

School District of Hartford Jt. 1
BOARD PROPOSAL



This form and attachments are due to the District Office no later than one week before the Board meeting. All materials must be reviewed with the District Administrator with this form signed prior to submission.

December

2025

PROPOSED BY: A Majerus

BOARD MATERIAL TYPE: Agenda Item

Name of Item: Policy Revision - 8510 Wellness

Agenda Item Designation:

- | | | |
|---|--|---|
| <input type="radio"/> Student Delegation PLEDGE | <input type="radio"/> Student Delegation PRESENTATION | <input checked="" type="radio"/> N/A |
| <input type="radio"/> Informational | <input type="radio"/> Discussion - Administrative Report | <input type="radio"/> Discussion - Presentation |
| <input checked="" type="radio"/> Action | <input type="radio"/> Consent Agenda | <input type="radio"/> N/A |
| <input type="checkbox"/> Closed Session | | |

EXPLANATION OF BOARD ITEM:

This policy has been reviewed and updated for required language changes and also for accuracy of content as compared to current practices. The policy and the Triennial Wellness Policy Assessment was reviewed by the Wellness Committee on December 10 and the Assessment and the DPI Local Wellness Policy Scorecard will be finalized after final board approval of the policy. The committee consists of members of staff, administration and the board, the public and students.

BACKGROUND or REFERENCE INFORMATION:

This policy was updated in accordance with policy and was reviewed by the Wellness Committee comprised by parent(s), board members, administrators, teachers, nurse/ medical professional, and a student.

LIST INDIVIDUALS TO BE IN ATTENDANCE AT THE BOARD MEETING FOR QUESTIONS:

Majerus

FINANCIAL IMPACT:

Savings: Costs: Description of the savings or costs:

SUPPORTING DOCUMENTATION:

Wellness Policy

District Administrator's Approval Signature: Tara Villalobos
Tara Villalobos (Dec 11, 2025 12:10:27 CST)

8/11/2025



Book	Policy Manual
Section	DA Review
Title	WELLNESS
Code	po8510
Status	DA approval
Adopted	April 10, 2017

8510 - WELLNESS

As required by law, the Board for the _____ School District of Hartford Jt. No. 1 establishes the following wellness policy.

Policy Preamble

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 their 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;
- B. improve 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;
- D. 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 lifestyle;
- E. promote the health and wellness of students and staff through other school based activities.

Wellness Policy Leadership

[DRAFTING NOTE: At a minimum, schools/districts must establish wellness policy leadership of one or more school official(s) who have the authority and responsibility to ensure each school complies with the policy.]

[Choose One of the Following but the First Option is Recommended:]

~~() The District Administrator shall implement and ensure compliance with the policy by leading the review, update, and evaluation of the policy () and is authorized to designate a staff member or members with responsibility to assure that wellness initiatives are followed in the District's schools. [END OF OPTIONAL PARAGRAPH]~~

~~()~~ The designated official for oversight of the wellness policy is the Director of Business Services _____ **[Insert Name/Title]**. ~~()~~ The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy. **[END OF OPTIONAL PARAGRAPH]**

~~()~~ Each school shall designate a site coordinator who shall ensure compliance with the policy. **[END OF OPTIONAL PARAGRAPH]**

Required Public Involvement

The District Administrator shall obtain the input of District collaborators to participate in the development, implementation, and periodic review and update of the policy. The collaborators may include parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, Board members, members of the public, medical/health care professionals, and other school administrators. ~~()~~ School level health advisory or wellness committees may assist in the planning and implementation of these Wellness initiatives. **[END OF OPTION]**

[DRAFTING NOTE: When establishing a school wellness committee, many names of the committee may be used. The school/District should determine which is appropriate. Common names include: School Wellness Committee, School Health Advisory Council, and Coordinated School Health Team.]

~~()~~ District ~~()~~ School **[END OF OPTION]** Wellness Committee

[DRAFTING NOTE: There is no requirement related to the inclusion of policy language regarding the formation of a Wellness Committee. However, this practice is strongly encouraged.]

Committee Formation

Choose One of the Following Options If Forming a Wellness Committee. Note: If the Board approves the formation of a Wellness Committee, as per this policy, any meetings of the committee must follow the Open Meetings law requirements.]

[Option #1]

~~()~~ 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 _____ **[Insert Number]** 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 on the implementation of the policy and any recommended changes or revisions. The Board will adopt or revise policies based on the Committee's recommendations.

[Option #2]

~~()~~ The District shall convene a Wellness Committee that meets at least _____ once **[Insert Number]** times during the school year to establish goals and oversee school health policies and programs, including development, implementation, and periodic review and update of this Wellness Policy.

[Option #3]

~~()~~ To assist in the creation of a healthy school environment, the District shall establish a Wellness Committee that will provide an ongoing review and evaluation of the Wellness Policy. The Committee shall meet no less than _____ **[Insert Number]** times during the school year to implement, assess and review, and make recommendations for changes to the Wellness Policy.

[END OF OPTIONS]

~~()~~ Committee Representatives

[DRAFTING NOTE: At a minimum, the school/District must allow the public to participate in the development, implementation, periodic review, and updating of the Wellness Policy. While there is no requirement to identify specific members of the Committee, this practice is strongly encouraged.]

The District shall invite a diverse group of collaborators to participate in the development, implementation, and periodic review and update of the Wellness Policy.

