - a. The building principals will establish guidelines for student access to vending machines throughout the school day and will locate vending machines in areas that best compliment these guidelines.
 - b. Food marketing and promotions to students will be limited to food and beverages that comply with the criteria defined in the Nutrition Standards Section in this policy.
5. The District will promote and encourage sustainable and environmentally-friendly food practices whenever possible such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware.
6. School facilities for physical activity after school hours including access by students, families, or community groups to a school's physical activity facilities will be encouraged as outlined in the District's Community Use Policy (KG).
7. Physical activity and nutrition related components of school-based programs for students that occur after school hours will comply with the criteria defined in the Physical Activity Goals and Nutrition Standards Sections in this policy respectively.
8. Opportunities for communications to families such as District newsletters, parent teacher conferences, district website will be used to provide information on health and nutrition topics.
9. A district-wide staff wellness committee will be established to promote physical activities and nutrition services or programs designed to benefit staff health.

Setting Goals for Measurement and Evaluation

1. A district wellness committee:
 - a. Shall be appointed by the district administrator and shall include the school nurse, a teacher representative, a non teacher representative, an administrator, middle school student, high school student, and any others as appointed by the district administrator.
 - b. Will provide input into the staff development scheduling process.

- c. Will meet as needed to plan staff wellness activities and provide along with administrators for the monitoring of guidelines contained within this policy.
- 2. Funding support for policy implementation may include but will not be limited to:
 - a. District staff development funds.
 - b. Solicitation of grants.
 - c. Funds generated by student organizations such as the student councils.
 - d. Support from parent organizations.
- 3. Monitoring and evaluation of the implementation of the policy will be jointly conducted by the administrative team and the district Wellness committee:
 - a. Holding a minimum of one meeting per school year between the two groups.
 - b. Submitting a written summary of the committee's evaluation of the wellness policy guidelines to the school board.

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