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Section	8000 Operations Templates
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8510 - **WELLNESS**

As required by law, the Board for the __School District of Turtle Lake_____ ~~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 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:]

(x) 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 _____ **[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. **(x)** 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 (x) 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]

(x) 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 _____one_____ **[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 _____ **[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]

(x) 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. **(x)** administrator(s);

B. **( )** Board member(s);

C. **(x)** classroom teacher(s);

D. **(x-)** physical education teacher(s);

E. **(x)** school food service representative(s);

F. **(x)** school nurse(s);

G. **(x)** community member/parent(s);

H. **( )** student(s);

I. **( )** medical/health care professional(s);

J. **(x)** 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. **(x)** Drinking water is available for students during mealtimes.

C. **(x)** All schools in the District participate in USDA child nutrition programs, including _____**NSLP, SBP, FFVP, SMP, SFSP**_____ **[Insert program names; e.g., NSLP, SBP, FFVP, SMP, SFSP]**.

D. **(x)** All meals are accessible to all students.

E. **(x)** Withholding food as a punishment shall be strictly prohibited.

F. **(x)** All meals are appealing and attractive and served in clean and pleasant settings.

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

H. **(x)** Students are provided at least ___10_____ **[Insert Number; recommended 10]** minutes to eat breakfast and at least __20____ **[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 _____ **[Insert time; recommended 11am-1pm]**.

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

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

N. **(x)** 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. These school nutrition personnel will refer to the USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

O. **(x)** Other:__Meals served through the district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served, as specified in 7 CFR 210.10 or 220.8, as applicable. __https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210/subpart-C/section-210.10 or https://www.ecfr.gov/current/title-32/subtitle-A/chapter-I/subchapter-M/part-220/section-220.8 _____

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. **(x)** 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. **(x)** 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. **(x)** shall explore the use of nontraditional breakfast service models (such as breakfast in the classroom) to increase breakfast participation.

E. Other: Morning bus routes will be scheduled to allow student to arrive at school in time to eat breakfast. _____

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.]

A. 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
[DRAFTING NOTE: The policy should include a link to the USDA Smart Snacks standards or list individually.]

B. **(x)** All food and beverages sold to students during before and after school programs shall meet the USDA Smart Snack nutrition standards.

C. **(x)** 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. **(x)** 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. **(x)** 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. **(x)** Food rewards or incentives shall not be used in classrooms to encourage student achievement or desirable behavior.

E. **(x)** Celebrations that involve food will be limited to one per month. [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 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. **(x)**
The District allows up to ___one_____ **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 on any property under the jurisdiction of the district will meet the US Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition standards. ~~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. **(x)** 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. **(x)** The primary goal of nutrition education is to influence students' lifelong eating behaviors.

C. **(x)** 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. **(x)** 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. **(x)** 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. **(x)** 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. **(x)** 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. **(x)** 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. **(x)** Other: School nutrition services will use food grown in the school greenhouse and local farm apples.–_____

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. **(x)** 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. **(x)** 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. **[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. **(x)** Physical activity and movement shall be integrated, when possible, across the curricula and throughout the school day.

G. **(x)** 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. **(x)** All students in grades K- _5__ shall be provided with a daily recess period at least ___ (_20__) 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. **(x)** Outdoor recess shall be offered weather permitting. _____ **[Insert district weather guidelines]**.

J. **( )** Recess monitors/teachers shall encourage students to be active during recess.

K. **(x)** 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. **(x)** 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. **(x)** District facilities shall be made available to students and community members All outdoor facilities are available during non-school hours. **[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. **(x)** The District shall support 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. **(x)** Secure storage facilities for bicycles (e.g., bike racks, shed, fenced area).

4. **(x)** Instruction on walking/bicycling safety provided to students.

5. **(x)** 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. **(x)** All students in grades _6__ -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. **(x) [other:]** __Physical activity may not be assigned to students as a consequence of poor behavior or punishment for any reason. (Example: running laps or jogging around the playground)_____

Z. **( ) [other:]** _____

AA. **( ) [other:]** _____

Physical Education

A. **( )** 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.

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 _____ **[Insert Number]** minutes of physical education per 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. **(x)** All District middle school students in each grade shall receive at least ___225 ~~10~~____ **[Insert Number]** minutes of physical education per week throughout the school year.

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

H. **(x)** All-District high school students in each grade shall receive at least ___225____ **[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. **(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.]**

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

L. **(x)** 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. **(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.

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. **(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.

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. **(x)** All physical education classes are taught by certified/licensed teachers who are endorsed ~~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. **(x)** Planned instruction in physical education shall teach cooperation, fair play, and responsible participation.

X. **(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. **(x)** 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. **(x)[other:]** ___The school district may not allow students to be exempt for required physical education class time or credit._____

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. **(x)** 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. **(x)** 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. **(x)** As appropriate, schools shall support students, staff, and parents' efforts to maintain a healthy lifestyle.

E. **(x)** Students shall be allowed to bring and carry throughout the day approved water bottles filled with only water.

F. **(x)** 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. **(x)** 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. **(x)** 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. **(x)** 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. **(x)** Other: _The district wellness committee will meet a minimum of quarterly throughout the year. _____

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. **(x)** 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. **( )** The schools shall provide at least _____ (__) minutes daily for students to eat.

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

C. **(x)** 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. **(x)** 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. **(x)** 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. **(x) [other:]** _It is the policy of the School District that all foods and beverages sold to students during the school day on any property under the jurisdiction of the district will meet the U.S. Department of Agriculture (USDA) school meal and Smart Snacks in School (Smart Snacks) nutrition

standards. _____

K. **( )[other:]** _____

[x] 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. It is prohibited for students with unpaid balances to be shamed in any way, including by announcing their names, using hand stamps to identify them, making them use a different serving line, or sending home clearly marked notices that they have an unpaid balance.

E. **( )** 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.

F. **( )** 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.

G. **(x)** 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.

H. **( )** 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.

I. **( )** Any food items sold **( )** on campus **[END OF OPTION]** as a fund-raiser shall meet the current USDA nutrition guidelines.

J. **( )** 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.

K. **( )** 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.

L. **( )** The food service program shall be administered by a qualified nutrition professional.

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

N. **( )** All food service personnel shall receive pre-service training in food service operations.

O. **( )** Continuing professional development shall be provided for all staff of the food service program.

P. **(x) [other:]** _All vending machines will be turned off during the school day. _____

Q. **( ) [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. **(x)** 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 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 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.

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.