Collaborators may include:

- A. ~~()~~ administrator(s);
- B. ~~()~~ Board member(s);

- C. ☐ classroom teacher(s);
- D. ☐ physical education teacher(s);
- E. ☐ school food service representative(s);
- F. ☐ school nurse(s);
- G. ☐ community member/parent(s);
- H. ☐ student(s);
- I. ☐ medical/health care professional(s);
- J. ☐ nutrition and/or health education teacher(s);
- K. ☐ school counselor(s);
- L. ☐ local business representative(s);
- M. ☐ Other: _____.

Nutrition Standard 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.

School Meal Programs

Standards and Guidelines for School Meal Programs

{DRAFTING NOTE: At a minimum, all schools must include the first response to be in compliance with the USDA final rule on wellness policies.}

- A. All meals meet or exceed current nutrition requirements established under the Healthy Hunger-free Kids Act of 2010. (<https://www.fns.usda.gov/nslp/national-school-lunch-program-meal-pattern-chart>) **{DRAFTING NOTE: The policy shall include a link to USDA meal pattern requirements or list them individually.}**
- B. ☐ Drinking water is available for students during mealtimes.
- C. ☐ All schools in the District participate in USDA child nutrition programs, including _____ **{Insert program names, e.g. NSLP, SBP, FFVP, SMP, SFSP.}**
- D. ☐ All meals are accessible to all students.
- E. ☐ Withholding food as a punishment shall be strictly prohibited.
- F. ☐ All meals are appealing and attractive and served in clean and pleasant settings.
- G. ☐ When drinking fountains are not present in the cafeteria, water cups/jugs are available.
- H. ☐ Students are provided at least _____ **{Insert Number, recommended 10}** minutes to eat breakfast and at least _____ **{Insert Number, recommended 20}** to eat lunch after being seated.
- I. ☐ All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.
- J. ☐ Lunch shall be scheduled following recess for elementary students.
- K. ☐ Lunch shall be served between 11:0010:58 a.m.-1:00 p.m. _____ **{Insert time, recommended 11am-1pm.}**
- L. ☐ Menus shall be posted on the District website and will include nutrient content.
- M. ☐ Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.

- N. ☐ All school nutrition program directors, managers, and staff shall meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

O. ☐ Other: _____

School Meal Program Participation

[DRAFTING NOTE: If you would like to include language related to the promotion of school meal programs, select responses below.]

The District:

- A. ☐ 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;
- B. ☐ shall allow students the opportunity to provide input on menu items;
- C. ☐ shall restrict the scheduling of club/organizational meetings during the lunch period unless students are allowed to purchase lunch to be consumed during the meetings;
- D. ☐ shall explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.
- E. Other: _____

Standards for Foods and Beverages Sold Outside of School Meals

[DRAFTING NOTE: At a minimum, all schools/districts must select the first response to be in compliance with the USDA final rule on wellness policies. Schools/Districts may establish standards more strict than USDA. If this is the case, select an alternative response.]

- 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. <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>
- A. ☐ **[DRAFTING NOTE: The policy should include a link to the USDA Smart Snacks standards or list individually.]**
- B. ☐ All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.
- C. ☐ No beverages with non nutritive sweeteners (artificial or natural), such as diet iced tea, diet soda, etc. shall be sold to students during the school day regardless of their compliance with the USDA Smart Snacks standards.
- D. ☐ The sale of foods and/or beverages containing caffeine (with the exception of trace amounts of naturally occurring caffeine) at all grade levels during the school day are prohibited.
- E. ☐ Other: _____

Foods Offered/Provided but Not Sold

[DRAFTING NOTE: USDA has not set forth standards related to foods offered/provided, but not sold, to students. However, they have mandated that schools establish their own standards. To meet this requirement, districts/schools must select one option or write your own.]

- A. ☐ All foods offered on the school campus shall 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.
- B. ☐ 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. Non-food celebrations will be promoted and a list of ideas is available.
- C. ☐ All foods and beverages offered on the school campus, including those provided at celebrations, parties, or part of classroom snacks, will adhere to the District standards as established below.
- D. ☐ Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.
- E. ☐ Celebrations that involve food will be limited to [Insert Number] (e.g. one per month).

F. ☐ Non food celebrations will be promoted and a list of ideas is available to staff and family members.

G. ☐ Other: _____

[DRAFTING NOTE: If the District has established their own standards for schools allowed at parties, celebrations, snacks, etc. please list the standards below.]

A. _____

B. _____

C. _____

(DRAFTING NOTE: Enter the number of allowed celebrations, if applicable.)

☐ The ☐ District ☐ School **[END OF OPTION]** allows _____ **[Enter Number]** celebration per classroom per school year. **[END OF OPTION]**

Fund-Raising

[DRAFTING NOTE: Language related to the use of food fund-raisers sold during the school day must be included in your policy. It is recommended that Option A be included. Districts may develop guidelines related to food marketing that are stricter than the Smart Snacks guidelines.]

A. 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.

B. ☐ The District adheres to the Wisconsin Department of Public Instruction fund-raiser exemption policy and allows two (2) exempt fund-raisers per student organization per school per year. All other fund-raisers 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.

C. ☐ Fund raising during and outside school hours use only non food fund-raisers, and the District encourages those fund-raisers promoting physical activity (such as walk-a-thons, jump rope for heart, fun runs, etc.).

D. ☐ Fund-raising during and outside school hours sell only non food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards. This may include but is not limited to, donation nights at restaurants, cookie dough, candy and pizza sales, market days, etc.

