FIRST READING BY BOARD

po8510

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

8510 - **WELLNESS**

As required by law, the Board for the D.C. Everest 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 District's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and the student's 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.

Students ~~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.]

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

[ ] The Superintendent 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 SENTENCE]**

[X] The designated official for oversight of the wellness policy is Director of School Nutrition ~~_____~~ ~~**[INSERT NAME/TITLE]**~~ ~~.~~ ~~**( )**~~ ~~The official shall convene the Wellness Committee and lead the review, updating, and evaluation of the policy.~~ ~~**[END OF OPTIONAL SENTENCE]**~~

~~The designated official for oversight of the wellness policy is the Director of School Nutrition.~~

Required Public Involvement

~~The Superintendent 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. The school-level Wellness Committees may assist in the planning and implementation of these wellness initiatives.~~

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

District 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

~~**[OPTION #1]**~~

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~~**[ ]** 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.~~

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~~**[OPTION #2]**~~

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~~**[ ]** The District shall convene a Wellness Committee that meets at least _____ **[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] ~~**is what we have**~~

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 one (1) time during the school year to implement, assess and review, and make recommendations for changes to the wellness policy.

[END OF OPTIONS]

~~**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;~~

B. ~~Board member;~~

C. ~~Classroom teacher;~~

D. ~~Physical education teacher;~~

E. ~~School nutrition representative;~~

F. ~~District nurse;~~

G. ~~Community member/parent;~~

H. ~~Students;~~

I. ~~Nutrition and/or health education teachers;~~

J. ~~School counselor;~~

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

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

D. **(X)** All meals are accessible to all full-day 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. ~~Lunch must start serving between 10:00 a.m. and 1:00 p.m.~~

I. Students are provided at least ten (10) minutes to eat breakfast and at least twenty (20) minutes to eat lunch after being seated.

J.
1. **( )** All school campuses are "closed" meaning that students are not permitted to leave the school grounds during the school day.

2. **( )** Lunch shall be scheduled following recess for elementary students.

3. **(X)** Lunch shall be served between 10:00 a.m. and 1:30 p.m. ~~[INSERT TIME; recommended 11am-1pm]~~

4. **( )** Menus shall be posted on the District website and will include nutrient content.

5. **( )** Menus shall be created/reviewed by a Registered Dietitian or other certified nutrition professional.

6. **( )** 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;

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.

Standards for Foods and Beverages Sold Outside of School Meals

All food and beverages sold ~~and served~~ outside of the school meal program ("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 **[DRAFTING NOTE: The policy should include a link to the USDA Smart Snacks standards or list individually.]**

All food and beverages sold to students during before and after-school programs shall meet the USDA Smart Snack nutrition standards.

1. **( )** 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.

2. **( )** 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.

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.]

~~( ) 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.~~

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.

1. ~~( ) 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.~~

2. ~~( ) Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.~~

3. ~~( ) Celebrations that involve food will be limited to _____ [INSERT NUMBER] (e.g. one per month).~~

4. **(X)** Non-food celebrations will be promoted and a list of ideas is available to staff and family members.

5. ~~( ) Other: _____~~

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

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

~~[ ] The ( ) District ( ) School [END OF OPTION] allows ____ [INSERT NUMBER] celebration per classroom per school year. [END OF OPTIONAL SENTENCE]~~

[DRAFTING NOTE: Language related to the use of food fundraisers ~~fund-raisers~~ sold during the school day MUST ~~must~~ be included in your policy

Fundraising

~~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.~~

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~~.

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

2. ~~( ) FundraisingFund-raising outside school hours sell only non-food items or foods not intended to be eaten immediately 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.~~

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

4. **(X)** The District allows up to two (2) ~~_____~~ **[INSERT NUMBER, but it cannot exceed the DPI limit of two (2)]** exempt fundraisers ~~fund-raisers~~ 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 outside of the school day.

5. ~~( ) 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.]

