35.2 UPDATE - POLICIES - FOR BOARD CONSIDERATION/APPROVAL

po8510

Vol. 35, No. 2 - July 2026 Revised WELLNESS

ADOPTED Feb 16, 2006 · REVISED Apr 20, 2026

8510 - **WELLNESS**

As required by law, the Board for the Tomah Area School District 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 students of the Tomah Area School District (hereto referred to as the District). 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. As required by law, the Board of Education establishes the following wellness policy.
Wellness Policy Leadership

Wellness Policy Leadership

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.

The designated official for oversight of the wellness policy is the Director of Food Service. The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.

~~**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 Exercise and Sports Science 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.~~

District Wellness Committee

Committee Formation

The District shall convene a Wellness Committee that meets at least one (1) time 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.

Required Public Involvement ~~**Committee Representatives**~~

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. Exercise and Sports Science 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. local business representative(s).

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

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)

B. All schools in the District participate in USDA child nutrition programs, including NSLP, SBP, and SFSP.

C. All meals are accessible to all students.

D. Withholding food as a punishment shall be strictly prohibited.

E. All meals are appealing and attractive and served in clean and pleasant settings.

F. When drinking fountains are not present in the cafeteria, water cups/jugs are available.

G. Students are provided at least twenty (20) minutes to eat breakfast and at least twenty (20) to eat lunch after being seated.

H. Lunch shall be served between 10:45 am - 12:45 pm.

I. Menus shall be posted on the District website and will include nutrient content.

J. Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.

K. 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.

School Meal Program Participation

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.

Standards for Foods and Beverages Sold Outside of School Meals

A. All food and beverages sold ~~and served~~ outside of the school meal programs ("competitive" foods and beverages) , between midnight and thirty (30) minutes after the end of the instructional school day, 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

B. 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.

Foods Offered/Provided but Not Sold

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

B. The District prohibits any distribution of food or treats outside the Food Service Program, except foods that are commercially wrapped. Foods made at home may not be distributed within the school.

Fundraising ~~Fund-Raising~~

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 fundraiser ~~fund-raiser~~ exemption policy and allows two (2) exempt fundraisers ~~fund-raisers~~ per student organization per school per year. All other fundraisers ~~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 thirty (30) minutes after the end of the instructional school day. ~~outside of the school day.~~

C. Foods and beverages that meet or exceed the USDA Smart Snacks standards may be sold through fundraisers ~~fund-raisers~~ during the school day. 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, fundraisiers ~~fund-raisers~~, or sports teams; educational incentive programs such as contests or programs; and free samples or coupons displaying advertising of a product.

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 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.

D. 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.

E. 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.

F. 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.

G. Nutrition education shall be offered in the cafeteria as well as the classroom with coordination between the food service staff and teachers.

H. Staff members responsible for nutrition education will regularly participate in relevant professional development.

I. Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label.

J. Nutrition education will provide the knowledge and skills necessary to promote health.

K. Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.

L. Nutrition education posters, such as the MyPlate Guide, will be displayed in the cafeteria.

M. 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.

N. Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.

O. Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.

P. 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.

Nutrition Promotion

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 purchase at least one (1) locally grown/produced products each year.

C. School nutrition services shall menu at least one (1) local food(s) per month.

D. School nutrition services shall offer students school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.

Physical Activity

A. The District shall provide students with age and grade-appropriate opportunities to engage in physical activity.

B. Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

C. All students in grades 4K-8 shall be provided with a daily recess period at least twenty (20) minutes in duration. Recess shall not be used as a reward or punishment.

D. Outdoor recess shall be offered weather permitting.

E. Recess monitors/teachers shall encourage students to be active during recess.

F. Teachers shall incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible.

G. District facilities shall be made available to students and community members.

H. Opportunities to participate in physical activity shall be promoted throughout the school via school announcements, emails and website.

I. The District shall support active transport to and from school by engaging in the following activities:

    1. Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).

    2. Crossing guards are used.

    3. Crosswalks exist on streets leading to schools.

J. In addition to planned Exercise and Sports Science, 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.

K. All students in grades 6-12 shall have the opportunity to participate in extra-curricular activities and intramural programs that emphasize physical activity.

L. All students in grades 6-12 shall have the opportunity to participate in interscholastic sports programs.

M. All before/after-school programs shall provide developmentally appropriate physical activity for the students who participate.

Exercise and Sports Science

A. A sequential, comprehensive Exercise and Sports Science program shall be provided for students in K-12 in accordance with the physical education academic content standards and benchmarks adopted by the State.

B. The sequential, comprehensive Exercise and Sports Science 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 Exercise and Sports Sciences 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 ninety (90) minutes of Exercise and Sports Science per week throughout the school year.

E. All District elementary students in each grade shall have Exercise and Sports Science a minimum of three (3) times per week.

F. All District middle school students in each grade shall receive at least eighty (80) minutes of Exercise and Sports Science per week throughout the school year.

G. All District middle school students are required to take the equivalent of one (1) academic year of Exercise and Sports Science.

H. All-District high school students are required to receive at least 1.5 credits of Exercise and Sports Science prior to graduation unless the District allows for the substitution of 0.5 credit per Policy 5460 - Graduation Requirements.

I. 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.

J. The K-12 program shall include instruction in Exercise and Sports Science as well as opportunities to participate in competitive and non-competitive team sports to encourage lifelong physical activity.

K. All physical education classes are taught by licensed teachers who are certified to teach Exercise and Sports Science.

L. Physical education staff shall receive professional development on a yearly basis.

M. 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.

N. Planned instruction in Exercise and Sports Science shall teach cooperation, fair play, and responsible participation.

O. Planned instruction in Exercise and Sports Science shall meet the needs of all students, including those who are not athletically gifted.

P. Planned instruction in Exercise and Sports Science shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.

Q. Planned instruction in Exercise and Sports Science shall include cooperative as well as competitive games.

R. Planned instruction in shall take into account gender and cultural differences.

Other Activities That Promote School Wellness

A. 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.

B. As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

C. Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

D. Staff are 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.

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. Administration of flu shots at school.

F. Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.

Community Engagement

The District shall work with community partners, including Tomah Health, Monroe County Health Department, Tomah VA, and Tomah Park and Rec. Department to support District wellness.

Additional Strategies for Consideration:

A. 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.

B. 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.

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

A. ~~In accordance with Policy 8500 - Food Service, 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 .~~

E. ~~The school food service program may involve students, staff, and school officials in the selection of competitive food items to be sold in the schools.~~

F. ~~The food service program shall be administered by a director who is properly qualified, certificated, licensed, or credentialed, according to current professional standards.~~

G. ~~All food service personnel shall receive pre-service training in food service operations.~~

Monitoring and Evaluation - Triennial Assessment

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.

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 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 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 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.

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.

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.

This institution is an equal opportunity provider.

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Legal
42 U.S.C. 1751 et seq.
42 U.S.C. 1771 et seq.