E. ☐ Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fund-raisers during the school day. No restrictions are placed on the sale of food/beverage items sold outside of the school day.

F. ☐ The District allows up to _____ **Insert Number, but it cannot exceed the DPI limit of two (2)** exempt fund-raisers per school per year. All other fund-raisers 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.

G. ☐ Other: _____

Marketing

[DRAFTING NOTE: USDA requires Districts/Schools to establish policies for food/beverage marketing. At a minimum, Districts/Schools may only allow for foods and beverages that meet the Smart Snacks standards to be marketed/advertised. Districts/Schools may adopt stricter guidelines, such as prohibiting the marketing of food companies. As such, it is recommended that option A be adopted or the District/School include its specific statement.]

A. ☐ 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, fund-raisers, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

B. ☐ Other: _____

Nutrition Education

[DRAFTING NOTE: At a minimum, all schools/districts must include at least one goal related to nutrition education.]

- A. ~~() Staff shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.~~
- B. ~~() The primary goal of nutrition education is to influence students' lifelong eating behaviors.~~
- C. ~~() Nutrition education, a component of comprehensive health education, shall be offered every year to all students of the District. The District aims to teach, model, encourage, and support healthy eating by providing nutrition education.~~
- D. ~~() Schools shall provide nutrition education that helps students develop lifelong healthy eating behaviors.~~
- E. ~~() Nutrition curriculum shall be offered as part of a sequential, standards-based program designed to provide students with the knowledge and skills necessary to promote health. Curriculum will place an emphasis on: promotion of adequate nutrient intake, healthy food preparation techniques, food safety, and healthy eating practices based on the Dietary Guidelines for Americans and MyPlate; skill development, such as reading labels to evaluate the nutrient quality of foods, meal planning, analysis of health information; and media literacy and the problems associated with food marketing to children.~~
- F. ~~() Nutrition education shall be included in the Health curriculum so that instruction is sequential and standards-based and provides students with the knowledge, attitudes, and skills necessary to lead healthy lives.~~
- G. ~~() Nutrition education shall be incorporated into the Health curriculum and other aspects of the curriculum, including science, math, language arts, and elective courses.~~
- H. ~~() Nutrition education shall be included in the sequential, comprehensive health curriculum in accordance with the Wisconsin Department of Public Instruction Model Academic Standards for Nutrition.~~
- I. ~~() Nutrition education shall be integrated into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.~~
- J. ~~() Nutrition education shall be offered in the cafeteria as well as the classroom with coordination between the foodservice staff and teachers.~~
- K. ~~() Staff shall integrate at least _____ **[Insert Number]** experiential nutrition education activities in all grade levels. Activities will include gardening, cooking demonstrations, and farm and farmers' market tours.~~
- L. ~~() All students shall participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.~~
- M. ~~() Staff members responsible for nutrition education will regularly participate in relevant professional development.~~
- N. ~~() Staff members responsible for nutrition education will regularly participate in relevant professional development.~~
- O. ~~() Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label.~~
- P. ~~() Nutrition education will provide the knowledge and skills necessary to promote health.~~
- Q. ~~() Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.~~
- R. ~~() Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.~~
- S. ~~() Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.~~
- T. ~~() Nutrition education posters, such as the MyPlate Guide, will be displayed in the cafeteria.~~
- U. ~~() The school cafeteria shall serve as a learning lab by allowing students to apply the knowledge, attitudes, and skills taught in the classroom when making choices at mealtime.~~
- V. ~~() Nutrition education shall extend beyond the school by engaging and involving families and the community.~~

- W. ~~() Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age appropriate.~~
- X. ~~() Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.~~
- Y. ~~() 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.~~
- Z. ~~() Staff responsible for providing instruction in nutrition education shall regularly participate in professional development activities designed to better enable them to teach the benchmarks and standards.~~
- AA. ~~() Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.~~
- AB. ~~() Nutrition education shall be provided to families via handouts, newsletters, postings on the website, presentations, and workshops.~~
- AC. ~~() [other:]~~ _____
- AD. ~~() [other:]~~ _____
- AE. ~~() [other:]~~ _____

Nutrition Promotion

[DRAFTING NOTE: At a minimum, all schools/Districts must include at least one goal related to nutrition promotion. Schools/Districts are required to review and consider evidence-based strategies when determining these goals. One of the following must be selected or the District/school must include its own specific goal.]

- A. ~~() The District is committed to providing a school environment that encourages students to practice healthy eating and physical activity. Students shall receive consistent nutrition messages that promote health throughout schools, classrooms, cafeterias, and school media.~~
- B. ~~() School nutrition services shall use the Wisconsin Team Nutrition Meal Appeal Self Assessment (dpi.wi.gov/sites/default/files/imce/wisconsin_school_meals/rock/files/meal_appeal_self_assessment.pdf) to determine ways to improve the school meals environment.~~
- C. ~~() School nutrition services shall implement at least _____ [Insert Number] Wisconsin Team Nutrition Meal Appeal techniques at each school.~~
- D. ~~() School nutrition services shall purchase at least _____ [Insert Number] locally grown/produced products each year.~~
- E. ~~() School nutrition services shall menu at least _____ [Insert Number] local food(s) per month.~~
- F. ~~() School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden produced foods.~~
- G. ~~() The District shall offer students the ability to participate culinary activities, such as cooking clubs and the Wisconsin Student Chef Competition.~~
- H. ~~() Other:~~ _____

Physical Activity

[DRAFTING NOTE: At a minimum, all schools/Districts must include at least one goal related to physical activity. Additionally, schools/districts are encouraged to include goals related to physical education.]