Schools will restrict food and beverage marketing to only those foods and beverages that meet the nutrition standards set forth by the USDA's Nutrition Standards for All Foods Sold in Schools (Smart Snacks) rule. Marketing includes brand names, trademarks, logos, or tags except when placed on a food or beverage product/container; displays, such as vending machine exteriors; corporate/brand names, logos, trademarks on cups, posters, school supplies, education materials, food service equipment, and school equipment (e.g. message boards, scoreboards, uniforms); advertisements in school publications/mailings; sponsorship of school activities, fundraisers ~~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

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

1. ~~( ) Staff shall integrate nutrition education into other classroom subjects, such as math, science, language arts, social sciences, and elective subjects.~~

2. **(X) The primary goal of nutrition education is to influence students' lifelong eating behaviors.**

3. ~~( ) 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.~~

4. 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.

5. ~~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.~~

6. 1. ~~( ) 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.~~

   2. ~~( ) Nutrition education shall be incorporated into the Health curriculum and other aspects of the curriculum, including science, math, language arts, and elective courses.~~

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3. ~~(X) 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.~~
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4. ~~( ) 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.~~
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5. ~~( ) Nutrition education shall be offered in the cafeteria as well as the classroom with coordination between the foodservice staff and teachers.~~
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6. ~~( ) 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.~~
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7. ~~( ) All students shall participate in school garden activities, such as planning, planting, harvesting, preparing, serving, and tasting garden-produced foods.~~
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8. ~~( ) Staff members responsible for nutrition education will regularly participate in relevant professional development.~~

9. ~~( ) Schools will provide nutrition education lessons that cover topics such as reading a Nutrition Facts label.~~
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10. ~~( ) Nutrition education will provide the knowledge and skills necessary to promote health.~~
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11. ~~( ) Nutrition education shall include enjoyable, developmentally appropriate, and culturally relevant participatory activities, such as contests, promotions, taste testing, and others.~~
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12. ~~( ) Nutrition education shall include opportunities for appropriate student projects related to nutrition, involving, when possible, community agencies and organizations.~~
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13. ~~( ) Nutrition education shall extend beyond the classroom by engaging and involving the school's food service staff.~~
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14. ~~( ) Nutrition education posters, such as the MyPlate Guide, will be displayed in the cafeteria.~~
    -
15. ~~( ) 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.~~
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16. ~~( ) Nutrition education shall extend beyond the school by engaging and involving families and the community.~~
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17. ~~( ) Nutrition education shall reinforce lifelong balance by emphasizing the link between caloric intake (eating) and exercise in ways that are age-appropriate.~~
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18. ~~( ) Nutrition education benchmarks and standards include a focus on media literacy as it relates to food marketing strategies.~~
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19. ~~( ) 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.~~
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20. ~~( ) 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.~~
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21. ~~( ) Instruction related to the standards and benchmarks for nutrition education shall be provided by highly qualified teachers.~~
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22. ~~( ) Nutrition education shall be provided to families via handouts, newsletters, postings on the website, presentations, and workshops.~~

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.]

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.

A. ~~( ) 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.~~

B. ~~( ) School nutrition services shall implement at least _____ [INSERT NUMBER] Wisconsin Team Nutrition Meal Appeal techniques at each school.~~

C. ~~( ) School nutrition services shall purchase at least _____ [INSERT NUMBER] locally grown/produced products each year.~~

D. ~~( ) School nutrition services shall menu at least _____ [INSERT NUMBER] local food(s) per month.~~

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

F. ~~( ) The District shall offer students the ability to participate culinary activities, such as cooking clubs and the Wisconsin Student Chef Competition.~~

G. ~~( ) 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 shall not be withheld as punishment. 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 grades K-5 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. **[DRAFTING 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.

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. 1. ( ) The District shall support active transport to and from school by engaging in the following activities (check those that apply below):

1. ( ) Promotional activities such as participation in International Walk to School Week, National Walk, and Bike to School Week.
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2. ( ) Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).

3. ( ) Instruction on walking/bicycling safety provided to students.

4. ( ) Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper.

5. ( ) Crossing guards are used.
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6. ( ) Crosswalks exist on streets leading to schools.

7. ( ) Walking school buses are used.

8. ( ) Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.).