- A. ~~() Children and adolescents should participate in sixty (60) minutes of physical activity every day. 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. The District shall also provide opportunities for students to participate in physical activity in addition to physical education.~~
- B. ~~() The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.~~

- C. ~~()~~ The District shall utilize the Wisconsin Department of Public Instruction's Active Schools: Core 4+ resources.
- D. ~~()~~ The District shall develop a comprehensive, school-based physical activity program (CSPAP), that includes the following components: physical education, recess, classroom-based physical activity, walk to school, and out-of-school time activities.
- E. Physical activity during the school day ~~recess shall will not normally generally~~ be withheld as punishment. **[DRAFTING NOTE: (If applicable, please check this exemption)]** ~~()~~ Participation on sports teams may be exempt from this rule if related to failure to meet WIAA or other school codes, e.g. academic or attendance requirements.
- F. ~~()~~ Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.
- G. ~~()~~ Schools shall encourage families to provide physical activity outside the regular school day, such as outdoor play at home, participation in sports sponsored by community agencies or organizations, and in lifelong physical activities like bowling, swimming, or tennis.
- H. ~~()~~ All students in grade K-5 shall be provided with a daily lunch/recess period at least 340 minutes in duration. All students in grades 6-8 shall be provided with a daily lunch/recess period at least 30 minutes in duration. Recess shall not be used as a reward or punishment. **[NOTE: NASPE's recommendation is that all elementary school students should be provided with at least one daily period of recess for a minimum of twenty (20) minutes.]**
- I. ~~()~~ Outdoor recess shall be offered weather permitting _____ **[Insert district weather guidelines]**.
- J. ~~()~~ Recess monitors/teachers shall encourage students to be active during recess.
- K. ~~()~~ Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.
- L. ~~()~~ Teachers shall offer short (three (3) — five (5) minute) activity breaks throughout the school day.
- M. ~~()~~ Schools shall provide physical activity opportunities for all students before and after school. Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports.
- N. ~~()~~ District facilities shall be made available to students and community members **[Insert additional information, for example times/dates of open gym]**.
- O. ~~()~~ Opportunities to participate in physical activity shall be promoted throughout the school via _____ **[Specify media, e.g., school announcements, newsletters, flyers]**.
- P. ~~()~~ The District shall supports active transport to and from school by engaging in the following activities: (check those that apply below):
1. ~~()~~ Designation of safe or preferred routes to school.
 2. ~~()~~ Promotional activities such as participation in International Walk to School Week, National Walk, and Bike to School Week.
 3. ~~()~~ Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).
 4. ~~()~~ Instruction on walking/bicycling safety provided to students.
 5. ~~()~~ Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper.
 6. ~~()~~ Crossing guards are used.
 7. ~~()~~ Crosswalks exist on streets leading to schools.
 8. ~~()~~ Walking school buses are used.
 9. ~~()~~ Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.).
- Q. ~~()~~ The school shall provide information to families to encourage and assist them in their efforts to incorporate physical activity into their children's daily lives.

- R. ~~() The school shall encourage families and community organizations to help develop and institute programs that support physical activity of all sorts.~~
- S. In addition to planned physical education, the school shall provide age-appropriate physical activities (e.g., recess during the school day, intramurals and clubs before and after school, and interscholastic sports) that meet the needs of all students, including males, females, students with disabilities, and students with special health care needs. **[NOTE: This is a NASPE recommendation in their position statement on Comprehensive School Physical Activity Programs (2008).]**
- T. ~~() All students in grades ____ shall have the opportunity to participate in extra-curricular activities and intramural programs that emphasize physical activity.~~
- U. ~~() All students in grades ____ 12 shall have the opportunity to participate in interscholastic sports programs.~~
- V. ~~() Schools shall offer a wide range of physical activities outside the regular school day that meet the needs, interests, and abilities of all students, including males, females, students with disabilities, and students with special healthcare needs.~~
- W. ~~() All before/after school programs shall provide developmentally appropriate physical activity for the students who participate.~~
- X. ~~() Schools shall discourage extended periods of student inactivity, without some physical activity.~~
- Y. ~~() [other:] _____~~
- Z. ~~() [other:] _____~~
- AA. ~~() [other:] _____~~

Physical Education

- A. ~~() A sequential, comprehensive physical education program shall be provided for students in K-128 in accordance with the physical education academic content standards and benchmarks adopted by the State.~~
- B. ~~() The sequential, comprehensive physical education curriculum shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge, attitudes, and skills necessary to engage in lifelong, health-enhancing physical activity.~~
- C. ~~() Planned instruction in physical education shall be sufficient for students to achieve a proficient level with regard to the standards and benchmarks adopted by the State.~~
- D. All District elementary students in each grade shall receive at least 90 minutes of physical education per typical week throughout the school year.
- E. ~~All District elementary students in each grade shall have physical education a minimum of three (3) times per week.~~
- F. All District middle school students in each grade shall receive at least 90 minutes of physical education per typical week throughout the school year.
- G. ~~() All District middle school students are required to take the equivalent of one (1) academic year of physical education.~~
- H. ~~() All District high school students in each grade shall receive at least _____ [Insert Number] minutes of physical education per week throughout the school year.~~
- I. ~~() All District high school students are required to receive at least 1.5 credits of physical education prior to graduation unless the District allows for the substitution of 0.5 credit per Policy 5460— Graduation Requirements.~~
- J. ~~() Waivers, exemptions, or substitutions for physical education classes are not granted. [DRAFTING NOTE: Choice of this option must be consistent with Policy 5460— Graduation Requirements.]~~
- K. ~~() Students shall be moderately to vigorously active for at least fifty percent (50%) of class time during all physical education class sessions.~~
- L. ~~() Planned instruction in physical education shall promote participation in physical activity outside the regular school day.~~

- M. ~~() All students in grades K-12, including those with disabilities, special health care needs and in alternative educational settings (to the extent consistent with the students' IEPs), shall receive daily physical education for the entire school year, for at least 150 minutes per week for K-_____ students and at least 225 minutes per week for students in grades _____-12.~~

[NOTE: The National Association for Sport and Physical Education (NASPE) defines a quality physical education program in the terms and minutes specified above.]

- N. ~~() The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.~~
- O. ~~() Physical education classes shall provide students with opportunities to learn, practice, and be assessed on developmentally appropriate knowledge and attitudes necessary to engage in lifelong, health-enhancing physical activity.~~
- P. () The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.
- Q. ~~() The K-12 program shall include instruction in physical education as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.~~
- R. ~~() Planned instruction in physical education shall require students to be engaged in moderate to vigorous physical activity for at least fifty percent (50%) of scheduled class time.~~
- S. () All physical education classes are taught by licensed teachers who are certified to teach physical education.
- T. () Physical education staff shall receive professional development on a yearly basis.
- U. ~~() All physical education classes shall have a student/teacher ratio comparable to the student/teacher ratio in other curricular areas.~~

[NOTE: NASPE includes this option in the definition of a quality physical education program:]

- V. In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contribute to the academic learning process; how an inactive lifestyle contributes to chronic disease; and decreasing sedentary activities.
- W. () Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.
- X. () Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.
- Y. ~~() Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.~~
- Z. ~~() Planned instruction in physical education shall include cooperative as well as competitive games.~~
- AA. ~~() Planned instruction in physical education shall take into account gender and cultural differences.~~
- AB. ~~() [other:] _____~~

Other Activities That Promote School Wellness

[DRAFTING NOTE: At a minimum, all schools/Districts must include at least one goal related to other school-based wellness activities.]

- A. () The District will offer _____ **[Insert Number]** family focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.
- B. ~~() 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.~~
- C. () 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.

- D. ☒ As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.
- E. ☒ Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.
- F. ☐ Staff is strongly encouraged to model healthful eating habits, and are discouraged from eating in front of children/sharing food with children during regular class time, outside of activities related to the nutrition education curriculum.
- G. ☐ Staff is not permitted to eat or drink out of branded packaging in front of children (e.g., coffee containers with specific company logos).
- H. ☐ The school ☐ shall ☐ may provide opportunities for staff, parents, and other community members to model healthy eating habits by dining with students in the school dining areas.
- I. ☐ The schools ☐ shall ☐ may demonstrate support for the health of all students by hosting health clinics and screenings and encouraging parents to enroll their eligible children in Medicaid or in other children's health insurance programs for which they may qualify.
- J. ☐ Nutrition information for competitive foods available during the school day shall be readily available near the point of purchase.
- K. ☐ Other: _____

Staff Wellness

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

- A. ☒ An organized wellness program shall be available to all staff.
- B. ☐ Application of Smart Snacks nutritional standards for foods and beverages in vending machines available to staff members.
- C. ☐ Educational activities for school staff members on healthy lifestyle behaviors.
- D. ☐ Distribution of an employee health newsletter to promote healthy behaviors.
- E. ☐ Organization of employee physical activity clubs.
- F. ☐ Establishment of peer support groups for weight management, stress management, tobacco use cessation, family guidance, and other identified issues.
- G. ☒ Administration of flu shots at school.
- H. ☐ Periodic screening at school for blood pressure, blood cholesterol, body mass index, and/or other health indicators.
- I. ☐ Annual administration of individual health risk appraisals to help staff members establish personal health improvement goals.
- J. ☒ Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.
- K. ☐ The District shall offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom.
- L. ☐ Other: _____

Community Engagement

- A. ☐ The District shall work with community partners, including _____ **[Insert list, e.g. hospital, university, county health department, etc.]** to support District wellness.
- B. ☐ The District shall offer _____ **[Insert Number]** family focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year.

- C. ~~()~~ The District shall inform and invite parents to participate in school-sponsored activities throughout the year.
- D. ~~()~~ The District shall actively inform families and the public about the content of and any updates to the policy through _____ **[Insert Channels of Communication: website, newsletter, mailing, etc.].**
- E. ~~()~~ The District shall provide information on how the public can participate in the school wellness committee on an annual basis.
- F. ~~()~~ Other: _____

Additional Strategies for Consideration:

- A. ~~()~~ As a best practice, it is encouraged that students are given at least ten (10) minutes to eat breakfast and twenty (20) minutes to eat lunch.
- B. ~~()~~ The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.
- C. ~~()~~ The school shall provide attractive, clean environments in which the students eat.
- D. ~~()~~ Students at _____ **[insert name(s) of building(s)]** are permitted to have bottled water in the classroom.
- E. ~~()~~ Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.
- F. ~~()~~ Schools ~~()~~ may ~~()~~ shall limit the number of celebrations involving serving food during the school day to no more than _____ () party(ies) per class per month.
- G. ~~()~~ The schools ~~()~~ shall ~~()~~ may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.
- H. ~~()~~ Schools in our system utilize electronic identification and payment systems, therefore, eliminating any stigma or identification of students eligible to receive free and/or reduced meals.
- I. ~~()~~ Students are discouraged from sharing their foods or beverages with one another during meal times, given concerns about allergies and other restrictions on some students' diets.
- J. ~~()~~ **[other:]** _____
- K. ~~()~~ **[other:]** _____

~~()~~ Furthermore, with the objectives of enhancing student health and well being the following guidelines are established:

- A. In accordance with Policy 8500 - Food Services, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages as well as to the fiscal management of the program.
- B. As set forth in Policy 8531 - Free and Reduced Price Meals, the guidelines for reimbursable school meals are not less restrictive than the guidelines issued by the U.S. Department of Agriculture (USDA).