2. ( ) 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.
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3. ~~( ) 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, student with disabilities, and students with special health care needs.~~ **[DRAFTING NOTE: This is a NASPE recommendation in their position statement on Comprehensive School Physical Activity Programs (2008).]**

~~T.( ) All students in grades ___ - ___ [INSERT GRADE LEVELS] shall have the opportunity to participate in extra-curricular activities and intramural programs that emphasize physical activity.~~

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

Physical Education

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

1. **(X)** 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.

2. ~~( ) 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.~~

1. ~~() All District elementary students in each grade shall receive at least _____ [INSERT NUMBER] minutes of physical education per week throughout the school year.~~

2. **(X)** All District elementary students in each grade shall have physical education a minimum of three (3) times per week.

3. ~~( ) All District middle school students in each grade shall receive at least 85 [INSERT NUMBER] minutes of physical education per week throughout the school year.~~

4. ~~( ) All District middle school students are required to take the equivalent of one (1) academic year of physical education.~~

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.

1. **(X)** 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.]**

2. ~~( ) Students shall be moderately to vigorously active for at least fifty percent (50%) of class time during all physical education class sessions.~~

3. ~~( ) Planned instruction in physical education shall promote participation in physical activity outside the regular school day.~~

4. ~~( ) 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- ___ [INSERT GRADE LEVEL] students and at least 225 minutes per week for students in grades ___ [INSERT GRADE LEVEL] -12.~~

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

5. **(X)** The physical education curriculum shall provide sequential instruction related to the knowledge, attitudes, and skills necessary to participate in lifelong, health-enhancing physical activity.

6. **(X)** 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.

7. **(X)** The sequential, comprehensive physical education curriculum shall stress the importance of remaining physically active for life.

8. **(X)** 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.

9. **(X)** 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.

10. **(X)** All physical education classes are taught by licensed teachers who are certified to teach physical education.

11. **(X)** Physical education staff shall receive professional development on a yearly basis.

12. ~~( ) 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.]

13. 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.

14. **(X)** Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

15. **(X)** Planned instruction in physical education shall meet the needs of all students, including those who are not athletically gifted.

16. **(X)** Planned instruction in physical education shall be presented in an environment free of embarrassment, humiliation, shaming, taunting, bullying, or harassment of any kind.

17. **(X)** Planned instruction in physical education shall include cooperative as well as competitive games.

18. **(X)** Planned instruction in physical education shall take into account gender and cultural differences.

~~**Other Activities That Promote School Wellness**~~

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

B. ~~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.~~

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

Community Engagement

A. The District shall inform and invite parents to participate in school-sponsored activities throughout the year.

B. The District shall actively inform families and the public about the content of and any updates to the policy through the website and social media.

C. ~~( ) The District shall provide information on how the public can participate in the school wellness committee on an annual basis.~~

Additional Strategies for Consideration:

1. **(X)** The schools shall provide at least fifteen (15) ~~[INSERT NUMBER]~~ minutes daily for students to eat.

2. **(X)** The schools shall schedule mealtimes so there is minimum disruption by bus schedules, recess, and other special programs or events.

3. **(X)** The school shall provide attractive, clean environments in which the students eat.

4. ~~( )Students at _____ [INSERT NAME(S) OF BUILDING(S)] are permitted to have bottled water in the classroom.~~

5. **(X)** Activities, such as tutoring or club meetings, shall not be scheduled during mealtimes, unless students may eat during those meetings.

6. ~~() Schools ( ) may ( ) shall [END OF INTERAL OPTION] limit the number of celebrations involving serving food during the school day to no more than _____ (_____) [INSERT NUMBER] party(ies) per class per month.~~

7. ~~( )The schools ( ) shall ( ) [END OF INTERNAL OPTION] may use environmentally friendly practices, such as the use of locally grown foods and non-disposable tableware and dishes.~~

8. ~~( ) 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.~~

9. ~~( ) 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.~~

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.

B. **(X)** 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.

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

A. copy of the current policy , and ~~;~~

B. documentation pertaining to the most recent assessment of the implementation of wellness initiatives identified in the policy.

C. 1. ~~( ) documentation of efforts to publicize the policy;~~

2. ~~( ) 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.

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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Revised 7/25/18
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T.C. 3/23/23

Revised 6/9/23
Revised 4/16/25

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