All foods available on campus during the school day shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as classroom snacks, from vending machines, for classroom parties, or at holiday celebrations.
- C. 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, regardless of unpaid meal balances without stigma.
- D. ~~()~~ The food service program will strive to be financially self-supporting; however, if it is necessary to subsidize the operation, it will not be through the sale of competitive foods with minimal nutritious value.
- E. ~~()~~ Beginning with _____ school year, all foods available to students on campus during the school day and outside school food service hours shall comply with the current USDA nutrition guidelines, including foods available to students as classroom snacks, from vending machines for fund raisers, for classroom parties, or at holiday celebrations.

- F. ~~() All foods available on campus at any time shall comply with the current USDA nutrition guidelines, including competitive foods that are available to students a la carte in the dining area, as well as foods that are served as classroom snacks, from vending machines, for fund raisers, for classroom parties, at holiday celebrations, at concession stands, or at any school related event.~~
- G. ~~() The school food service program () may () shall involve~~
- ~~() students,~~
- ~~() parents,~~
- ~~() staff,~~
- ~~() school officials~~
- ~~in the selection of competitive food items to be sold in the schools.~~
- H. ~~() Any food items sold () on campus [END OF OPTION] as a fund raiser shall meet the current USDA nutrition guidelines.~~
- I. ~~() The school shall prepare and distribute to staff, parents, and after school program personnel a list of snack items that comply with the current USDA nutrition guidelines.~~
- J. ~~() Each classroom party held during the school day may include no more than one (1) food or beverage that does not meet the current USDA nutrition guidelines.~~
- K. ~~() The food service program shall be administered by a qualified nutrition professional.~~
- L. ~~() The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.~~
- M. ~~() All food service personnel shall receive pre-service training in food service operations.~~
- N. ~~() Continuing professional development shall be provided for all staff of the food service program.~~
- O. ~~() [other:] _____~~
- P. ~~() [other:] _____~~

Monitoring and Evaluation - Triennial Assessment

{DRAFTING NOTE: At a minimum, schools/districts must conduct an assessment of the wellness policy every three (3) years, report to the public the finding of the evaluation, and update the policy as appropriate. Language related to how the wellness policy, including any updates, will be made available to the public on an annual basis, must be included in your policy.}

{It is recommended that the first option be included or check the second option if the Wellness Committee will complete the evaluation and report to the Board. Check any others as they apply.}

- A. ~~() The District will evaluate compliance with the Wellness Policy no less than once every three years. The assessment will include the extent to which each school is in compliance with the policy, progress towards meeting policy goals, and how the policy compares to a model policy, as established by the USDA. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the public and will be posted on the District's website.~~
- B. ~~() The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three 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. The District will use the Wisconsin Local Wellness Policy Triennial Assessment Report Card to fulfill the triennial assessment requirement. The results of the triennial assessment will be made available to the Board and public.~~
- C. ~~() The District wellness policy will be updated as needed based on evaluation results, District changes, emersion of new health science information/technology, and/or new Federal or State guidance are issued.~~
- D. ~~() The District will actively inform families and the public about the content of and any updates to the policy through _____~~
{Insert channels of communication such as District/school website,

~~newsletters, mailings, etc.].~~

~~[Option Two: Choose one of the following options only if annual reviews of the Wellness Policy will be conducted.]~~

- A. ~~() The District Administrator shall conduct an annual review of the progress toward school wellness procedures, identify areas for improvement, and recommend revision of procedures as necessary.~~
- B. ~~() 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 _____ [Insert Month].~~
- C. ~~() The Wellness Committee shall submit to the District Administrator and Board an annual report in which it describes the environment in each of the District's schools and the implementation of the wellness policy in each school, and identify any revisions to the policy the committee deems necessary.~~
- D. ~~() The District Administrator or a designee of the Wellness Committee shall report annually to the Board on the District's wellness programs, including the assessment of the environment in the District, evaluation of wellness policy implementation District wide, and the areas for improvement, if any, identified. The District Administrator or a designee of the wellness committee shall also report on the status of compliance by individual schools and progress made in attaining goals established in the policy.~~

~~The program 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 snacksSmart 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.~~

Update/Inform the Public

The District will actively inform and update the public about the content of and any updates to the policy through the District website and Board meetings.

~~[]~~ The District Administrator shall be responsible for informing the public, including parents, students, and community members, on the content and implementation of this policy. In order to inform the public, the District Administrator shall

~~() distribute information at the beginning of the school year to families of school children,~~

~~() include information in the student handbook,~~

~~() _____,~~

~~() _____,~~

and post the wellness policy on the District's website, including the assessment of the implementation of the policy prepared by the District.

Record Retention

The District Administrator 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 assessment of implementation of wellness initiatives identified in the policy;~~
- C. ~~() documentation of efforts to publicize the policy;~~
- D. ~~() documentation of efforts to review and update the policy, including identification of the participating and invited collaborators.~~

Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. The District's nondiscrimination statement below is complementary to the District's nondiscrimination policies, including Policy 2260—Nondiscrimination and Access to Equal Opportunity and Policy 1422/Policy 3122/Policy 4122—Nondiscrimination and Equal Employment Opportunity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. Fax:
(833) 256-1665 or (202) 690-7442; or
3. E-mail:
program.intake@usda.gov.

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Legal

42 U.S.C. 1751 et seq.

42 U.S.C. 1771 et seq.

The Board of Education promotes a healthy school environment through nutrition education, healthy food choices, physical activity and other activities designed to promote life-long health and well-being. A healthy school environment encompasses more than food and beverage choices available in the school cafeteria. It also includes appropriate meal schedules, serving times, dining atmosphere, food in the classroom, fundraisers, vending machines, concessions, positive role models, nutrition education, physical activity and consistent messages about healthy behaviors. This wellness policy promotes healthy behaviors that affect the development of human potential and enhance the attributes of good citizenship, like success in school, responsible decision-making, caring about self and community, setting and attaining goals.

The District wellness policy outlines the six components of a healthy school environment as identified by the U.S. Department of Agriculture and other nutrition and school organizations throughout the United States. Each component is important and affects the nutrition and physical activity in a child's school life. Each includes a rationale, responsibility and implementation guidelines. This wellness policy aims to provide students a healthy school environment in which all members of the education team make nutrition and physical activity a priority every day.

Component 1: Nutrition Education

Rationale: Students who practice good nutrition attend school with minds and bodies ready to take advantage of their learning environment. Nutrition influences a child's development, health status, well-being and potential for learning. The link between good nutrition and good education is clearly demonstrated by better attendance, higher test scores and fewer behavior problems in school.

Responsibility: K-5 classroom teachers, in collaboration with physical education teachers, are responsible for teaching nutrition concepts as part of the District health curriculum. At the middle school, family and consumer education teachers, in collaboration with physical education teachers, will teach nutrition concepts.

The Staff Development Coordinator, in collaboration with health educators, will provide professional development training on nutrition education and other healthy lifestyle concepts.

Implementation: School programs should ensure that students in pre-kindergarten through grade 8 receive nutrition education that provides the knowledge they need to adopt healthy lifestyles. Nutrition education should be well-integrated within a comprehensive school health education program and should include instruction that helps students learn more about the importance of various food groups; situations specific to individuals; dietary guidelines including caloric intake, eating more fruits and vegetables, less sugar and low-fat dairy, meat, fish or poultry; healthy cooking methods, the recognition of the role media play in marketing and advertising foods and beverages; and the relationship of a balanced diet and regular exercise to a healthy lifestyle.

Nutrition concepts should be modeled by school personnel. The District will support extra-curricular activities and units that integrate nutrition concepts.

Nutrition education will include the reinforcement of physical activity and the health risks associated with a sedentary lifestyle.

Coaches stress with student athletes the importance of nutrition, including healthy breakfast choices, caloric intake and proper hydration.

Staff primarily responsible for nutrition education will be trained and regularly participate in professional development activities to effectively deliver quality, science-based nutrition education.

Component 2: Physical Education & Activity

Rationale: Students are taught the importance of physical activity and the relationship to a healthy lifestyle. The District will expose students to a comprehensive physical education program and a wide range of physical activities so that students develop the knowledge and skills to be physically active throughout their life.

Responsibility: Physical education teachers are responsible for teaching the physical education curriculum. School staff will support the mandates of the physical education curriculum and further promote and encourage other physical activities, co-curricular activities and recess.

The Staff Development Coordinator, in collaboration with health educators, will provide professional development opportunities on physical education programs and activities for healthy lifestyles.

Implementation: School programs should ensure that all students in pre-kindergarten through grade 8 receive a developmental, sequential, comprehensive, standards-based physical education curriculum.

All physical education classes should be taught by certified physical education teachers.

School staff should not use participation or non-participation in physical education classes as a way to punish or discipline students.

Physical activity should include regular instruction in physical education, co-curricular activities and recess. Substituting any one of these components for the others is not appropriate.

Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong, physically active lifestyle.

Whenever possible, each school will provide daily recess that encourages physical activity.

Each school should ensure that students have adequate space and equipment to participate in structured physical activity.

Each school should ensure that physical activity facilities on school grounds are kept safe and well-maintained.

Staff responsible for teaching physical education will regularly participate in professional development activities to effectively deliver physical education instruction.

Component 3: Quality Meals

Rationale: Healthy school meals provide the energy and nutrients children need for sound minds and bodies. Studies confirm what parents and teachers have known for years: children who are not well nourished have difficulty learning. The Food Service Department is proud of the role it plays in providing students with a nutritious meal each school day. The USDA lunch meal patterns require that a meat/protein, fruit, vegetable, bread and milk be offered in specific quantities to qualify for a reimbursable meal. These meal patterns are designed to provide 1/3 of the recommended dietary allowances for key nutrients. The menu must also provide no more than 30% of the total calories from fat, and no more than 10% from saturated fat. This variety of healthy foods allows children to learn to enjoy many different foods and to develop healthy eating patterns.

Responsibility: The Food Service Director will provide students with a well-balanced menu that meets the *Guidelines of the National School Lunch Program*, is appealing to students' tastes and is affordable.

Implementation:

- A. The Food Service Director is properly qualified and certified; food service staff should have pre-service training and participate in ongoing training.
- B. Menu selection meets nutrition standards established by the USDA.
- C. Menu selection follows the USDA price guidelines so that the school lunch meal is always a better value than purchasing ala-carte items separately.
- D. Menu selection continues to support or improve upon providing healthy choices, such as:
 - 1. all whole grain bread products
 - 2. Offering fat free and 1% milk; fat free chocolate milk
 - 3. Offering 100% fruit juices at the middle school and bottled water
 - 4. Offering two fruit servings each day
 - 5. Offering two or more vegetable servings each day
 - 6. Ala-carte offerings at the middle school follow Smart Snack nutrition standards, i.e., fresh salad, yogurt parfait, vegetable trays, fresh fruit cups, baked chips, crisps; whole grain)
 - 7. Offering 0% trans-fat food products
 - 8. Individually packaging condiments for portion control and food safety
 - 9. Using pepper and other herbs to enhance flavor, not salt
- E. Opportunities to attend nutrition education programs are available; also, nutrition education materials or food service publications.

With the changing environment and the concern of rising childhood obesity, the Food Service Department will continue to evaluate the lunch program. Changes made will comply with USDA guidelines and any local wellness policies. For more information and updates, visit: <http://www.fns.usda.gov/>

Component 4: Other Healthy Food Options

Rationale: The quality of the school nutrition environment depends on the quality of all foods and beverages sold or served at school. Since all foods and beverages contribute to meeting the dietary needs of students, they should have access to nutrient dense foods (whole grains, fresh fruits and vegetables) during the school day.

Responsibility: The Board, in collaboration with parents, teachers, school administrators and students, will set competitive food options for the District.

Implementation:

- A. Carbonated beverages are not available to elementary school students during the school day.
- B. At school-related functions outside of the defined school day, carbonated beverages should only be available in the middle school when a full array of milk, 100% fruit juices, water and other products are available.
- C. Serving sizes of eight (8) ounce portions for elementary and twelve (12) ounces or less for middle school students. No portion size limit for water.

- D. Classroom celebrations should encourage healthy treats, and age appropriate portion sizes. The District will offer suggestions to parents and families for types of foods that are appropriate.
- E. Students will be encouraged to drink water throughout the day. Drinking water should be conveniently available for students at all times.
- F. Concessions at school functions should include *at least as many healthy food choices as foods of minimal nutritional value*. It is recommended that groups market these healthy options at a *lower profit margin* to encourage selection by students.
- G. A la carte foods that are available include *at least as many healthy food choices as foods of minimal nutritional value*. They should include a variety of choices of nutritious foods, such as fruits, vegetables, whole grains and low fat or non fat dairy foods.
- H. Serving sizes of a la carte beverages, excluding water, will be limited to 12 ounces or less at the middle school.
- I. Vending machines are not available to students during the school day.
- J. Vending machines should offer healthy beverage options.
- K. Fundraisers
 - 1. Each school should encourage fundraisers that promote positive health habits such as the sale of non-food or nutritious food items, as well as fundraising to support physical activity events.
 - 2. Foods and beverages sold at fundraisers should reinforce the importance of healthy choices and portion control.
 - 3. Food items that meet nutrition requirements are not limited.
 - 4. The standards do not apply during non-school hours, on weekends and/or during campus fundraising events.
 - 5. Two fundraiser exemptions per student organization per school year are allowed by the Wisconsin Department of Public Instruction. The length of the fundraiser is defined as up to two weeks in time.

Component 5: Pleasant Dining Experience

Rationale: Children will enjoy their food more and may try to make more healthy options if they can relax, eat and socialize without feeling rushed. Studies show that environment has a powerful influence on behavior. A pleasant dining area allows students to pay attention to what they are eating, and to enjoy the sensory and social aspects of a healthy meal.

Responsibility: Principals, lunchroom supervisors, food service personnel and maintenance and custodial services are responsible for maintaining a pleasant lunchroom environment.

Implementation: The lunch room environment should be a place where students have an adequate space to eat; pleasant, clean surroundings; convenient access to handwashing facilities; and adequate time for meals. The Department of Public Instruction and The American Food Service Association recommends at least 20 minutes for lunch from the time that students are seated.

Students are encouraged to socialize while maintaining an appropriate voice level for conversation. Dining areas are attractive.

Food service personnel meet with building administrators/District staff to review meal schedules and facilitation of meal service.

Component 6: Commitment to Marketing Consistent Health Messages

Rationale: The District recognizes that parents and families are a child's first and most important teachers. When children enter school, the responsibility for their learning is shared by the school, families, community, and the children themselves.

Responsibility: The responsibility is shared by school staff, parents, community and students.

Implementation: The District should provide educational information to families on healthy eating, such as information on the *Food Pyramid and Dietary Guidelines for Americans*, 2010.

Each school should provide information to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

The District should not allow advertising messages that promote consumption of less nutritious food and beverages.

Parent, staff, community and student input and feedback will be considered in planning a healthy food environment.

The District and food service staff should develop newsletter release or other communications about the food service program.

The District encourages healthy eating and physical activities within the school community. The District Wellness Committee should promote activities that improve the health and wellness of staff and that encourage participation in healthy lifestyles.

The District Wellness Committee has a volunteer representative from each building.